

Ebert's Greenhouse Village
HERBS & GREENS 2010

* - *Denotes New Variety*

Angelica (Angelica archangelica)

Type: Perennial *Light:* Part Shade *Height:* 5'-6' *Width:* 3'

Soil: Rich, light.

Useful Parts: Leaves, stalks, stems and oil from seeds.

Growth Habit: First year produces a basal rosette of leaves, Second year flowering and seeds occur. Early summer greenish white flowers, followed by yellow fruit.

Harvest Method: Harvest roots in the fall of the first year, stems and leaves in the spring of the second year, and seeds when ripe.

Use: Leaves used in soups & salads; stalks can be candied; roots and seeds are used to flavor liquors. Plant parts are best used fresh, rather than dried. Medicinal.

Artemisia, 'Sweet Annie' (Artemisia annua)

Type: Annual *Light:* Full Sun *Height:* 3-5' *Width:* 3'

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Large spreading fragrant plant with yellow flowers.

Harvest Method: Cut whole branches for drying.

Uses: Widely used in wreaths, crafts, and sachets; also used to repel insects in gardens.

Arugula, Rocket (Salad Herb) (Eruca vesicaria sativa)

Type: Annual *Light:* Full Sun *Height:* 36" *Width:* 6-8"

Soil: Well-drained, fertile soil.

Useful Parts: Leaves.

Growth Habit: Salad green.

Harvest Method: Pick rapidly growing, young leaves individually or simply cut a bunch off at ground level.

Uses: Used in salads to add a unique peppery/sweet tang.

Basil, 'African Blue' (Ocimum basilicum 'African Blue')

Type: Annual *Light:* Full Sun *Height:* 3-4' *Width:* 15-18"

Soil: Rich, organic, well-drained.

Useful Parts: Leaves.

Growth Habit: Camphor-scented, coarse foliage flushed with purple-blue. Purple flowers in summer.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: Outstanding in vinegars. Relatively new variety which deserves experimentation in the kitchen.

Basil, 'Cinnamon' (Ocimum basilicum)

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Type: Annual *Light:* Full Sun *Height:* 24" *Width:* 12-18"
Soil: Rich, organic, well-drained.

Useful Parts: Leaves.

Growth Habit: White to purplish flowers in summer, cinnamon-scented foliage.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, in oil or vinegars.

Uses: Used in legumes, tea; leaves used in Mexican cooking, tomato-based dishes.

Basil, 'Dwarf Purple' (*Ocimum basilicum*)

Type: Annual *Light:* Full Sun *Height:* 18" *Width:* 12"
Soil: Rich, organic, well-drained.

Useful Parts: Leaves.

Growth Habit: A compact basil with purple tinged, deep-green leaves. Great for small spaces or containers.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: Used like other basil, but also works great as a garnish. Add it to iced tea or lemonade in the summer for a treat.

Basil, 'Fino Verde' (*Ocimum basilicum*)

Type: Annual *Light:* Full Sun *Height:* 15" *Width:* 15"
Soil: Rich, organic, well-drained.

Useful Parts: Leaves.

Growth Habit: Fine, sweet green leaves; no need to cut or shred for cooking. Containers.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: Great for pesto, or anywhere where you want the traditional flavor of basil without all the chopping.

Basil, 'Lemon' aka 'Sweet Dani' (*Ocimum americanum* 'Citriodorum')

Type: Annual *Light:* Full Sun *Height:* 24" *Width:* 10-14"
Soil: Warm, light, organic.

Useful Parts: Leaves.

Growth Habit: Grows compactly, so it makes a good border plant, brush against to release scent. White flowers.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: Flavoring food, adding aroma to the garden.

Basil, 'Licorice' (*Ocimum basilicum*)

Type: Annual *Light:* Full Sun *Height:* 24" *Width:* 12"
Soil: Rich, organic, well-drained.

Useful Parts: Leaves.

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Growth Habit: White to purplish flowers in summer, licorice-scented leaves.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: In legumes, fish, chicken and vinegar; Leaves used in French cooking. Tomato-based dishes.

Basil, 'Lime' (*Ocimum americanum*)

Type: Annual *Light:* Full Sun *Height:* 20" *Width:* 12-18"

Soil: Moderately moist, organic.

Useful Parts: Leaves.

Growth Habit: Similar to lemon basil, but smaller. Excellent for containers. White flowers.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: This plant is similar to lemon basil, but it has darker green small leaves. With its distinct lime aroma, it adds a unique citrus flavor to fish, salads and pesto. Lime basil prefers a warm location to thrive.

Basil, 'Pesto Perpetuo' (*Ocimum basilicum*)

Type: Annual *Light:* Full Sun *Height:* 20" *Width:* 12"

Soil: Rich, organic, well drained.

Useful Parts: Leaves.

Growth Habit: variegated basil with upright, columnar form. Light green foliage edged in vanilla-white.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: A very fresh tasting basil that works great in pesto, especially with the little bit of white in the leaves, giving it a lighter color. Very ornamental as well. Great as a garnish.

Basil, 'Purple Ruffles' (*Ocimum basilicum* 'Purple Ruffles')

Type: Annual *Light:* Full Sun *Height:* 18" *Width:* 18-24"

Soil: Warm, light, broken up.

Useful Parts: Leaves.

Growth Habit: Large, heavily ruffled leaves, pinkish-purple flowers.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: Salads, tomato dishes, vinegars, giving them pink tinges. Very ornamental in the garden as well.

Basil, 'Red Rubin' (*Ocimum bas. purpurascens*) (Opal Basil)

Type: Annual *Light:* Full Sun *Height:* 15" *Width:* 12-15"

Soil: Warm, light, organic, well-drained.

Useful Parts: Leaves.

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Growth Habit: Large flat leaves with copper-tinged foliage. Pinkish flowers.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: Use fresh in salads and vinegars. Leaves used in Italian cooking. Used to add flavor and color to summer beverages such as iced teas and lemonade. White flowers in summer.

Basil, 'Sacred' (*Ocimum sanctum*)

Type: Annual *Light:* Full Sun *Height:* 10" *Width:* 12"

Soil: Well-drained, rich.

Useful Parts: Leaves in tea. Not used culinary.

Growth Habit: Coarse gray-green leaves with lavender flowers.

Harvest Method: Pick leaves as needed for tea.

Handling: Fresh or dried.

Uses: An immune - system stimulating tea herb. Fuzzy 2" leaves have a uniquely pleasant aroma.

Basil, 'Spicy Globe' 'Minette' (*Ocimum bas.* 'Spicy Globe')

Type: Annual *Light:* Full Sun *Height:* Dwarf

Soil: Warm, light, organic.

Useful Parts: Leaves.

Growth Habit: A uniform globe of miniature leaves.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, in oil or vinegars.

Uses: Herb vinegar, garnish. Ornamental.

Basil, 'Sweet Genovese' (*Ocimum basilicum*)

Type: Annual *Light:* Full Sun *Height:* 20" *Width:* 12-24"

Soil: Warm, light, organic.

Useful Parts: Leaves.

Growth Habit: Similar to sweet green variety. Large, thick crinkled dark leaves.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, in oil or vinegars.

Uses: In Italian cooking; use in pesto.

Basil, Sweet Green Italian (*Ocimum basilicum*) (2003 Herb of the Year)

Type: Annual *Light:* Full Sun *Height:* 18" *Width:* 18-24"

Soil: Warm, light, organic.

Useful Parts: Leaves.

Growth Habit: Green stems, warm, peppery and clove-like with underlying mint and anise tones, small white flowers in summer.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil or vinegars.

Uses: Culinary – good for all Western cooking. Great basil for pesto and tomato salads.

Basil, Thai 'Siam Queen' (*Ocimum basilicum*)

Type: Annual *Light:* Full Sun *Height:* 24" *Width:* 12-16"

Soil: Moderately moist, organic.

Useful Parts: Leaves.

Growth Habit: Pink-violet flowers with purple stems.

Harvest Method: Cut whole branches before buds open, or pick individual leaves.

Handling: Fresh, dried, frozen, or in oil and vinegars.

Uses: Thai cooking. Intense licorice basil aroma.

Basil, 'Valentino' (*Ocimum basilicum crispum*)

Type: Annual *Light:* Full Sun *Height:* 18" *Width:* 12-15"

Soil: Rich, warm, well-drained soil.

Useful Parts: Leaves.

Growth Habit: Very large, crinkled laves with white flowers in summer.

Handling: Fresh, dried, frozen, or in oil and vinegars.

Uses: A robust flavor, good with beans, peppers and eggplant; leaves used in Italian cooking, tomato-based dishes, pesto and duck.

Bay, Sweet Laurel (*Laurus nobilis*) (2009 Herb of the Year)

Type: Zone 8 *Light:* Full/part sun *Height:* 5-9' *Width:* spreads 24-36"

Soil: Rich, moist.

Useful Parts: Leaves.

Growth Habit: Firm, dark, spear-shaped evergreen foliage; no flower.

Handling: Fresh or dried. Better fresh!!!

Uses: Aromatic; culinary – used for sauces, soups, stews and desserts; important for 'bouquet garni'. **Bring inside during the winter months.**

Borage (*Borage officinalis*)

Type: Annual *Light:* Sun/Part shade *Height:* 32" *Width:* 6-12"

Soil: Average to moist.

Useful Parts: Leaves, flowers.

Growth Habit: Salad green.

Harvest Method: Remove flowers and leaves at any time during the season.

Handling: Fresh, dry leaves and flowers quickly, freeze in ice cube tray whole.

Uses: Salads, tea, batter dipped and eaten as a vegetable, decorating cakes, good for blood circulation, compresses made from the leaves help relieve congested veins, facial steam can be made for dry, sensitive skin, cleanses skin by healing from the inside when taken in tea form.

Burnet, Salad (*Poterium sanguisorba*)

Type: Annual *Light:* Sun/Pt. Shade *Height:* 32" *Width:* 6-12"

Soil: Rich, well-drained soil.

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Useful Parts: Leaves.

Growth Habit: Bushy growth that forms a 12" basal rosette of leaves; from midsummer on thimble-shaped reddish purple flowers appear along the stalks. Salad green.

Harvest Method: Pick fresh leaves throughout growing season.

Handling: Fresh leaves.

Uses: Leaves that taste and smell like cucumber are used in salads, salad dressing, iced drinks and egg dishes. Useful as a border plant in a flower or rock garden.

Caraway (Carum carvi)

Type: Perennial *Light:* Full Sun *Height:* 24" *Width:* 24"

Soil: Light, dry.

Useful parts: Every part is edible (leaves, seeds, root)

Growth Habit: Finely cut leaves, similar to dill, with white flowers in umbels.

Harvest Method: Harvest seeds when they turn brown and before they drop. Snip stalk and all and hang to dry in a bag to catch seeds.

Handling: Fresh leaves, dried seeds, roots anytime.

Uses: Popular in German cuisine, breads and to flavor liqueurs.

Catnip, Nepeta (Nepeta cataria)

Type: Perennial *Light:* Full Sun *Height:* 40" *Width:* 18-24"

Soil: Dry, sandy best.

Useful Parts: Leaves.

Growth Habit: Fragrant, heart-shaped foliage with white or lavender flowers.

Harvest Method: Cuttings throughout the year.

Handling: Fresh or dried.

Uses: Dried leaves drive cats crazy, also good for stomach disorders. Great tea.

Catnip, 'Lemon' (Nepeta cataria b. citrata)

Type: Perennial *Light:* Full Sun *Height:* 3' *Width:* 2'

Soil: Dry, well drained, sandy.

Useful Parts, Growth Habit, Harvest Method, Handling, and Uses: Similar to regular catnip but with lemon scented leaves.

Celery, 'E-Z Leaf' (Apium graveoleus)

Type: Annual *Light:* Full Sun *Height:* 12" *Width:* 12"

Soil: Rich, well-drained, light.

Useful Parts: Leaves.

Growth Habit: Celery flavored herb that doesn't need all the special watering and blanching required by regular celery.

Harvest Method: Pick fresh leaves as necessary.

Handling: Fresh or dried, but better fresh.

Uses: Any dish in which the taste of celery is needed, great for soups and salads.

Chamomile, 'German' (*Matricaria recutita*)

Type: Annual *Light:* Sun/Part Shade *Height:* 24" *Width:* 6-12"

Soil: Hot, dry, light.

Useful Parts: Flowers.

Growth Habit: Apple scented foliage topped with white and yellow flowers.

Harvest Method: Flowers should be picked by mid-day

Handling: Dry on paper or wire racks in a cool dry place. When papery, place in covered jars.

Uses: Salads, tea – relaxes & calms, soothing to skin when used in creams.

Chamomile, 'Roman' (*Chamaemelum nobile*)

Type: Perennial *Light:* Full Sun *Height:* 6" *Width:* 12"

Soil: Well-drained soil, hot, and light.

Useful Parts: Flowers.

Growth habit: Produces small daisy like flowers about 10" above the foliage in early summer.

Handling: Same as German Chamomile.

Harvest Method: Flower heads are cut before the petals fall and dried for later use.

Uses: Dried flowers make a mild tea; ingredient in cream rinses and shampoos; attractive border plant.

Chervil (*Anthriscus cerefolium*)

Type: Annual *Light:* Part Shade *Height:* 24" *Width:* 12"

Soil: Rich, well-drained soil; likes open spaces.

Useful Parts: Leaves.

Growth Habit: Resembles parsley.

Harvest Method: Can be picked at any time of season, break off stems carefully taking from the outside so that the new center leaves can be allowed to grow, leave it self-sow by letting 1/3 of the plant go to seed.

Handling: Dry on a wire rack in a cool dark place; when brittle, crumble the leaves and stems and store in an airtight container; fresh leaves can be frozen in ice cube trays.

Uses: As a garnish and for flavoring, don't cook for more than 10-15 minutes, otherwise the flavor will be lost; chervil is valued as a blood purifier, helps the kidneys, poultice of leaves will help swellings and bruises.

Chives (*Allium schoenoprasum*)

Type: Perennial *Light:* Full Sun *Height:* 12" *Width:* 12"

Soil: Rich, well-drained soil; likes open spaces.

Useful Parts: Leaves.

Growth Habit: Grass-like with purple flowers.

Harvest Method: Don't use scissors; instead use fingers to pick leaves at the base.

Handling: Fresh should be frozen in ice cube trays, for drying one shouldn't dry on wire racks or in the oven because they lose their color and flavor. Can be frozen with a little water in a plastic bag.

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Uses: Use to flavor food when a garlic or onion taste is desired because it is easier on the stomach, add at the last minute or they will lose their flavor on long cooking; chives stimulate the appetite, have a tonic effect on the kidneys and are said to lower blood pressure; are a source of calcium which helps to strengthen nails and teeth; important factor in achieving natural beauty.

Chives, 'Garlic' (*Allium tuberosum*)

Type: Perennial *Light:* Full Sun *Height:* 24" *Width:* 18"

Soil: Rich, well-drained soil; open area.

Useful Parts: Leaves.

Growth Habit: Grass-like with white flowers.

Harvest Method: Don't use scissors; instead use fingers to pick leaves at the base.

Handling & Uses: See above.

Chives, 'Maive Garlic' (*Allium tuberosum*)

Type: Perennial *Light:* Full Sun *Height:* 15" *Width:* 15"

Soil: Rich, well-drained soil.

Useful Parts: Leaves.

Growth Habit: Grass-like with mauve flowers.

Harvest Method: Use fingers to pinch off leaves at base.

Uses: Similar to regular garlic chives, with the exception of Mauve colored flowers. Makes an excellent ornamental plant as well.

Cigar Plant (*Cuphea ignea* 'Dynamite')

Type: Annual, houseplant *Light:* Part Shade *Height:* 15" *Width:* 15"

Soil: Rich, well-drained soil.

Growth Habit: An old fashioned house plant, with dark green leaves and bright orange tubular flowers. Durable in low light. Blooms continuously.

Uses: Great for topiary use and to make living wreaths.

Clary Sage/White Sage (*Salvia sclarea*)

Type: Perennial *Light:* Full Sun. *Height:* 36" *Width:* 18"

Soil: Average, dry soil.

Useful Parts: Leaves.

Growth Habit: Large fuzzy silver-gray leaves. Second year it sends up handsome stalks of purple and white flowers.

Harvest Method: Cut whole branches or leaves as needed. Dry in cool, dry, dark place to retain color and freshness.

Uses: Can be used like common sage in foods, but also has medicinal qualities. Has a vanilla-balsam aroma. Used internally for colds, indigestion, anxiety, tension, coughs. Use externally in bath and facial rubs. Rub on teeth to whiten.

Coriander/Cilantro (*Coriandrum sativum*) 'Delfino by Seed'

Type: Annual *Light:* Full/Part Sun *Height:* 1-2' *Width:* 12"

Soil: Sandy, humus rich soil.

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Useful Parts: Leaves, seeds.

Growth Habit: Bright green annual with slender, erect, finely grooved stems. Tiny white-pink flowers in umbels.

Harvest Method: Pick leaves at any time during the growing season; harvest the seeds when the seed heads are about to drop.

Handling: Leaves should be dried in warm airy place until crisp when they can be crumbled and placed in air-tight containers; fresh leaves can be placed in ice cube trays and frozen; seed heads can be dried on sheets of paper in a sunny place shake the seed out and store in air-tight containers.

Uses: Leaves-used mostly in ethnic dishes(salsa) for flavor or a garnish; seeds – flavors poultry, fish and meat dishes; used as a spice in baked goods or for fruit; seed aids in digestion of baked goods, powdered seed relieves dizziness; believed to be good for purifying the blood and for kidney stones and urinary dysfunctions.

Notes: Should be planted in a sheltered spot, may need staking, dried coriander pods add an interesting look to the garden.

Curry Plant (*Helichrysum italicum*)

Type: Annual *Light:* Full Sun *Height:* 24” *Width:* 24”

Soil: Average, well-drained soil. Grow dry.

Useful Parts: Leaves.

Growth Habit: Woolly, silver-gray, needle-like foliage with mustard-yellow flowers in June-August.

Harvest method: Pick and use leaves as needed, fresh or dried.

Handling: Fresh or dried leaves.

Uses: Use fresh leaves for a mild curry flavor, use in rice and vegetable dishes and deviled eggs.

Dill (*Anethum graveolens*) (2010 HOTY)

Type: Annual *Light:* Sunny *Height:* 3’ *Width:* 24”

Soil: Light, well-drained, sheltered spot, humus soil.

Useful Parts: Leaves, seeds.

Growth Habit: Fine foliage with tiny yellow flowers.

Harvest Method: For best flavor – cut stalks before flower heads appear. Seeds ripen in autumn and flower head can be snipped when first few seeds begin to fall.

Handling: Dry leaves on wire rack in a shady, cool place. When dry, rub leaves into an airtight container. Freeze fresh leaves in ice cube trays or wrap fresh dill sprays in foil and freeze. Heads should be dried, seeds shaken and stored in airtight containers.

Uses: Flavors many cooked vegetables, cottage cheese, cream cheese, sauces and dressing. Flavoring for meats and fish. Make dill soup, use as a garnish; dill is soothing herb; seeds are rich in oils, which help with digestion; said to strengthen the fingernails.

***Dill, ‘Long Island Mammoth’ (*Anethum graveolens*)**

Type: Annual *Light:* Full Sun *Height:* 2-3’ *Width:* 15-18”

Soil: Moderately rich, well-drained, moist soil.

Useful Parts: Leaves and seeds

Growth Habit: Large yellow flowers and seed heads, making it the preferred variety for pickling.

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Harvest Method and Handling: Same as regular dill.

Uses: Abundant foliage for use in cooking, large seed heads great for canning.

Dill, 'Fernleaf' (Anethum graveolens)

(See Dill)

Epazote (Chenopodium ambrosioides)

Type: Annual *Light:* Full Sun *Height:* 3-4' *Width:* 3'

Soil: Fertile, organic, well-drained soil.

Useful Parts: Leaves.

Growth Habit: Salad green.

Harvest Method: Cut and use leaves as needed.

Handling: Fresh or dried leaves.

Uses: Dried or fresh leaves are an indispensable herb in Mexican dishes. Helps prevent gas and aid digestion. Has a peppery flavor.

Eucalyptus, 'Lemon' (Eucalyptus citriodora)

Type: Annual *Light:* Full Sun *Height:* Small Tree

Soil: Light, loamy

Growth Pattern: A small tree with long, bristly mid-green leaves. Summer outside in large pots and bring in for winter. Plant wants to stay quite warm, although it stays alive down to about freezing.

Uses: The oil from this delightful variety is used in perfume. Crushed leaves have a lemon scent, potpourris.

Fennel, 'Florence' (Foeniculum vulgare) (1995 Herb of the Year)

Type: Perennial –Z6 *Light:* Sun/Part Sun *Height:* 4-5' *Width:* 18"

Soil: Fertile, well-drained soil.

Useful Parts: Swollen stem base, foliage, seeds.

Growth Habit: Fine, fern-like foliage with yellow flowers.

Harvest Method: Harvest bulb about 14 days after it reaches golf ball size, cut each bulb away from the roots and hang by foliage in a dry place – best if used within 10 days. Drying of foliage isn't recommended, use fresh whenever possible or freeze for future use.

Handling: Best when used fresh.

Uses: Seeds are used in teas, sausage making and seasoning mixes for pizza. Leaves and bulbs are used in salads and in dishes containing fish traditionally. Has a licorice-like flavor.

Fennel, 'Perfection' Superior Bulbing Type (Foeniculum vulgare)

Type: Annual *Light:* Full Sun *Height:* 3' *Width:* 24"

Soil: Average, well-drained soil.

Useful Parts: bulb, leaves and seeds

Growth Habit: Feathery leaves atop erect stems growing out of the bulbous base, small yellow flowers in umbels.

Harvest Method: Same as regular fennel.

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Handling: Best when used fresh.

Uses: This is a great variety for cool northern climates, forming a bulb quicker than others and slower to bolt. Use anytime you want a softer anise-like flavor. Seeds used to flavor pizza sauce and sausage.

Fennel, 'Smokey Bronze' (*Foeniculum vulgare*)

Type: Per. (Zone 6) *Light:* Sun to Pt. Shade *Height:* 48" *Width:* 18"

Soil: Well-drained.

Useful Parts: Leaves and seeds.

Growth Habit: Deep smoky bronze finely cut foliage; yellow flowers in summer.

Harvest Method & Handling: Same as regular fennel.

Uses: Leaves and seeds used in fish dishes; seeds for tea.

Fenugreek (*Trigonella foenum-graecum*)

Type: Annual *Light:* Full Sun. *Height:* 24" *Width:* 15"

Soil: Rich soil, slightly alkaline.

Useful Parts: Seeds and sprouts.

Growth Habit: A member of the bean/clover family, it is similar in appearance. White flowers in midsummer.

Harvest Method & Handling: Harvest the pods when ripe, but before they begin to shatter. Remove seeds and dry in the sun. Sprouts harvested when young.

Uses: Dried seeds can be used for a maple syrup substitute. Simply boil in water and strain. Seeds also used in tea form for indigestion, menopause and headaches. Sprouts are a welcome addition to salads. Ground seeds have a nutty, celery-maple like flavor.

Feverfew, 'Golden Ball' (*Chrysanthemum parthenium*)

Type: Perennial *Light:* Sun/Pt. Sun *Height:* 18" *Width:* 18"

Soil: Average, well-drained.

Useful Parts: Leaves and flowers.

Growth Habit: Feathery foliage with golden-yellow flowers.

Harvest Method & Handling: Use leaves when needed either fresh or dried and flowers can be picked for potpourri as soon as open.

Uses: Used medicinally to treat migraines and arthritis, but use no more than three or four leaves each day. Also used in crafts and dyes. Also, it is a natural insect repellent because it contains pyrethrin. Flowers used in potpourri.

Germander (*Teucrium chamaedrys*)

Type: Perennial *Light:* Sun/Pt. Sun *Height:* 2' *Width:* 18"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Small, deep green oval leaves with a gray reverse and rosy-purple flowers.

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Harvest Method & Handling: Harvest leaves throughout growing season and use fresh or dried.

Uses: Medicinal: active principle of germander was obtained by steeping leaves in boiled water to heal wounds. Greatly used today as a low hedge and as an ornamental plant.

Gota Kola (Hydrocotyle asiatica)

Type: Tropical *Light:* Shade *Height:* Vine to 20'

Soil: Moist, rich soil.

Useful Parts: Leaves.

Growth Habit: Fast growing tropical vine. Can be grown as a house plant.

Harvest Method & Handling: Pick and use leaves fresh or dried.

Uses: Being studied as a powerful medicinal. Leaves are eaten to increase mental powers, similar to ginseng. Also works as a diuretic. Used also in tea form.

Horehound (Marrubium vulgare)

Type: Perennial *Light:* Full Sun *Height:* 2-3' *Width:* 18"

Soil: Deep, well-drained, sandy soil.

Useful Parts: Leaves.

Growth Habit: Flowers white in summer; wooly square stems reveal this plant to be a member of the mint family.

Harvest Method & Handling: Does not produce flowers until second year, but can be cut for drying during the first year. First year take about 1/3 of the top growth; second- year plants cut just when the flower buds forms. To retain flavor of dry horehound, remove leaves and chop them. As soon as they are dry, place them in tightly sealed jars.

Uses: As an ornamental herb in gardens to attract bees; flavors ales and teas. It is available commercially as dried leaf, lozenges and candy.

Hyssop (Hyssop officinalis)

Type: Perennial *Light:* Sun/Pt. Sun *Height:* 30" *Width:* 24"

Soil: Light, well-drained.

Useful Parts: Leaves; mainly dried.

Growth Habit: Compact perennial of the mint family. Upright square stems with whorled leaves and blue-violet flowers.

Harvest Method & Handling: For medicinal use cut stems just before the flowers begin to open. Hang bunches. Dried leaves, green stems and flowers can be chopped and stored in tightly covered glass containers.

Uses: Dried as tea; oil in perfumes or to scent potpourri; ornamental and cosmetic.

Note: Attracts bees, butterflies and hummingbirds.

Jasmine, 'Pink' (Jasminium polyanthum)

Type: Tropical *Light:* Part Sun *Height:* Vine to 10'

Soil: Moist, rich.

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Useful Parts: Leaves and flowers.

Growth Habit: Vine with masses of intensely fragrant flowers in early spring. Flowers are white with pink undersides. Give neutral day length in fall to guarantee flowers in spring.

Harvest Method & Handling: Pick and use fresh leaves and flowers, or dry and store in a tight lid container.

Uses: Medicinal and culinary uses. Potpourris. Great topiary plant.

Jasmine, 'Variegated' (*Jasminium polyanthum* 'Variegated')

Type: Tropical *Light:* Part Sun *Height:* Vine to 10'

Soil: Moist, rich.

Useful Parts, Growth Habit, Harvest Method, Handling, and Uses: Similar to regular Jasmine.

Lavender, 'Bella Purple' (*Lavandula stoechas* – Spanish Lavender)

Type: Annual *Light:* Full Sun *Height:* 24" *Width:* 12"

Soil: Well-drained soil.

Useful Parts: Leaves & Flowers.

Growth Habit: Mounds of silver-green foliage; flowering from June to August. Great for containers. Purple flowers.

Harvesting Methods: Cut whole branches, or pick individual flower and leaves as needed.

Uses: Mainly used in sachets or potpourri's. Oils used in perfumes.

Lavender, 'Bella Rose' (*Lavandula stoechas* – Spanish Lavender)

- Same as above, but with Rose flowers.

Lavender, 'Bella Rouge' (*Lavandula stoechas* – Spanish Lavender)

- Same as above, but with Purple and White flowers.

Lavender, 'Cynthia Johnson' (*Lavandula angustifolia*)

Type: Perennial *Light:* Full Sun *Height:* 24" *Width:* 18-24"

Soil: Well-drained soil.

Useful Parts: Leaves & Flowers.

Growth Habit: Fragrant leaves topped with tight clusters of blue-purple flowers.

Uses: Culinary, medicinal and dried flowers. Very ornamental perennial. Attracts butterflies and repels deer.

Lavender, 'French Grey' (*Lavandula dentate* 'canbicans')

Type: Annual *Light:* Full Sun *Height:* 36" *Width:* 24-36"

Soil: Well-drained.

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Useful Parts: Leaves & Flowers.

Growth Habit: It has bright green, notched, narrow leaves, with a camphor-rosemary scent. Good in containers.

Uses: Used extensively in Topiary. Also popular in sachets.

Lavender, 'Goodwin Creek Grey' (Lavandula x. spp.)

Type: Annual *Light:* Full Sun *Height:* 2-3' *Width:* 2-3'

Soil: Well-drained.

Useful Parts: Leaves & Flowers.

Growth Habit: Silver grey toothed leaves with dark purple flowers. Free flowering variety.

Harvest Method: Cut whole branches, or pick individual leaves and flowers as needed.

Uses: Mainly used in sachets and potpourri's. Great indoor flowering lavender.

Lavender, 'Lady' (Lavandula angustifolia)

Type: Zone 6 *Light:* Full Sun *Height:* 8-10" *Width:* 12-30"

Soil: Well-drained.

Useful Parts: Leaves & Flowers.

Growth Habit: Gray-green foliage; lavender-blue flowers in August – September.

Uses: Oil used in perfumes, flowers can be candied, dried flowers and leaves for linen sachets, edible.

Lavender, 'Munstead' (Lavandula angustifolia) (1999 Herb of the Year)

Type: Perennial *Light:* Full Sun *Height:* 18" *Width:* 12-18"

Soil: Average, well-drained.

Useful Parts: Leaves & Flowers.

Growth Habit: Clump forming habit; gray-green foliage; with spikes of edible, lavender-blue flowers from July to September.

Uses: Same as Lady Lavender.

Lavender, 'Sachet' (Lavandula angustifolia 'Sachet')

Type: Perennial *Light:* Full Sun *Height:* 18" *Width:* 12"

Soil: Average, well-drained.

Useful Parts: Leaves & Flowers.

Growth Habit: Small cushion plant that has a bright strong lavender fragrance. Dark violet blooms in June and again in August – September.

Uses: Sachets and Potpourri's.

Lavender, 'Spanish Butterfly' (Lavandula stoechas 'Quasti')

Type: Annual *Light:* Full Sun *Height:* 24" *Width:* 24"

Soil: Average, well-drained.

Useful Parts: Leaves & Flowers.

Growth Habit: For lavish blooming, this lavender takes the prize. Deep violet flowers that are topped with butterfly appearing petals. Great container plant.

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Uses: mainly ornamental but used in sachets, potpourri and wherever great fragrance is needed.

Lavender Cotton (*Santolina chamaecyparissus*)

Type: Tender Per. *Light:* Full Sun *Height:* 30" *Width:* 36"

Soil: Average, dry soil.

Useful Parts: Leaves & Flowers.

Growth Habit: Aromatic, crimped gray leaflets on white woolly stems with yellow flowers in July – August.

Harvest Method & Handling: For flowers or leafy branches - Harvest when the flowers are in full bloom, cutting the branches 6" from the ground. Don't separate the flowering stem from the branches while drying. For foliage – wait until late summer and then trim the top 8 to 10 inches of the plant.

Uses: Aromatic - Dried flowers are good in floral arrangements; leaf oils are used as perfume; dried leaves in potpourri's sachets.

Leek (*Allium porrum*)

Type: Annual *Light:* Full Sun *Height:* 18-24" *Width:* 4-6"

Soil: Rich, well-drained.

Useful Parts: Bulb (leaflets), like onions.

Growth Habit: Bluish green strap-like foliage; white flowers in summer.

Harvest Method & Handling: Harvest when they are an inch or more in diameter, but before flowers start to form, or cut flowers off early. Best used fresh, but can be stored in the refrigerator for up to two weeks.

Uses: Base for soups and stews; use as a cooked vegetable.

Lemon Balm (*Melissa officinalis*) (2007 Herb of the Year)

Type: Perennial *Light:* Part Sun *Height:* 24" *Width:* 15"

Soil: Moist, rich.

Useful Parts: Leaves.

Growth Habit: Loosely branched, upright perennial with square stems. Flowers are white or yellowish, and tubular.

Harvest Method: Picked in sprays for use fresh or cut back almost to ground level before flowering if drying.

Handling: Dry in a shady place on racks, when dry rub leaves from the stalks and place in air-tight containers; fresh leaves can be wrapped in foil and refrigerated, and can also be chopped and frozen in ice cube trays.

Uses: Fresh or dried leaves go well in fruit or vegetable salads, milk pudding and certain soups, makes a good seasoning for chicken, fish, lamb, or pork; enhances cooked vegetables; balm tea is good in summer; tea used to bring down high temps and lessen exhaustion in hot weather; said to contribute to longevity; aids in food digestion and increases the appetite; used in bath water to cleanse and perfume the skin; makes a natural cleansing cream; sweetens the breath.

Lemon Grass (Cymbopogon citrates)

Type: Annual *Light:* Full Sun *Height:* 36-72" *Width:* 36"

Soil: Rich, well-drained.

Useful Parts: Leaf blades.

Growth Habit: Strongly lemon-scented grassy foliage; no flower.

Harvest Method & Handling: It can be harvested as soon as it has established in the garden and can be used fresh or dried. If drying; dry in cool, dark place to maintain best color and flavor. Store in airtight container to retain freshness.

Uses: Fresh w/fish and meat dishes; infused as tea; oil in perfumes and soaps. Plant in a pot and winter indoors for use all year.

Lemon Verbena (Aloysia triphylla)

Type: Annual *Light:* Sunny *Height:* 3-5' *Width:* 2-3'

Soil: Moderately moist.

Useful Parts: Leaves and young shoots.

Growth Habit: A deciduous woody shrub in warmer climates. Tiny tubular lavender flowers and lanceolate leaves.

Harvest Method: Fresh leaves and young shoots as needed during the growing season; collect leaves for drying in late summer.

Handling: Dry on racks in a cool shady spot, crumble leaves and keep in airtight containers.

Uses: To flavor desserts, baked goods, fruit juices; in tea it aids in digestion and acts as a sedative, refreshing when added to a bath.

Lovage (Levisticum officinale)

Type: Perennial *Light:* Full Sun *Height:* 36-48" *Width:* 36"

Soil: Rich, moist soil.

Useful Parts: Leaves, stems, root, and seeds.

Growth Habit: Grows like celery, with tiny yellow flowers.

Harvest Method & Handling: Once Lovage is established, the leaves, stems, and roots can be harvested when you need them. Gather seeds when tiny fruits begin to pop open, indicating they are ripe. Dry in a warm shady spot. Can also be frozen, but quickly blanch and place in ice-water for 2 minutes first.

Uses: Celery like taste and foliage. Used in soups, stews and salads; stalks can be candied or used fresh; seeds can be added to breads. Great herb to use for those on a low-salt diet. Great in potato dishes.

Marjoram, Sweet (*Origanum marjorana*)

Type: Annual *Light:* Sunny *Height:* 12" *Width:* 24"

Soil: Loose, humus rich, water during dry periods.

Useful Parts: Leaves.

Growth Habit: Bush-like with hairy square stems. Flowers are whitish-pink.

Harvest Method: For fresh – harvest when needed. For drying – harvest before the onset of blooming

Handling: Leaves can remain on stems for drying, store in an airtight container.

Uses: Fresh or dried for potato and meat dishes; add at end when dish is almost ready; stimulates appetite; relieves indigestion; lesson cold symptoms; relaxes muscles in a bath.

Marjoram, 'Za' Atar' (*Marjorana syriaca*)

Type: Annual *Light:* Full Sun *Height:* 20" *Width:* 24"

Soil: Well drained soil.

Useful Parts: Leaves.

Growth Habit: Small, grayish-green leaves with pinkish flowers.

Harvest Method & Handling: Same as regular marjoram.

Uses: This pungent marjoram has a very spicy, oregano flavor. One of the best for culinary purposes. Other uses similar to regular marjoram.

Mint, 'Apple' (*Mentha rotundifolia*) (All Mints - 1998 Herb of the Year)

Type: Perennial *Light:* Shade/Pt. Shade *Height:* 28" *Width:* 18"

Soil: Rich, moist.

Useful Parts: Leaves.

Growth Habit: Soft, gray-green round leaves which have a fruity fragrance and apple flavor.

Harvest Method: Cut just before they come into full flower.

Handling: Will dry by hanging the stems in a dry airy place, stripping dry leaves and keeping them in an airtight container; freeze by cutting fresh leaves and lacing in ice cube trays, fresh sprigs can be wrapped in foil and frozen.

Uses: Mixed with spearmint for mint sauce; mix chopped leaves into fruit salads and fruit jellies. Also used in drinks, candies, and baking.

Mint, 'Blue Balsam' (*Mentha* spp.)

Type: Perennial *Light:* Shade/Pt. Shade *Height:* 24" *Width:* 18"

Soil: Rich, moist.

Useful Parts: Leaves.

Growth Habit: Similar in appearance and flavor to chocolate mint; dark leaves.

Harvest Method, Handling & Uses: See Apple mint.

Mint, 'Candy' (Mentha spp.)

Type: Perennial *Light:* Full/Part Sun *Height:* 24" *Width:* 18"

Soil: Well drained moist soil.

Useful Parts: Leaves.

Growth Habit: Bright pink flowers and reddish stems.

Harvest Method, Handling, & Use: See Apple mint. Sweet peppermint flavor.

Mint, 'Chocolate' (Mentha spp.)

Type: Perennial *Light:* Shade/Pt. Shade *Height:* 24" *Width:* 18"

Soil: Rich, moist.

Useful Parts: Leaves.

Growth Habit: Dark leaves, purple stems and lavender flowers.

Harvest Method, Handling, & Uses: See Apple mint.

Mint, 'Corsica' (Mentha requienii)

Type: Zone 6 *Light:* Full/Pt. Sun *Height:* 3" *Width:* 8"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: Leaves are 3/8" long, bright green and strong peppermint taste and aroma.

Harvest Method, Handling, & Uses: See Apple mint. Original flavor for crème de menthe.

Mint, 'English' (Mentha spp.)

Type: Perennial *Light:* Full/Pt. Sun *Height:* 24" *Width:* 24"

Soil: Well-drained moist soil.

Useful Parts: Leaves.

Growth Habit: Bright green foliage with white flowers.

Harvest Method, Handling & Uses: See Apple mint. Use in jellies, juleps and sauces. The traditional mint in mint juleps.

Mint, 'Ginger' (Variegated) (Mentha x. gracilis)

Type: Zone 5-9 *Light:* Full/Part Sun *Height:* 24" *Width:* 18"

Soil: Well-drained moist soil.

Useful Parts: Leaves.

Growth Habit: Bushy habit. Variegated leaves of green and yellow.

Harvest Method, Handling, & Uses: See Apple mint. Ginger-mint flavor.

Mint, 'Kentucky Colonel' (Mentha spp.)

Type: Zone 5-9 *Light:* Part Shade *Height:* 36" *Width:* 36"

Soil: Well-drained moist soil.

Useful Parts: Leaves.

Growth Habit: Large leaves on a robust plant. Easy to grow.

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Harvest Method, Handling, & Uses: See Apple mint. Great spearmint flavor.

Mint, 'Lime' (Mentha spp.)

Type: Perennial *Light:* Full/Part Sun *Height:* 12-18" *Width:* 18"

Soil: Well drained moist soil.

Useful Parts: Leaves.

Growth Habit: Light green leaves on rounded plants.

Harvest Method, Handling, & Uses: See Apple mint. Lime scented foliage and flavor.

Mint, 'Mojito' (Mentha spp.)

Type: T. Perennial *Light:* Part shade *Height:* 6-7" *Width:* 10-12"

Soil: Well drained moist soil.

Useful Parts: Leaves

Growth Habit: Bright green, toothed, vigorous foliage.

Harvest method, Handling, & Uses: Similar to other mints but this is the true mint out of Cuba that was originally used in the classic Mojito.

Mint, 'Orange' (Mentha spp.)

Type: Perennial *Light:* Full/ Part Sun *Height:* 24" *Width:* 18"

Soil: Moist well drained soil.

Useful Parts: Leaves.

Growth Habit: Green foliage with red veins.

Harvest Method, Handling, & Uses: See Apple mint. Refreshing orange flavored and scented foliage.

Mint, 'Variegated Pineapple' (Mentha spp.)

Type: Perennial *Light:* Full/Part Sun *Height:* 18" *Width:* 18"

Soil: Well drained moist soil.

Useful Parts: Leaves.

Growth Habit: Green and white variegated foliage.

Harvest Method, Handling, & Uses: See Apple mint. Sweet pineapple scent and flavor.

Myrtle, Dwarf (Myrtis communis, 'microphylla')

Type: Tropical *Light:* Sun/Shade *Height:* 24" *Width:* 12"

Soil: Moderately moist.

Growth Pattern: Great container plant covered with white flowers and then small purple fruit.

Uses: A favorite of the Greeks, both in legend and everyday use. The herb of Venus. Fragrant in sachets and potpourri's. Antiseptic. Great topiary plant.

Myrtle, Dwarf Variegated (Myrtis com. 'Variegated compacta')

Type: Tropical *Light:* Sun/Shade *Height:* 15" *Width:* 12"

Soil: Moderately moist.

Growth Pattern: A handsome myrtle, with tiny 1/2" leaves, variegated green with cream. White starry flowers appear in spring and summer followed by small purple fruit.

Uses: A nice topiary plant. Potpourri & Sachets, great myrtle scent.

***Nasturtium, Climbing Mix (Tropaeolum majus)**

Type: Annual *Light:* Part Sun *Height:* 72-96" *Width:* Vine

Soil: Rich, well-drained.

Useful Parts: Flowers and young leaves.

Growth Habit: A climbing version of nasturtium with gold and red flowers.

Harvest Method & Handling: Pick and use fresh as needed.

Uses: Both young leaves and flowers add a peppery zest to salads, or use as a garnish.

Nasturtium, 'Tip Top Alaska' Series (Tropaeolum majus)

Type: Annual *Light:* Part Sun *Height:* 8" *Width:* 8"

Soil: Rich, well-drained.

Useful Parts: Flowers and young leaves.

Growth Habit: Variegated foliage and flowers of orange, red and yellow.

Harvest Method & Handling: Pick and use fresh as needed.

Uses: Both young leaves and flowers add a peppery zest to salads, or use as a garnish.

New Jersey Tea (Ceanothus americanus)

Type: Perennial *Light:* Full/Pt. sun *Height:* 36" *Width:* 24"

Soil: Light, well-drained soil.

Useful Parts: Dried leaves.

Growth Habit: Straggly, deciduous shrub with downy, dark green leaves, small white flowers and seedpods resembling acorns with horns.

Harvest Method & Handling: Pick and dry leaves as needed.

Uses: Tea. Used during the revolutionary war as a substitute for regular tea. Also a great hummingbird plant.

Oregano (Origanum vulgare) (2005 Herb of the Year)

Type: Perennial *Light:* Full Sun *Height:* 24" *Width:* 18"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Bush-like growth with rose-purple flowers. Spreads well.

Harvest Method: Cut long stems just before the plant goes into flower in summer or early autumn.

Handling: To dry, hang bunches in a cool dry place. When dry, strip leaves from stems and store in airtight containers; fresh chopped leaves can be frozen in ice cube trays; sprays can be wrapped in foil and refrigerated.

Uses: In pasta and rice dishes; in pizza, tomato dishes, sauces and dressings; helps bad colds, cramps, and digestive problems; hot fermentations helps swellings; tea relieves headaches and induces sleep.

Oregano, 'Cuban' (Plectranthus amboinicus)

Type: Tender Per. *Light:* Full sun *Height:* 12" *Width:* 18"

Soil: Sandy, quick-draining soil.

Useful Parts: Leaves.

Growth Habit: Crinkled, highly scented green foliage with a trailing habit. Pale violet, pink or white flowers in summer.

Harvest Method & Handling: Pick fresh when needed or dry for later. Dry in warm, dark place for best results.

Uses: Culinary. It has a flavor that combines that of oregano with thyme and savory.

***Oregano, 'Dittany of Crete' (Oregano dictamnus)**

Type: Annual *Light:* Full Sun *Height:* 2-4" *Width:* 12+"

Soil: Well drained to dry soil, great in rock gardens.

Useful Parts: Leaves and Flowers.

Growth Habit: Gray-white, round fuzzy leaves and rosy hop-like flowers. Most people don't even realize it's a oregano. Great in hanging baskets or used as an ornamental, edible ground cover.

Harvest method and handling: Leaves and flowers used fresh or dried.

Uses: Culinary and medicinal uses. Leaves can be used in soups, salads, and sauces and can be made into a tea and even a poultice. Flowers are often used in potpourris and in crafts.

Oregano, 'Golden' (Origanum vulgare 'Aureum')

Type: Perennial *Light:* Full sun *Height:* 12-18" *Width:* 12"

Soil: Average, well-drained.

Useful Parts: leaves.

Growth Habit: Aromatic, golden spreading foliage with edible, white to purple flowers in July – August.

Harvest Method & Handling: Pick fresh when needed or dry for later. Dry in warm, dark place for best results.

Uses: Italian, Greek and Mexican cuisine. A must in tomato dishes.

Oregano, 'Greek' (Origanum heracleoticum)

Type: Perennial *Light:* Full sun *Height:* 24" *Width:* 18"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Aromatic, gray-green, spreading foliage; white to purple flowers in July-Aug.

Harvest Method & Handling: Pick fresh when needed or dry for later. Dry in warm, dark place for best results.

Uses: For border gardens, dried in strongly flavored dishes (especially in Italian, Greek & Mexican cuisine).

Oregano, 'Hot & Spicy' (Oregano vulgare)

Type: Perennial *Light:* Full sun *Height:* 10" *Width:* 10-12"

Soil: Well-drained, drought tolerant.

Useful Parts: Leaves.

Growth Habit: More of a creeping variety.

Harvest Method & Handling: Pick fresh when needed or dry for later. Dry in warm, dark place for best results.

Uses: Considered the best oregano for cooking.

***Oregano, 'Mexican' (Poliomintha longiflora)**

Type: Annual *Light:* Full sun *Height:* 24-36" *Width:* 24-36"

Soil: Well-drained, drought tolerant.

Useful Parts: Leaves

Growth Habit: Shrub-like.

Harvest method & Handling: Pick fresh or use dried.

Uses: Not a true oregano, but a must for making your own chili powder, or simply used fresh. Use as you would other oregano's.

Oregano, 'Variegated' (Oregano vulgare)

Type: Perennial *Light:* Full to part sun *Height:* 16" *Width:* 12-18"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: Green leaves edged with creamy white margins with blush rose flowers.

Harvest Method & Handling: Pick fresh when needed or dry for later. Dry in warm, dark place for best results.

Uses: As flavorful as standard oregano, just more ornamental. Perfect for Italian and Mexican cuisine.

Parsley, 'Hamburg Rooted' (Petroselinum crispum 'tuberosum')

Type: Biennial *Light:* Sun/Pt. Sun *Height:* 12" *Width:* 12"

Soil: Average, well-drained.

Useful Parts: Leaves & Root.

Growth Habit: Strongly flavored, flat, dark green leaves with yellow flowers in summer.

Harvest Method & Handling: Use both leaves & roots fresh for best results.

Uses: Roots used for soups and juices; leaves used in sauces, butter, dressings and stuffing. Great in salads.

Parsley, Italian (*Petroselinum crispum neapolitanum*)

Type: Biennial *Light:* Sunny *Height:* 12" *Width:* 12"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Grows like a salad green.

Harvest Method: Can be cut for fresh or for drying at any time during season.

Handling: For drying, best if done quickly in a 250 degree oven, turn off oven and put parsley heads for 15 minutes, turning several times until dry, then place into an air-tight container away from light; fresh sprigs can be wrapped in foil and frozen, or chopped and put into ice cube trays with water to freeze.

Uses: Chopped fresh or dried, parsley is used in sauces, omelets, eggs, mashed potatoes, salads, soaps, pasta dishes, vegetable dishes, poultry and fish; used as a garnish; jelly is made from leaves; tea is made from fresh or dried leaves; foliage is rich in vitamins A, B, C; tea assists kidneys, digestion and circulation; makes dark hair shiny when used before shampooing; freshens the skin and reduces puffiness around the eyes.

Parsley, Triple Curled (*Petroselinum crispum*)

Type: Biennial *Light:* Full sun *Height:* 10" *Width:* 12"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Grows like a salad green.

Harvest Method & Handling: Same as Italian parsley.

Uses: Same as Italian parsley.

Peppermint (*Mentha piperata officinalis*)

Type: Perennial *Light:* Shade/Pt. Shade *Height:* 2' *Width:* 24-36"

Soil: Rich, moist.

Useful Parts: Leaves.

Growth Habit: Red-stemmed, toothed, vigorous foliage with edible purple flowers.

Harvest Method & Handling: Best when used fresh but can be dried. Can also be candied.

Uses: In jellies, sauces for lamb dishes, herb teas and iced drinks; used in potpourri.

Perilla (*Perilla nankinensis*)

Type: Annual *Light:* Full/Pt. Sun *Height:* 12-24" *Width:* 12"

Soil: Fertile, well-drained.

Useful Parts: Leaves.

Growth Habit: Salad green.

Harvest Method & Handling: Best used fresh.

Uses: Use in salads or to flavor fish, barbecues, soups or rice. Red leaves. Known as 'shiso' in Japan. Great garnish.

Radicchio, 'Carmen' (Cichorium intybus)

Type: Grown as Annual *Light:* Full Sun *Height:* 36-48" *Width:* 6-18"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Round, white-veined, red cabbage-like heads with cornflower-blue flowers in July-August when allowed to bolt. Salad green.

Harvest Method & Handling: Best used fresh, let semi-heads form and then cut.

Uses: Use raw in salads, or cooked as a vegetable.

Rootbeer Plant, Sweet Scented Marigold (Tagetes lucida)

Type: Annual *Light:* Full Sun *Height:* 12-18" *Width:* 12"

Soil: Well-drained soil.

Useful Parts: Leaves.

Growth Habit: Shiny broad leaves with a root beer aroma – orange flowers in winter if brought inside as a houseplant.

Harvest Method & Handling: Use fresh or dried, better fresh.

Uses: Sachets or culinary in salads, fish dishes – often a good substitute for tarragon.

Rosemary (Rosmarinus officinale) (2000 Herb of the Year)

Type: Annual *Light:* Sunny *Height:* 28" *Width:* 24"

Soil: Lime rich, warm, well-drained soil.

Useful Parts: Leaves.

Growth Habit: Evergreen herb, fragrant needle-like leaves, and blue flowers.

Harvest Method: Picked fresh at any time; for drying, pick branches before the plant goes into flowering.

Handling: Hang branches for drying in a shady, airy place, when dry, strip leaves from the stalks, crumbling them, and store in air tight containers, for freezing, strip leaves and place in freezer in ice cube trays with water; sprays can be wrapped in foil and frozen for several weeks.

Uses: Helps the digestion of rich starchy food; flavors lamb, beef, veal, pork, rabbit, goose, duck, sometimes chicken; used in liver pate and pasta sauces; goes well with eggplant, lima beans, zucchini, Brussels sprouts and cabbage; believed to stimulate the memory; tea is good for headaches; aids in digestion; said to strengthen sight; in shampoo and hair tonics it revitalizes the scalp, prevents dandruff and encourages new and healthy hair growth; good way to start the day in a morning bath.

Rosemary, Barbecue (Rosmarinus officinale)

Type: Annual *Light:* Full sun *Height:* 36" *Width:* 24"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Fastest growing upright rosemary. Needle-like light green foliage. Evergreen. Blue flowers.

Harvest method & Handling: Same as regular rosemary.

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Uses: Same as regular rosemary. Straight stems can be used as shish kebob skewers.

Rosemary, Creeping (*Rosmarinus officinale prostratus*)

Type: Annual *Light:* Full Sun *Height:* 12-18" *Width:* 24-36"

Soil: Rich, well-drained.

Useful Parts: Leaves.

Growth Habit: Bluish-green, prostrate foliage; blue flowers in summer.

Harvest Method & Handling: Same as regular rosemary.

Uses: Same as regular rosemary.

Rosemary, 'Foxtail' (*Rosmarinus officinale*)

Type: Annual *Light:* Full Sun *Height:* 3' *Width:* 2-3'

Soil: Rich, well-drained.

Useful Parts: Leaves.

Growth Habit: Has a gentle arching form with light blue flowers.

Harvest method & Handling: Same as regular rosemary.

Uses: Same as regular rosemary.

Rosemary, 'Lockwood' (*Rosmarinus officinale 'Lockwood'*)

Type: Annual *Light:* Sun/Pt. Sun *Height:* 12" *Width:* 15+"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: 1' trailing; compact plant with dark green leaves; bright light blue flowers.

Harvest Method & Handling: Same as regular rosemary.

Uses: Same as regular rosemary. Beautiful in pots.

Rosemary, 'Majorca' (*Rosmarinus officinale Majorca*)

Type: Annual *Light:* Full Sun *Height:* 18" *Width:* 15"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Upright form that twists around then cascades, continual bloom of pink flowers.

Harvest Method & Handling: Same as regular rosemary.

Uses: Same as regular rosemary.

Rosemary, 'Rex' (*Rosmarinus officinale 'Rex'*)

Type: Annual *Light:* Full Sun *Height:* 24-36" *Width:* 12"

Soil: Average, well-drained. Grow dry.

Useful Parts: Leaves.

Growth Habit: Large dark green leaves and vigorous upright growth habit.

Harvest Method & Handling: Same as regular rosemary.

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Uses: Same as regular rosemary.

Rosemary, 'Spice Island' (Rosmarinus officinale)

Type: Annual *Light:* Full sun *Height:* 24-36" *Width:* 24"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: A vigorous grower with thick, sturdy, dark green needle-like foliage. Upright form with blue flowers.

Harvest Method & Handling: Same as regular rosemary.

Uses: Same as regular & barbecue rosemary.

Rosemary, 'Tuscan Blue' (Rosmarinus officinale)

Type: Annual *Light:* Full Sun *Height:* 18-28" *Width:* 12"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: Upright form with deeper blue foliage.

Harvest Method & Handling: Same as regular rosemary.

Uses: Same as regular rosemary.

Rue (Ruta graveolens)

Type: Perennial *Light:* Full Sun *Height:* 18-36" *Width:* 12-18"

Soil: Well-drained.

Useful Parts: Leaves, seeds, and whole plant.

Growth Habit: Evergreen sub-shrub with yellow-green flowers and 5-lobed seed capsules.

Harvest Method & Handling: Can be harvested several times a year. Harvest before the flowers form; dry in the shade and store in airtight container.

Uses: Used externally to treat insect bites, rheumatism and internally to improve digestive problems. Dried seed heads also used in crafts.

Sage (Salvia officinalis) (2001 Herb of the Year)

Type: Perennial *Light:* Full Sun *Height:* 24" *Width:* 24"

Soil: Well-drained.

Useful Parts: Leaves, fresh or dried.

Growth Habit: Evergreen herb with long, oval, gray-green textured leaves and mauve-blue flowers in summer.

Harvest Method & Handling: To dry sage leaves, snip leaves from stems and dry in the shade on paper, or hang whole branches upside down inside paper bag. Store in airtight container.

Uses: Seasoning for meats, sausages, stuffing's and cheeses. Try some fried sage leaves for an interesting appetizer.

Sage, 'Berggarten' (Salvia officinalis)

Type: T. Perennial *Light:* Full Sun *Height:* 18" *Width:* 24"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: Large rounded, fuzzy leaves, and superior flavor, make this variety stand out.

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Harvest Method & Handling: Cut whole branches or pick individual leaves and dry in a cool, shady location. After drying, store in airtight containers.

Uses: Great culinary variety, offering the best flavor of all the sages. Use as you would regular sage.

Sage, Gold Variegated (Salvia officinalis 'Aurea')

Type: Perennial *Light:* Full/Pt. Sun *Height:* 24" *Width:* 36"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Gold and green variegated foliage; edible blue flowers in summer.

Harvest Method & Handling: Same as regular sage.

Uses: Same as regular sage.

Sage, 'Honeydew Melon' (Salvia spp.)

Type: T. Perennial *Light:* Sun/Pt. Sun *Height:* 2' *Width:* 24"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Looks like pineapple sage but leaves are smaller and more heart shaped. Red flowers in the winter. Has a pleasant distinct melon scent.

Harvest Method & Handling: Same as regular sage.

Uses: Same as regular sage.

Sage, 'Pineapple' (Salvia spp.)

Type: Annual *Light:* Full Sun *Height:* 36" *Width:* 36"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: Scarlet flowers and pineapple scented leaves. Has a shrubby habit.

Harvest Method & Handling: Same as regular sage.

Uses: Excellent plant for pots, baskets and cutting. Leaves are used in jams, jellies and for garnish.

Sage, 'Purple' (Salvia officinalis 'Purpurea')

Type: T. Perennial *Light:* Full Sun *Height:* 18" *Width:* 18"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: Compact, aromatic, purple foliage.

Harvest method & Handling: Same as regular sage.

Uses: Same as regular sage.

Sage, 'Scarlet' (Salvia coccinea)

Type: Annual *Light:* Full Sun *Height:* 18-24" *Width:* 18"

Soil: Well-drained, sandy.

Useful Parts: None, ornamental use.

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Growth Habit: Attractive native to Texas and Mexico with beautiful spikes of scarlet red blooms. Hummingbird plant.

Uses: Crafts.

***Sage, 'Tangerine' (Salvia elegans)**

Type: Annual *Light:* Full Sun *Height:* 36" *Width:* 36"

Soil: Well drained.

Useful Parts: Leaves.

Harvest Methods, Handling and Uses: Similar to 'Pineapple Sage'.

Sage, 'Texas Hummingbird' (Salvia coccinea)

Type: Annual *Light:* Full Sun *Height:* 24-36" *Width:* 24"

Soil: Well-drained, Sandy.

Useful Parts: None, ornamental use.

Growth Habit: Showy spikes of scarlet which delight the hummingbirds.

Uses: More ornamental, but can be used for crafts, potpourris and sachets.

Sage 'Tricolor' (Salvia spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 24" *Width:* 24"

Soil: Well-drained.

Useful Parts: Leaves.

Growth Habit: Long oval textured green leaves with pink and white margins. Mauve-blue flowers in summer.

Harvest Method & Handling: Same as regular sage.

Uses: Excellent as a seasoning for meats, stuffing's, sausages and cheeses. Leaves have a milder flavor than standard sage.

Satureja, Indian Mint (Satureja douglasii)

Type: Annual *Light:* Shade/Part Sun *Height:* 2" *Width:* 6"

Soil: Moist, organic.

Useful Parts: Leaves.

Growth Habit: Performs as a groundcover, or looks great in containers or in a hanging basket.

Harvest Method & Handling: Pick and use leaves fresh or dry in a warm, dry place for later.

Uses: Its leaves are used as a refreshing tea. It makes a great trailing house plant.

Savory, Summer (Satureja hortensis)

Type: Annual *Light:* Full Sun *Height:* 12-24" *Width:* 7-30"

Soil: Average, well-drained.

Useful Parts: Leaves.

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Growth Habit: Soft, narrow, upright foliage with pink to purplish flowers in summer.

Harvest Method & Handling: Use fresh or cut whole branches and lay them on paper in a warm shady place. Strip leaves and store in airtight container.

Uses: Fresh or dried with legumes and used in meat dishes. A must for soups and German cuisine.

Savory, Winter (*Satureja montana*)

Type: Perennial *Light:* Full Sun *Height:* 12" *Width:* 12"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: A hardy semi-evergreen perennial which forms a compact bush with white or lilac flowers.

Harvest Method & Handling: See Summer Savory.

Uses: See Summer Savory.

Sorrel (*Rumex scutatus*)

Type: Perennial *Light:* Full Sun *Height:* 18" *Width:* 10-18"

Soil: Rich, moist.

Useful Parts: Leaves.

Growth Habit: Long-stalked, spear-shaped, foliage; red-green flowers in August.

Harvest Method & Handling: Use fresh as salad green.

Uses: Fresh leaves in salads, sauces, soups, cream cheese and egg dishes. Has a bitter lemon flavor.

Spearmint (*Mentha spicata*)

Type: Perennial *Light:* Shade/Pt. Shade *Height:* 2' *Width:* 2-3'

Soil: Rich, moist.

Useful Parts: Leaves.

Growth Habit: Bright green, toothed, vigorous foliage with edible, purple flowers.

Harvest Method: See Applemint

Handling: See Applemint

Uses: Gives mint sauce its flavor; used in mint jelly and julep; chopped mint goes well in potatoes, tomatoes, egg dishes, in custards and ice creams; good as a tea; helps prevent bad breath; helps whiten teeth and condition gums; excellent for conditioning oily hair; used to help heal chapped hands; good for mosquito repellent.

St. John's Wort (*Hypericum perforatum*)

Type: Perennial *Light:* Sun *Height:* 15" *Width:* 15"

Soil: Dry, well-drained.

Useful Parts: Leaves, dried or fresh.

Growth Habit: Has bright yellow puff like flowers over small green rounded leaves.

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Harvest Method & Handling: The leaves are either dried and stored in a dark place or pressed for oil. The oil can keep for 2 years.

Uses: Medicinal uses – a dye plant. Ornamental.

Stevia, Sugar Bush (*Stevia rebaudiana*)

Type: Annual *Light:* Full Sun *Height:* 24" *Width:* 15-18"

Soil: Well drained, fertile.

Useful Parts: Leaves.

Growth Habit: Bushy, upright habit with white flowers.

Harvest Method & Handling: Use fresh or dry in a warm, shady place. Oils can also be extracted. Its uses need experimentation.

Uses: A natural sugar substitute. Its leaves are 20 times sweeter than cane sugar and it contains virtually no calories, doesn't contribute to tooth decay and doesn't raise blood-sugar levels.

Sweet Cicely, Myrrh (*Myrrhis odorata*)

Type: Perennial *Light:* Partial Shade *Height:* 3' *Width:* 24"

Soil: Moist, well-drained.

Useful Parts: Leaves, roots, and fruits (seeds).

Growth Habit: Hardy perennial with a scent like Lovage. Fernlike leaves, shiny dark brown, sharply ridged to 1" long with spicy, licorice like flavor.

Harvest Method & Handling: Use fresh. Harvest throughout the year.

Uses: Leaves are used fresh as garnishes and salads. Root is steamed, simmered or cooked. Seeds are used in candy, syrups, cakes and liqueurs.

Chef Tips: Substitute sweet cicely for caraway seeds in baking. Grate the root and add to quick breads and muffins.

Tarragon, French (*Artemisia dracunculus*)

Type: T. Perennial *Light:* Sunny *Height:* 3' *Width:* 12"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: Aromatic perennial with yellow or greenish-white flowers and linear leaves.

Harvest Method & Handling: Fresh shoots can be harvested all season until fall; harvest before plant goes into bloom for freezing and drying.

Uses: French tarragon has the characteristic licorice taste. It is great for cooking, and in herbal vinegars.

Tarragon, Russian (*Artemisia dracunculus*)

Type: T. Perennial *Light:* Full Sun *Height:* 36" *Width:* 24"

Soil: Well-drained soil, rich, sandy

Useful Parts: Leaves.

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Growth Habit: Linear to lanceolate leaves with insignificant flowers, usually sterile. Foliage is bigger than French tarragon.

Harvest Method & Handling: Same as French Tarragon.

Uses: Used in French cuisine and usually added at the end of cooking to avoid a bitter taste. It has a more subtle flavor and a lighter taste than French tarragon.

Thyme, English (thymus vulgaris) (1997 Herb of the Year)

Type: Perennial *Light:* Sunny *Height:* 10-15" *Width:* 24"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: Low growing shrubby foliage with edible, light lavender flowers.

Harvest Method: Pick at any time before flowering.

Handling: Dry branches and strip leaves, placing them in air tight containers. Store fresh thyme sprigs in foil in freezer.

Uses: Boil fresh or dried to use in meats, vegetables, potatoes, cottage cheese and sauces; soothes coughs, good addition to baths; use as a mouthwash; soothes the stomach and improves digestion; cleansing effects for facial skin; strengthens scalp when used as a hair lotion.

Thyme, French (Thymus vulgaris)

Type: Perennial *Light:* Full Sun *Height:* 6-12" *Width:* 12"

Soil: light, well-drained.

Useful Parts: Leaves.

Growth Habit: Neat, upright shrub with pale, pinkish-purple flowers.

Harvest Method, Handling, and Use: See English Thyme.

Thyme, 'Golden Lemon' (Thymus spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 6-12" *Width:* 12"

Soil: light, well-drained.

Useful Parts: Leaves.

Growth Habit: Scattered yellow edges on green leaves.

Harvest Method, Handling, & Uses: See English Thyme. Clean, lemony flavor.

Thyme, 'Green Lemon' (Thymus spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 6-12" *Width:* 12-18"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth habit: Green leaved vigorous plant with pale lilac flowers.

Harvest Method, Handling, & Uses: See English Thyme. Great lemon fragrance and flavor.

Thyme, 'Lemon Mist' (Thymus spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 6-12" *Width:* 12-18"

Soil: Light, well-drained.

Useful Parts: Leaves.

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Growth Habit: Attractive small shrub with lavender flowers and tiny green leaves.

Harvest Method, Handling, & Uses: See English Thyme. Light lemon flavor and fragrance.

Thyme, 'Lime' (Thymus spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 8" *Width:* 18-24"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: Compact clumps of glossy lime-green foliage.

Harvest Method, Handling, & Uses: See English Thyme. Light citrus taste and fragrance.

Thyme, 'Orange Balsam' (Thymus spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 4-12" *Width:* 12"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: Dark leaved thyme with orange colored stems and white flowers.

Harvest Method, Handling, & Uses: See English Thyme.

Thyme, 'Pink Ripple' (Thymus spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 6-12" *Width:* 6-12"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: Low growing form with pink flowers.

Harvest Method, Handling & Uses: See English Thyme. More of a decorative variety. Very light lemon scent and flavor.

Thyme, 'Silver Edge' (Thymus spp.)

Type: T. Perennial *Light:* Full Sun *Height:* 10" *Width:* 12"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: Green and silver foliage with small pink flowers.

Harvest Method, Handling & Uses: See English Thyme.

Thyme, 'Tabor' (Thymus vulgaris)

Type: Annual *Light:* Full Sun *Height:* 8" *Width:* 12-14"

Soil: Light, well-drained. Best in pot.

Useful Parts: Leaves.

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Growth Habit: Dark green leaves with pinkish flowers.

Harvest Method, Handling, & Uses: See English Thyme. **This is considered the best Thyme for cooking. Hint: grow it in a pot so you can bring it indoors for the winter.**

Thyme, 'Variegated Lemon' (Thymus x cit. Aurea variegata)

Type: T. Perennial *Light:* Sun/Pt. Sun *Height:* 6-12" *Width:* 18"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Green, dappled gold, lemon-scented foliage with edible lilac flowers in July.

Harvest Method, Handling, & Uses: See English Thyme.

Thyme, Winter (Thymus vulgaris)

Type: Perennial *Light:* Sun/Pt. Sun *Height:* 6-12" *Width:* 12"

Soil: Average, well-drained.

Useful Parts: Leaves.

Growth Habit: Red stemmed, gray-green shrubby foliage with edible flowers in July.

Harvest Method, Handling, & Uses: See English Thyme. **The hardiest Thyme.**

Thyme, Woolly (Thymus pseudolanuginosus)

Type: Perennial *Light:* Full Sun *Height:* 2" *Width:* 12-18"

Soil: Light, well-drained.

Growth Habit & Uses: **Not culinary**, but excellent for rock gardens, along pathways and stepping stones for fragrance and color. Minute, silver-gray leaves, rose-pink flowers.

Thyme, 'Magic Carpet' (Thymus serpyllum) (Mother of Thyme)

Type: Perennial *Light:* Full sun *Height:* 10" *Width:* 36"

Soil: Light, well-drained.

Useful Parts: Leaves.

Growth Habit: Used as a traditional groundcover, forms a dense thick mat.

Harvest Method, handling & Uses: See English Thyme. Both tasty and attractive.

Upland Cress (Barbarea verna)

Type: Perennial *Light:* Full/Pt. Sun *Height:* 12" *Width:* 12"

Soil: Average, well-drained soil.

Useful Parts: Leaves, salad green.

Growth Habit: Salad green, similar to lettuce or spinach.

Harvest Method & Handling: Best used fresh.

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Uses: A bitter green with a taste similar to watercress without the hassle of growing it in water-logged soil. Used in salads or as a garnish.

Valerian (*Valerian officinalis*)

Type: Perennial *Light:* Sun/Pt. Sun *Height:* 3-5' *Width:* 2'

Soil: Average, well-drained.

Useful Parts: Root

Growth Habit: Tall, shrubby, with shaggy compound leaves and small pink flowers.

Harvest & Uses: The taproot yields the medicinal herb valerian – a well-known calmativ.

Note: Very fragrant white flowers add beautiful scent to gardens.

Watercress (*Nasturtium officinale*)

Type: Perennial *Light:* Shade *Height:* 12" *Width:* 12-15"

Soil: Moist area and in water.

Useful Parts: Leaves.

Growth Habit: Groundcover or floating salad green.

Harvest & Uses: Leaves have peppery flavor and are used in salads, sandwiches, soups and makes a nice garnish. Use fresh.