

THYME

Pronounced 'time', more than 400 species of this highly aromatic, wonderful herb have been catalogued. Most are as useful in the garden as in the kitchen.

How to Grow:

- ◆ Can be propagated from seed, though seedlings grow slowly. Best propagated by cuttings or root division.
- ◆ Plant in a spot with full sunlight, well drained soil. Grows well indoors by a sunny window.
- ◆ **How to Harvest and Store:**
- ◆ Thyme can be cut all year and from as early as six weeks from nursery stage. Leaves can be dried for future use.
- ◆ Thyme can be tied in bunches and hung upside down in a dry place or leaves and stems can be dried on trays.
- ◆ Thyme also freezes well.

How to Use:

- ◆ In the kitchen, thyme is invaluable, it goes well with carrots and onions and particularly well in meat dishes. Dried thyme leaves can be added to barbeque sauce. Thyme is also excellent with fish.
- ◆ Thyme tea can be made by brewing one teaspoon of dried leaves in one cup of hot water. It is said to relieve flatulence, calm nerves and soothe coughs and sore throats

MARJORAM

Marjoram is also known as sweet marjoram. It is an upright shrub with reddish stems and small fuzzy leaves.

How to Grow:

- ◆ Can be propagated by seed, cuttings or root division. They self-sow easily.
- ◆ Grow in full sun in light well drained soil.
- ◆ To encourage new bushy growth, cut back before flowers appear.
- ◆ Grows well indoors in a sunny window.

How to Harvest and Store:

- ◆ Pick leaves as needed, though flavour is best before flower clusters appear.
- ◆ Leaves are easily dried but marjoram leaves do not freeze well.

How to Use:

- ◆ Good in meat dishes, stews and soups and also an excellent seasoning for tomato sauce.

ROSEMARY

One of the oldest herbs known to man, rosemary has stood the test of time in the home and in the landscape. The flavour it imports to food is distinctive and delicious, and the sweet pinewood scent of its leaves, flowers and oils is valuable in perfumes, toiletries and sachets. In the garden it stands as a handsome ornamental.

How to Grow:

- ◆ Rosemary can be easily grown from cuttings, root divisions or by air layering.
- ◆ Seed is slow to germinate and seedlings are slow to develop.
- ◆ Grow best in full sun and in well drained soil.
- ◆ Rosemary is drought hardy once established. However water promotes growth and the plant responds well to pruning.

How to Harvest and Store:

- ◆ Leaves can be picked and used at any time of the year. They can be used fresh and are easily dried or frozen.

How to use:

- ◆ Excellent with pork. Rosemary can also be used in stews, herbal butters, vinegar and bread.
- ◆ Leaves and flowers are used in sachets and pot-pourris.

SEASONING PEPPER

Variety: Local selection

Small flat peppers with mild heat. Imparts the perfect flavour to stews, soups and gravies. Good in both meat vegetable, and seafood dishes.

Maturity: Approx. 60 days after transplanting.

SWEET PEPPER

Variety: King Arthur

Sets well in heat. Grows upright and has large blocky fruit.

Maturity: 65 - 70 days after transplanting.

Colour: Green to red.

Size and Conformation: 4 1/2" x 4 1/2", 3 - 4 lobed and bell shaped.

HOT PEPPER

Variety: Scotch Bonnet

Unripe fruit green ripening to red. Fruit can be harvested over a long period of time but for best yield crop should be replanted after one year. Extremely pungent used in hot sauce and pickled pepper.

Maturity: Approx. 70 days after transplanting.

TOMATO

Variety: Tropic

Popular fresh market variety for warm, humid areas. Vigorous indeterminate plant provides good cover and produces large fruit. Ideal for home gardening.

Maturity: 80 days after transplanting.

Weight: 8 - 9 oz.

Variety: Gem Pride

New semi-determinate tomato variety tolerant to Tomato Yellow Leaf Curl Virus, which is transmitted by the white fly. It produces round fruit with an average weight of 140g. Vigorous plant that withstands both wet and dry conditions. Produces a firm fruit.

Maturity: 50 days

Weight: 3 - 7oz

Variety: Adonis

Popular fresh market variety for warm, humid areas. Vigorous indeterminate plant provides good cover and produces medium-large fruit. Ideal for home gardening.

Maturity: 60 days after transplanting.

Weight: 4 - 8 oz.

CABBAGE

Variety: Tropicana

Best suited for the tropics.

Hybrid cabbage with excellent heat resistance. Well suited to the tropics. Compact and vigorous with a semi-globe green head. Slow to burst after maturity.

Maturity: 60-65 days.

Weight: 3.5-4.5 lbs.

Useful Information About Vegetable Seedlings



& Herbs



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