

SAFFRON (*CROCUS SATIVUS*) CAN BE HARVESTED IN HOUSTON

by Marilyn O'Connor
"The Herb Lady"

I happened to see an ad in a magazine from White Flower Farm for the corms to grow saffron. I've always wanted to grow saffron and gave them a call in late July. I told them I live in Zone 9 and they said yes, I can grow them here. They suggested I order them and they would send them when time and temperature for our area were right for the corms.

They shipped them in late September and I planted them October 9. By the middle of November, they were growing and blooming. I harvested the red/orange stigmas and dried them. A tweezer is helpful as they really shrink once dried.

I found that I have to harvest the flowers as soon as they bloom, otherwise the flowers disintegrated rather quickly. That's the fun of gardening -- always a surprise gift from Mother Nature!

Grow organically -- especially if you are going to eat from your garden -- and make sure your lawn service is using organic products in their landscape treatments.

I really encourage everyone to play in the dirt and use all your senses - it's the best therapy I know of for a happy life.

NOTE:

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