



Growing herbs indoors

Guide on how to grow chives on your windowsill

Herbs are a great way to add flavour to your dishes, but they are also a good source of vitamins and minerals. By adding herbs while cooking, your food will become more nutritious, as well as tastier. Herbs grow best outdoors but if you choose the right ones and give them the right care you could quickly have a small herb garden in your kitchen.

What you need to know

Herbs that grow well indoors: thyme, oregano, basil, coriander, parsley, chives, mint, rosemary, sage, tarragon.

Seeds: herbs can be started from seeds, cuttings or established plants.

Location: on a windowsill that gets plenty of sunlight for at least 5 to 6 hours each day.

Container specifications: there should be holes at the bottom for good drainage. Make sure not to water too much and to place them on a tray so it retains the drained water.

Soil type: a well-draining potting soil is best, one that contains sand is ideal.

Timeline: herbs usually take at least 4 weeks after being planted from seeds before they can be harvested.



Growing chives in tin can

Light: chives do fine with 4 hours of direct sunlight per day, which makes them ideal for indoor growing.

Step by step:

1. Clean the tin can thoroughly and drill holes at the bottom (this needs to be done by a responsible adult).
2. Fill the can with potting soil and water it.
3. Sprinkle the seeds on the top of the soil and cover them with a thin layer of soil.
4. Place the pot in a well-lit place (on a windowsill with plenty of sunlight ideally). Water regularly to avoid the soil drying out. The seeds should germinate in around 2 weeks.

Harvest: The plant is ready to be harvested when it has reached a height of about 15 cm, after at least 4 weeks from planting it. A regular trim is beneficial so do not hesitate to use it generously in your food. Always leave 5 to 10 cm of the leaves when cutting them.

How to store herbs

A great way to store herbs for longer is to dry them. Bind small bunches of herbs with a rubber band, hang them upside down somewhere dark and dry with good air circulation, and wait until they are dry. They can then be kept in an air-tight container.

Freezing herbs is also a good option. You can freeze them in ice cubes, ready to be added to sauces and soups. Rinse the herbs, pat dry them and pluck the leaves off the stalk. Add about 1 tablespoon of herbs in each space of your ice cube tray and fill with water. Put in the freezer and be creative in your cooking.