

Start With Basil

One herb, the whole method — a free sample from the Grow-Your-Own Kitchen Herbs Starter, the guide to the 10 easiest kitchen herbs.

A free download by Steven Motes.

Why basil first

The full starter guide covers ten herbs — light, water, soil, windowsill vs. patio, harvesting, and drying basics for each one. But if you grow exactly one herb this year, make it basil. Here's the whole entry, exactly as it appears in the guide:

Basil

Light: Full sun, 6+ hours

Water: Keep evenly moist; hates drying out

Soil: Rich, well-draining potting mix

Where: Both — thrives in big sunny pots

Harvest: Pinch the top sets of leaves often; never let it flower if you want leaves.

The beginner's best friend: fast, generous, and dramatic when thirsty (it wilts, you water, it forgives).

Your first week with basil

Set the pot in your sunniest window. Water when the top inch of soil feels dry — then water it well. Pinch the top leaves for your cooking and watch two new stems grow where one was. That's the whole game: sun, water,

pinch, repeat.

If it wilts, don't panic — that's basil talking to you. Water it, give it an hour, and watch it stand back up like nothing happened.

The honest note

This sample is about growing — soil, light, water, harvest. The full guide teaches the same for nine more herbs: mint, chives, parsley, thyme, rosemary, oregano, sage, dill, and cilantro. For anything beyond flavor and kitchen craft, the same rule as every Leaf & Ledger book: talk to a qualified professional.

Keep Going

This was one of ten. The full Grow-Your-Own Kitchen Herbs Starter gives you all ten herb profiles plus the windowsill-vs-patio guide, harvest and drying basics, a 30-day plan, and a garden log — the grow-it-then-brew-it loop, start to finish.

Also on the Leaf & Ledger shelf: The Herbal Tea Beginner's Guide and 50 Herbal Tea Blend Recipes for Beginners — for what to do with the herbs once you've grown them.

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