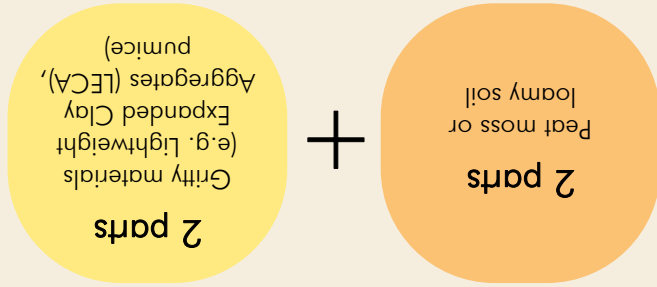


# Tips for growing Mediterranean herbs and spices successfully



- 1. Give your plants sufficient space**  
Grow these herbs and spices in individual pots or in your community garden, and space them out to:  
  - Allow for air circulation between plants
  - Maximise their exposure to sunlight
  - Help to reduce the incidence of fungal and bacterial diseases that can affect these herbs and spices

- 2. Select the right growing media**  
Soil mix suitable for growing edibles such as herbs and spices is commercially available at plant nurseries. You may choose to buy from plant nurseries or make your own soil mix by experimenting with different materials.  
Recommended ratio for soil mix:



The main principle is to apply small amounts of fertiliser frequently. Use less or diluted fertiliser to avoid fertiliser burn if you are unsure of the amount to apply. The alternative is to use slow-release fertiliser.

In general, herbs and spices require fertilising once a month. However, please note that the amount of fertiliser to use can vary depending on the type of fertiliser and the plant. Water the plant after fertilising to wash away excess fertiliser and help the plant absorb the nutrients better.

Depending on the environmental conditions of your growing area, you may water these plants on alternate days. Sunnier and windier locations would require more frequent watering.

**3. Water the plants wisely**  
It is important to water your herbs and spices thoroughly. If you are growing these plants in pots, watering them until excess water drains from the base of the pot means that they have received adequate water.

**4. Adding the right nutrients**  
In general, herbs and spices require fertilising once a month. However, please note that the amount of fertiliser to use can vary depending on the type of fertiliser and the plant. Water the plant after fertilising to wash away excess fertiliser and help the plant absorb the nutrients better.

# Know 10 Mediterranean Herbs and Spices



## About Community in Bloom

Community in Bloom (CIB) is a programme that was launched by the National Parks Board (NParks) in 2005. It aims to nurture a gardening culture among Singaporeans by encouraging and facilitating community gardening efforts. It is also an opportunity to build community bonds and strengthen social resilience in our City in Nature.



Share your love for nature and animals at #NParksBuzz #AnimalBuzzSG

In support of:



For more information, visit our website at [www.nparks.gov.sg/cib](http://www.nparks.gov.sg/cib) or email us at [CommunityInBloom@nparks.gov.sg](mailto:CommunityInBloom@nparks.gov.sg)

For more gardening resources and tips, visit [go.gov.sg/gardening-resources](http://go.gov.sg/gardening-resources)

To learn more about our City in Nature, scan the QR code or visit [www.nparks.gov.sg/about-us/city-in-nature](http://www.nparks.gov.sg/about-us/city-in-nature)



This brochure features 10 Mediterranean herbs and spices that can be grown in Singapore. We hope that this brochure will encourage you to try growing these edibles at home or in your community/allotment garden!

In their native habitats, many Mediterranean herbs thrive in sunny areas where the soil is dry, well-drained, alkaline and lean in nutrients. In Singapore's climate, these herbs and spices can do well when grown in a location that has at least four hours of direct sunlight.



# Coriander



**Scientific Name**  
*Coriandrum sativum*

**Plant Characteristics**  
Also known as Cilantro, Coriander is a herbaceous shrub that can grow up to 0.6 m tall. The whole plant gives off a bitter, pungent aroma.

**Cultivation and Plant Care**

This plant grows well in moist, well-drained soil. It thrives in a semi-shade environment and requires moderate watering. It can be propagated by seed.

**Uses**

The fruits, leaves, stems, seeds and roots are edible. The seeds are used as a spice while the aromatic leaves are used as a herb to flavour a variety of dishes or as a garnish.

# English Lavender



**Scientific Name**  
*Lavandula angustifolia*

**Plant Characteristics**  
Lavender can grow up to half a metre tall. The flower has a sweet, citrus-like flavour.

**Cultivation and Plant Care**

This plant grows well in well-drained soil under full sun, and requires minimal watering. It can be propagated by seed, stem cuttings or division.

**Uses**

The leaves and flowers are used in salads, stews, bread and sauces. Lavender is also used in potpourri and perfumes.



**Scientific Name**  
*Allium tuberosum*

**Plant Characteristics**  
This plant has a grass-like growth habit. Its flowers produce a fragrance similar to that of violets.

**Cultivation and Plant Care**

This plant grows well in well-drained, loamy soil. It requires moderate watering and can be grown under full sun and semi-shade conditions. It can be propagated by seed or by dividing the root ball.

**Uses**

The leaves can be consumed raw in salads or added to stir-fried dishes or soups.



**Scientific Name**  
*Melissa officinalis*

**Plant Characteristics**  
Lemon balm is a herbaceous shrub that can grow up to 1 m tall. The leaves give off a lemony scent when crushed.

**Cultivation and Plant Care**

This plant grows well in moist, well-drained soil under full sun to semi-shade conditions, and requires moderate watering. It can be propagated by seed, stem cuttings or division.

**Uses**

The aromatic leaves are edible, and are commonly used as a herb to flavour salads, soups, vinegars, liqueurs and teas.

# Garlic Chives

# Lemon Balm

# Oregano



**Scientific Name**  
*Origanum vulgare*

**Plant Characteristics**  
Oregano is a herbaceous shrub that can grow up to 1 m tall.

**Cultivation and Plant Care**

This plant grows well in well-drained soil. It thrives in full sun and requires moderate watering. It can be propagated by stem cuttings or division.

**Uses**

The fresh leaves can be used as a topping for salads while the dried leaves can be used for seasoning soups, stews and meat.

# Rosemary



**Scientific Name**  
*Salvia rosmarinus*

**Plant Characteristics**  
Rosemary can have either soft stems (when young) or hard, woody stems (when older), and can grow up to 2 m tall. The leaves give off a pungent and astringent aroma.

**Cultivation and Plant Care**

This plant grows well in moist, well-drained soil. It thrives in full sun and requires little watering. It can be propagated by stem or root cuttings.

**Uses**

The aromatic leaves are edible and commonly used as a herb to flavour vegetable and meat dishes.

# Sweet Majoram



**Scientific Name**  
*Origanum majorana*

**Plant Characteristics**  
Sweet Majoram can grow up to 0.6 m tall.

**Cultivation and Plant Care**

This plant grows well in well-drained, sandy soil under full sun or semi-shade. It requires moderate watering. It can be propagated by seed.

**Uses**

The fresh or dried leaves are used as culinary herbs. The flowers and leaves are also used to make essential oils.

# Thyme



**Scientific Name**  
*Thymus vulgaris*

**Plant Characteristics**  
Thyme is a perennial with creeping or erect stems that can grow up to 0.5 m tall.

**Cultivation and Plant Care**

This plant grows well in well-drained soil under full sun, and requires little watering. It can be grown by seed or stem cuttings.

**Uses**

The leaves are used to flavour dishes with eggs, beans and tomatoes.