



Perilla Planting Guide

About Perilla

Also known as Japanese Perilla or Shiso, this common culinary herb features attractive reddish purple leaves and a flavor that has been likened to a blend of coriander, cinnamon and citrus. Sometimes called Red Mint, the culinary uses of this powerhouse herb are almost endless-- from salads, to sushi to pickling!

When to Plant

Direct sow in late winter/late spring or late summer/autumn. Indoor sow Perilla seeds 6-8 weeks before the last spring frost in your zone.

Where to Plant

Plant your Perilla in well-draining but moist soil in a partially sunny to full sunny area.

How to Plant

Indoor sow by surface sowing the seeds in pots or flats and do not cover – just tamp into soil. Perilla seeds need light to germinate. Water from beneath as not to wash away seeds and cover with plastic. Cold stratify seeds. Perilla seeds need cold weather to break down germination inhibitors. Either place newly sown pots or flats in the refrigerator for 1-3 months or place them outside against a north wall and leave them there until the spring. Keep soil moist. You can also place seeds in a bag and store in a refrigerator if not to be planted soon.

Caring for Perilla

Germination takes 7-14 days depending on the light and soil temperatures. Seedlings can be thinned to transplanted when they have several sets of mature leaves.