

Name: Basil - Cinnamon

Ocimum basilicum 'Cinnamon'

This variety grows eighteen to thirty inches tall and twelve to eighteen inches wide. The cinnamon scented leaves grow up to two inches long. The stems are purple with small purple flowers that are in bloom in the summer.

Along with adding an interesting flavor to recipes that call for basil, it can be used in gardens as a companion plant to repel insect pests. Plant in well drained soil under full sun

Highly fragrant light lavender flowers on an 18cm dark purple stem. Flowers last two weeks if water is changed daily. It contains cinnamate, the same chemical that gives cinnamon its flavor, and has the strongest scent of cinnamon.



Growing Tips: Enjoys reasonably moist conditions. Some garden pests don't like the smell of it, so gardeners grow it just to keep bugs out of their gardens.

Use: For peak flavor pick and add just prior to serving meal. Pick the leaves and use them in cooking or put them in bottles of olive oil to make cinnamon-flavored oil. The oil would be good to use for frying apples or bananas. You can add this herb to your apple pie fillings, and it tastes great added to an apple sauce or raisin sauce for pork or ham. You can also freeze the leaves in an ice cube tray with water. Then pop them out after they freeze and store them in a plastic bag in the freezer. Drop these herb cubes into soups or sauces to add basil flavor. Cinnamon Basil can be used to make a refreshing tea.

Harvest: Regularly, the more you harvest the more it will produce. If kept warm and harvested often you may even get 10 months worth of Basil leaves.

Source: <http://www.renaissanceherbs.com.au/store/show/BASIL-CINNAMON>

http://www.victoryseeds.com/ocimum_gratissimum_cinnamon.html

Name: Basil - Holy

Ocimum Sanctum

The leaves of holy basil are grey-green in color, coarse to the touch, and have rigged edges. Basil leaves are deep green and tend to be smooth with smooth edges. Both plants can grow more than two-feet tall and two-feet wide. The flower of the basil plant is generally white while the flower of holy basil is lavender in color. Holy basil can also have different color stems, usually white or red.



Holy basil has a sweet fragrance, and basil has a spicy aroma. Holy basil and basil tends to have sharp flavors when raw, which is similar to other varieties of greens. Basil varieties all have strong flavor and aroma, and leaves will bruise and emit scent easily. Since basil's flavor can be overpowering, use it sparingly until you are sure you like the taste of it.

Holy basil and basil can be cooked or served raw in similar styles. Grind up raw basil in a food processor with pine nuts, garlic and olive oil to make homemade pesto sauce for pasta. Add torn leaves to a soup, stir fry or casserole to add a strong fragrance and fresh, herbal flavor. Also, you can rip the leaves and sprinkle over a side salad, grilled chicken breast, spaghetti or steak to add a sharp, herbal flavor.

Holy basil is also commonly used in Thai dishes.

Source: http://www.ehow.com/info_8405678_difference-between-basil-holy-basil.html

Name: Basil - Lemon

Ocimum basilicum 'Lemon'

Lemon basil has stems that can grow to 20-24 in. tall. It has white flowers in late summer to early fall. The leaves are similar to basil leaves, but tend to be narrower. Seeds form on

Use: In Thailand, lemon basil is called maenglak and it is one of several types of basil used in Thai cuisine. The leaves feature in certain curries and it is also indispensable for the noodle dish Khanom chin nam ya. The seeds resemble frog's eggs after they have been soaked in water and are used in sweet desserts. You can also use the strongly scented leaves in soups, salads, chilli sauces and fish dishes.



Harvest: Regularly, the more you harvest the more it will produce. If kept warm and harvested often you may even get 10 months worth of Basil leaves.

Lemon Basil is one of the most unique and delightful of the basils. It is an asset to a huge variety of fresh dishes, especially salads, whether lettuce or pasta. The delicate tangy flavor adds a lovely zest to chicken, sauces, dressings, teas, and soups. Lemon Basil is often added to potpourri for its citrus sent. In the garden it is always wonderful to catch a whiff of this refreshing herb. It is used much the same way as the more common types, flavoring fresh green salads, Italian sauces, and pesto.

Lemon Basil can be easily grown in pots, just keep them in a sunny location in well-drained, moist soil but avoid over watering. Keep the flowers pinched back to promote a bushier plant. Lemon Basil's leaves can also be frozen if painted with olive oil on both sides first.

Harvest – light harvesting of leaves may begin after plants have become established. It is best done in the early morning when the temperature is cooler, and the leaves are less likely to wilt. Full harvest should be done just before plants start to flower. Cut the entire plant 4"-6" above the ground to promote a second growth. Leaves are easily bruised when picking, so handle with care. Store Basil above 50 degrees F. after harvest. If exposed to temperatures lower than 50 degrees F, basil can suffer from cold damage. Use a separate cooler space for cut basil, where you can control the temperature, or store in a cool, dark place.

Source: <http://www.renaissanceherbs.com.au/store/show/BASIL-LEMON>

http://pantrygardenherbs.com/?page_id=7068

Name: Basil – Thai

Ocimum basilicum

This exotic basil plant is a beautiful bloomer and useful culinary herb! Thai basil has a distinct licorice flavor which is perfect for stir fries and soups. Just rubbing one of this basil's small, delicate leaves between your fingers releases a wonderful anise aroma! The purple blooms of this lovely culinary herb are very ornamental and do not effect the flavor as much as that of the Italian basils. The light musky scent has hints of mint and cloves. Plant in full sun. Grows 18-22" tall

Bloom: Purple, blooms when not pinched back through the Summer



Uses: A licorice-flavored culinary herb used in Asian cuisine, 'Sweet Thai' is less peppery than basils used in Italian cuisine. Letting this culinary herb go to bloom in your garden won't affect the taste as much as other varieties and its intricate spire of purple flowers is a gorgeous addition to your landscape.

Tips: Try substituting this flavorful basil in place of its Mediterranean cousins, as it holds its flavor better when cooked. For a more full plant, pinch the growth tips back which will force this herb to spread more rather than grow higher and skinnier.

Source: http://www.thegrowers-exchange.com/Basil_Siam_Queen_p/her-bas07.htm/

Name: Basil – Clove

Ocimum gratissimum

A tall, tremendously aromatic plant that adds significance to any garden is clove basil. It is brought into the sun-drenched greenhouse during winters, but they are grown in pots and containers outside during the growing season which is from June to September.

It has lime green leaves which are up to 4 inches long, and are put up with intense spikes of tiny, pale flowers of yellow color. Clove basil is a half hardy perennial shrub with a licorice-clove flavor and can reach an impressive height of 8 feet.

The burning leaves of the clove basil are used to keep away mosquitoes. Clove basil is at times used for cooking purpose as well. In many Italian dishes, it is a well know culinary herb. Tomato sauces, vinegars are some more things in which clove basil are commonly used.

You can even add the delicate flowers and leaves to any plate or salad for decoration. They can be sprinkled either chopped or whole.

They are available throughout the year but the true harvest period is in summer and while selecting it, we should look in for even colored leaves. Even storing them is not at all troublesome. You need to wrap the herb in moist paper towel and plastic bag and store at a low temperature for up to 4 days and gradually the herb dries off for you to store it. Although you can store clove basil, but fresh ones more aromatic and add an altogether different flavors to your dishes.



Source: http://www.thegrowers-exchange.com/Basil_Siam_Queen_p/her-bas07.htm/

Name: Borage Blue

Borago officinalis

Herb gardening with Borage brings many gifts. The large borage plant, a wonderful culinary herb, bears hundreds of small, edible, blue flowers atop thick stems suitable for cutting. The mild cucumber flavor is perfect for salads and garnishes. Borage has a long harvest period and its seed oil is a rich source of gamma-linolenic acid. This ornamental herb is perfect for the flower garden and is a wonderful partner to any of your flowering annuals. Borage pairs well in the garden with tomatoes, berries and squash, and is said to actually improve the taste of fruits and vegetables growing nearby.

This self-seeding plant will spread easily with plenty of sun, rich soil and protection from the wind.

Bears small, edible, blue flowers. Leaves taste a little something like cucumber or celery and can be used in salads and teas. Try adding a few leaves to your favorite glass of wine for a change of pace.

Borage is an airy plant that has a mild taste similar to cucumber. Originally from Syria, where it was used for medicinal and cooking purposes, borage now has two main uses: its blue flowers, and its seeds, which are pressed to make gamma-linolenic acid, or GLA.



Source: http://www.thegrowers-exchange.com/Borage_Blue_p/her-bor01.htm

Name: Chamomile - German

False Chamomile, German Chamomile, Hungarian Chamomile

Matricaria chamomilla

The German chamomile is a species of chamomile that is very aromatic; it also has a slightly bitter taste which is reminiscent of the taste of apples. The herb is also very well known to the majority of herbal tea drinkers around the world as it is a common prescription. What is less well known, are the various medicinal uses to which the herb can be put to in the treatment of different disorders and conditions. Many types of digestive disorders can be treated using the German chamomile; this herb is also excellent as an herbal remedy in the treatment of various nervous tensions and conditions of irritability or stress. Topical use of the German chamomile involves its use as a cream in the treatment of sore skin and disorders such as eczema. German chamomile is similar to the Roman chamomile, a close herbal relative, which is also used to treat many of the same disorders and conditions which can be treated using the German chamomile.



German chamomile is a delicate looking plant that is surprisingly tough. The ferny foliage tends to flop over and the tiny flowers look like miniature daisies. Roman chamomile (*Chamaemelum nobile*) is often used as a groundcover or creeping plant used to soften the edges of a stone wall or walkway. Roman chamomile is a perennial. The German chamomile discussed here is the annual herb used for making tea. Both the leaves and the flowers are used for tea. Some people think chamomile has a slight apple-like taste. The leaves can be more bitter than the flowers.

Chamomile tea is used as a liquid feed and plant tonic, effective against a number of plant diseases. An essential oil from the whole plant is used as a flavoring and in making perfume. The dried flowers are used as an insect repellent

Source: http://www.herbs2000.com/herbs/herbs_chamomile_ger.htm

<http://gardening.about.com/od/herbsspecificplants1/p/Chamomile.htm>

<http://altnature.com/gallery/chamomile.htm>

Name: Onion Chives

Chives are perennials easily distinguished by their growth in dense clumps, lack of well-formed bulbs, and ornamental quality violet flowers. The tubular leaves are 6 to 10 inches long. No other onion has such a wide geographical distribution as the chive and few species are more variable.

The slender, tubular, hollow green leaves are used for garnish and seasoning for salads, soups and stews, being cut as needed. They are also used as ornamentals, either in the garden or in household pots, because of their attractive rose to violet flowers atop the uniform green clumps. Dried chives are increasing in popularity. The flower stems are not palatable.



Chives are completely hardy to cold, withstand drought and grow well in a wide variety of soils. Seeding or dividing is usually done in the spring or summer. The number of plants within a clump will double 5 to 10 times each year if sufficient space, water, light and nutrients are provided. Growth is most rapid in spring and summer. Natural dormancy occurs in the fall with regrowth beginning during the winter. Frequent watering and nitrogen application during the spring and summer are recommended.

Chives are small, dainty, onion-like plants that grow in clumps reaching about 10 inches in height. They are a hardy-perennial with decorative, light purple flowers. Chives demand little care other than dividing when they become overcrowded. They are easily propagated by division or from seed and make attractive border plants.

Cut fresh leaves for use as they grow.

Chives are used to impart a delicious, subtle, onion-like flavor to foods

Name: Chives, Garlic- *Allium tuberosum*

Garlic chives is an allium grown for its leaves, and not its little bulb. The tough, fibrous bulb is elongate and originates from a stout rhizome (underground stem). The gray-green leaves are flat and grasslike, to 15 in (38 cm) long, and about 0.3 in (0.8 cm) wide. The plant grows in a clump and the leaves bend down under their own weight. The showy inflorescence stands above the leaf clump on 1-2 ft (0.3-0.6 m) stalks and consists of a rounded umbel, 2 in (5 cm) across, with many small creamy white, star-shaped, fragrant flowers. Each perianth segment (petal and sepal) has a brown stripe. The unique flavor of garlic chives is both sweet and garlicky.



Garlic chives spreads by rhizomes and by self-seeding, and makes an excellent ground cover or edging plant. Garlic chives is equally at home in the herb garden, the vegetable garden, a flower bed, or as an edging along a mixed border or along a path. It takes the heat better than true chives

The flowers smell like violets and are well suited for use in both fresh and dried arrangements. In Japan and China, the flowers are dried and ground to make a flavoring spice

The flavor, at once sweet and garlic-like, is useful in salads, stir fries and soups. It goes well in egg dishes and with fish. I use garlic chives raw in salads and as a substitute for chives. The flavor is best in winter, especially after a few frosts. Younger leaves are more tender than older ones. In China, garlic chives usually is cooked as a vegetable potherb rather than used as a flavoring in other dishes. The Chinese often blanch alternate crops of garlic chives. Blanching causes the garlic chives to yellow and gives them a softer texture. Typically, the garlic chives are cut back, then shaded for 3-4 weeks before harvesting the pale yellow leaves. A simple way to do this is to cover with a layer of straw.

Needs rich, well-drained soil. Air dry to preserve chives for cooking; attributed to lowering blood pressure and helping anemia; self sowing habit can make it invasive; flowers 18-24 inches tall

Excellent for gourmet cooking, salads, soups, dips, spaghetti sauces, and vinegars. Can be used fresh or dried. Easy to grow and to transplant. Suitable for containers. Also called Chinese Leek.

Sunlight: Partial Shade/Full Sun

<http://aggie-horticulture.tamu.edu/herbaceous/alliumtuber.html>

http://www.floridata.com/ref/A/alli_tub.cfm

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Name: Cilantro

This member of the carrot family is also referred to as Chinese Parsley and Coriander. It is actually the leaves (and stems) of the Coriander plant. Cilantro has a very pungent odor and is widely used in Mexican, Caribbean and Asian cooking. The Cilantro leaves look a bit like flat Italian parsley and in fact are related.



Salsa essential! Use pungent leaves (Cilantro) in Oriental and Mexican dishes. The seeds (Coriander) are used to make curry powder and in sausages.

When growing cilantro, the aim is to maximize foliage. Pinch back young plants an inch or so to encourage fuller, bushier plants. Snip off the top part of the main stem as soon as it appears to be developing flower buds or seedpods. Cutting off the flower heads redirects the plants energy back into leaf, and not flower or seed production.

HARVEST TIPS

For Cilantro

The leaves can be cut at any time. Use the upper, new, finely cut leaves in cooking, but not the mature, lower ferny-type leaves. Cilantro is not normally saved and dried like other culinary herbs since, as stated, it loses almost its entire flavor when dried.

For Coriander

The large coriander seeds are easy to harvest and handle. Harvest on a dry day. Cut the top of the stems when the seedpods begin to turn brown and crack if pressed. Make sure pods are harvested before they release seeds into the garden. Once stems are cut, place seedpods in a paper bag so seeds will be caught. Finish the ripening process for a few weeks in a dark, well-ventilated, cool place. Pods can be shaken or rolled around in your hands to release the seeds.

If you're growing the plant for seed, don't bother fertilizing since that may delay flowering and thus seed production.

Source: <http://www.gardenguides.com/96642-care-cilantro-plants.html>

Name: Dill – Fernleaf

Anethum graveolens

Fernleaf is a common variety that does well as an indoor plant. Fernleaf does not need more than six hours of direct sunlight per day to thrive, making it a favorite for gardeners with low-light yards. Growing only 18 inches tall, Fernleaf belongs to the dwarf family of dill.



- annual
- height 18"
- spacing 8-20" apart
- full sun tolerant, morning sun/afternoon shade
- average, well-drained soil
- flower color yellow
- uses in garden: cut flower, drought tolerant, fragrant
- use in scrambled eggs, roasted potatoes, potato salad, or in creamy sauces, pickling

Source: http://pantrygardenherbs.com/?page_id=3678

Name: Dill – Bouquet

Anethum graveolens

Annual- One Season Plant. Hardy annual herb. 3 ft. plant with strongly aromatic foliage, stems, and heads. Good for dillweed and for seeds. Good for pickling.

Popular aromatic plant for flavoring purposes. Dill is used fresh or dry to flavor many kinds of food. Leaves add zest to salads, soups, stews, dips, sauces, fish, omelettes and vegetables. Stems and seeds flavor pickled cucumbers, pickled vegetables, and salad dressings.

The seed is used in potato salad, coleslaw, steamed cabbage, squash, carrots, and cauliflower. Can be grown in the vegetable garden or as an ornamental garden plant. Makes an attractive background plant in flower beds.

Produces umbels of yellow flowers which turn into umbrella-like seed heads. Flowering time is summer to fall. The yellow flowers will attract beneficial insects to the garden

This is the most widely grown dill. Early, large seed heads make this an excellent dill for pickling. Plant extra for the swallowtail butterflies! The foliage is also good sprinkled on news potatoes, tomatoes, grilled salmon, spinach, green beans, cucumbers and squash. Very aromatic.



Source: <http://www.growinginstructions.com/h108.html>

<http://www.gardenguides.com/2670-dill-bouquet-seeds-bulbs.html>

Name: Fennel – Sweet - Florence

Sweet fennel, also called Florence fennel, is a sweet-tasting herb that resembles anise and is closely related to the parsley family, a popular addition to Italian and Mediterranean cuisine. Sweet fennel is a perennial herb that many grow as an annual and harvest for its seed, essential oils and aromatic bulb and leaves. Gardeners sow fennel in the early spring and harvest it in the late fall--it grows to be four to five feet tall and often yields a hardy crop since the plant is able to tolerate light frost.



To prepare the bulb, trim off the stalk and the base. Then wash the fennel very well in cold water. Some people use a vegetable peeler to pare off the thin outer layer. Slice the bulb thin and use it raw in salads, but it can also be baked, braised, grilled, creamed, or cooked with butter and dusted with Parmesan cheese for an excellent side dish. It can be stir-fried with other vegetables, made into tempura, or added to soups. Fennel is especially good with seafood and fish, simply slice it thin over the top of the fish before cooking, and it will add a great flavor.

Use fresh leaves in salads, with eggs, fish and sauces. Bulbous stem can be steamed, grilled or served raw, like celery with a delicate anise aroma.

It can be eaten raw or used very effectively in soups, deep fried, in pasta, or sautéed. Feathery leaves are attractive in the garden and make a good garnish for fish, chicken, tomatoes and sauces. Try mincing the bulb and adding to a salad of grapefruit and avocado for a different dish. The seeds can also be harvested and used as an herb.

This plant is an annual, grown for the thickened bulb-like leaf-stem bases. These make a bulb-like structure just above the ground, up to 3 or 4 inches long, and oval in cross section. By covering with soil, these are sometimes blanched. They have an aromatic and distinctive flavor, and are generally used as a boiled vegetable. Plants attain a height of 2 to 3 feet.

Harvest bulb once it has reached a 4" diameter and is firm to the touch. The leaves can be harvested anytime the plant is large enough and used like any other sweet fennel. Fennel does not store well; use fresh. Pull plant prior to flowering, leave plants to fully mature to harvest seeds.

To store your fennel bulbs wrap them in plastic and store in a cool place.

Source: http://www.ehow.com/how_5640024_harvest-sweet-fennel.html

Name: Fennel- Bronze

Foeniculum, or fennel as it is commonly called, is a graceful Mediterranean herb with a delicious sweet licorice scent. Found in many herb gardens, it was once used to ward off evil spirits. In modern times, herbalists still use it for medicinal purposes. Chefs enjoy using it in many culinary delights. Fennel attracts bees, butterflies and other beneficial insects, adding to its value in the garden.

With the same sweet licorice flavor as Sweet Fennel, Bronze Fennel has just as many culinary uses and looks great in the garden too.

This is a lovely plant for the herbaceous border whether you want to use it as a culinary herb (with the typical fennel/anniseed scent) or as a dye plant or just for its ferny, airy tall bronze foliage, seen here in the middle of the picture, often used in prairie planting schemes. A hardy perennial, it grows happily in most soils, but tends to die out after a few years. However, its dainty yellow flowers shed seed that readily germinate for future years. It also attracts beneficial insects like hoverflies that eat aphids.



Bronze fennel is an herb, so you can use the leaves, stems, flowers, and seeds in all sorts of culinary delights. The flavor is often compared to anise, sometimes to licorice. But don't overlook this plant if you don't plan to use it in the kitchen you'll love it in the garden as an ornamental addition. Bronze fennel is at home mixed into beds of perennials and annuals, so don't relegate it to the herb garden. In fact, fennel should be planted away from dill, with which it sometimes cross-pollinates unfavorably.

Bronze fennel blooms at the top of its stalks. Whether you leave the blossoms intact or cut them off is up to you. The lacy blooms are pale yellow and pretty and attract lacewings, a beneficial insect that eats the bad bugs. The flowers are edible, too, as are the seeds they produce. But seeds that fall from flowers can yield a flock of unwanted seedlings. Plantlets are easy to remove from soft soil in clay, not so easy. Seedlings are more prolific in sunny beds than in partially shaded areas. Poor soil produces fewer seedlings as well. Some gardeners clip flowerheads early as a method of population control. Bronze fennel stops producing leaves when it blooms, so removal of buds to prevent flowering also encourages fresh plumes of foliage.

Source: http://gstuff.co.nz/shop/garden/index.php?main_page=product_info&cPath=4&products_id=531&zenid=c705b7c18e7191b71dc6ef2d4e3da82a

http://www.homestageprofessional.com/peek_preview_sun.htm

Name: Lavender - Mixed varieties

Lavender (*Lavandula*) is such a romantic flower that every gardener sooner or later succumbs to the urge to grow it. Undeterred by the fact that it is a native of the Mediterranean and a lover of dry, sunny, rocky habitats.

Growing Requirements: As with most plants, your success in growing this coveted plant will depend both on what kind of growing conditions you can provide and which varieties you select to grow. Lavender plants will tolerate many growing conditions, but it thrives in warm, well-drained soil and full sun. Like many plants grown for their essential oils, a lean soil will encourage a higher concentration of oils. An alkaline and especially chalky soil will enhance lavender's fragrance. While you can grow lavender in Zone 5, it is unlikely you will ever have a lavender hedge. More realistically you can expect to have plants that will do well when the weather cooperates and to experience the occasional loss of a plant or two after a severe winter or a wet, humid summer.



Lavender is a tough plant and is extremely drought resistant, once established. However, when first starting you lavender plants, don't be afraid to give them a handful of compost in the planting hole and to keep them regularly watered during their first growing season.

Special Considerations: It is dampness, more than cold, that is responsible for killing lavender plants. Dampness can come in the form of wet roots during the winter months or high humidity in the summer. If humidity is a problem, make sure you have plenty of space between your plants for air flow and always plant in a sunny location. Areas where the ground routinely freezes and thaws throughout the winter will benefit from a layer of mulch applied after the ground initially freezes. Also protect your lavender plants from harsh winter winds. Planting next to a stone or brick wall will provide additional heat and protection.

Pruning: Although lavender plants get regularly pruned simply by harvesting the flowers, to keep them well shaped and to encourage new growth, a bit of spring pruning is in order. The taller varieties can be cut back by approximately one-third their height. Lower growing varieties can either be pruned back by a couple of inches or cut down to new growth. If you live in an area where lavender suffers some winter die-back, don't even think about pruning your plants until you see some new green growth at the base of the plant. If you disturb the plants too soon in the season, they give up trying.

Source: <http://gardening.about.com/od/perennials/a/Lavender.htm>

Name: Lavender – Sweet

Scientific Name: Lavandula heterophylla

This fast growing lavender is not suitable for cooking because of its high menthol content. It is a great specimen plant though and looks nice as a focal point when planted in groups of three or five. Just be sure to give it plenty of room.

Sweet Lavender is from France and Italy. It has a much greener leaf than most of the other lavenders, and has proven tough and reliable even when the temperatures dipped briefly to 5 degrees.

Sweet Lavender spikes reaching for the sky. They grow so tall maybe they will get there! Two feet or more is not uncommon for Sweet Lavender Flower wands. It blooms in early spring and continues until hot summer weather hits.



Not only is this perennial indispensable for its strong fragrance but it is a lovely component for the garden. The neat mounds can be used as low hedges, edges for a border, interplanted amongst other perennials in a flower bed and it is very attractive in a container. Lavender has been a garden favorite for years and the flowers can be cut to dry for fragrance at home. This is one of the most durable available and asks only for hot summer sun and a well drained site out of wind. Thrives in baking hot situations where many other plants will not grow.

Source: <http://www.mountainvalleygrowers.com/lavheterophylla.htm>

<http://henryfields.com/product.asp?pn=13974&bhcd2=1293160554>

Name: Lemon Balm

Also listed as: Balm mint; Bee balm; Blue balm; Garden balm; Honey plant; *Melissa officinalis*; Sweet balm.

Lemon Balm is a perennial herb that is grown mostly for culinary purposes. It is a member of the mint family, and as with the mints, it grows quickly and spreads easily (but usually not rampantly like the mints) with minimal care. It reseeds freely, and under reasonable conditions forms a nice clump of dark green, toothed leaves. It is native to the Mediterranean region, but is grown widely in herb gardens across America. Lemon Balm is perfectly safe for ingestion, and is used to enhance tea and other iced drinks, soups, stews, salads, sauces, and vegetables. .



Lemon Balm has a light, lemony scent with maybe a hint of mint. Add fresh Lemon Balm leaves to green salads, fruit salads, chicken salads, poultry stuffings, and fish marinades. The leaves also make a tasty addition to asparagus, broccoli, corn, beans, olives, and shellfish.

Lemon Balm prefers rich, moist soil in either full sun or partial shade, but will still perform in less than perfect conditions. Lemon Balm is an excellent first plant for the beginning herb grower because of this, and will forgive lapses in watering and fertilizing. Flowers are fairly inconspicuous and are white or off-white, with the same taste and properties as the leaves. Lemon Balm is hardy to at least zone 5, but will appreciate a nice blanket of mulch in fall in all but the warmest areas.

Lemon Balm can be used fresh, dried, or ground. Harvest before it flowers for optimum taste. Dry it quickly because it loses much of its taste in long drying processes. Be sure when you harvest that it is on a dry, non-humid day for optimal drying conditions. Use both dried leaves and stems for Teas.

<http://www.gardeningknowhow.com/herb/growing-lemon-balm.htm>

Name: Lemon Verbena

Lemon verbena is an herbaceous perennial that is also grown as an annual in cooler climates. The plant is native to South America and is the strongest of the lemon herbs. Lemon verbena can reach up to 6 feet in height, and produces small spikes of flowers in summer. These flowers, however, are often overlooked in favor of the highly valued leaves. Lemon verbena's leaves smell strongly of lemon and are used to flavor teas, desserts, salads and sweet beverages, such as lemonade. The plant is winter hardy in zones 8 through 10. Grow it indoors during the winter in all other zones.



Plant lemon verbena in the spring in loose, well-drained, alkaline soil. Choose a planting location that receives full sun or full sun with partial afternoon shade in hot climates. Grow lemon verbena in containers if temperatures drop below freezing in your area and bring it indoors during the winter. Use a well-drained potting mix for indoor or container-grown plants.

Water lemon verbena once every two weeks, allowing the soil to dry out in between watering. The plant is tolerant of dry conditions and should never be over-watered or root rot could occur. Do not provide supplemental watering on weeks that receive more than 1 inch of natural rainfall to prevent over watering.

Feed lemon verbena plants once every six weeks using an all-purpose garden fertilizer. Follow the instructions provided by the manufacturer for the correct application rate. Water the soil before and after fertilizing to thoroughly distribute the nutrients and prevent the plant's roots from being injured by the high concentration of nitrogen.

Prune lemon verbena plants as necessary to control straggly growth. Use clean pruning shears to snip off any leaves or branches that begin to grow out of bounds. Overgrowth is less of a problem when the leaves are regularly harvested. Lemon verbena is easily trained as a topiary or into a formal shape if you have the skills.

Harvest lemon verbena leaves anytime during the growing season, although they will have the strongest scent and flavor if harvested just before the plant blooms. Hold large leaves at the base where they meet the stem with one hand, and then gently strip each side of the leaf from the vein with your other hand. Pinch off smaller leaves with your fingers.

Source: <http://www.gardenguides.com/82343-growing-lemon-verbena.html>

Name: Mexican Mint Marigold

Mexican Mint Marigold is a native to Central America and has small golden yellow marigold-like flowers. This Marigold will bloom from late summer to early winter providing show stopping color for fall. This is a great plant to put next to other fall bloomers such as *Salvia leucantha*. The foliage has a refreshing smell that is anise-like, reminds me of black jelly beans! *Tagetes lucida* has excellent drought and heat tolerance as well as tolerance to poor soils, but must be planted in a spot with good drainage. Mexican Mint Marigold can get 12-24" tall and should be spaced at least 18" apart. *Tagetes lucida* is part of our [Plants For Texas® Program](#), meaning it was Texas Grown, Tested in Texas to perform outstanding for Texas Gardens.



Hardiness: USDA Zones 8-10

Plant Use: Tender Perennial

Exposure: Full Sun

Water Requirements: Medium to Low

Sweet licorice flavor brightens salads and main dishes. Pretty, golden yellow flowers bloom all summer. Thrives in warmer climates where French tarragon will not grow. Medicinal: Stimulant and diuretic. Improves digestion.

"Mexican mint marigold has a lot to offer. It thrives in the hot, humid South, where many herbs languish; its small, bright flowers blossom in fall when other herbs have played out for the season; its licorice-anise flavor is a successful stand-in for French tarragon; and it looks good in the garden.

In the humid South, where French tarragon is difficult to grow, mint marigold is a fine culinary substitute. The flavor is almost indistinguishable from that of tarragon, but because mint marigold breaks down more quickly when heated, it's best if added at the end of cooking. In salads, vinegars, oils, or quick-cooking recipes, substitute it for tarragon in equal proportions. - Crafts - "Mint marigolds dried leaves add fragrance to potpourris and sachets. Harvest the long stems just before frost when they are tipped with yellow-gold flowers.

Source: <http://www.magnoliagardensnursery.com/productdescrip/Tagetes.html&h=3>

<http://www.johnnyseeds.com/p-8181-mexican-mint-marigold.aspx>

Name: Marjoram - Sweet

Origanum majorana is native to North Africa and Southeast Asia and it now naturalizes in the Mediterranean region. It is cultivated throughout North America. The Greeks called this plant "joy of the mountain". They believed it was precious to Aphrodite, goddess of love, and they used it to crown newlyweds on their wedding day.

Harvest and Use: [Sweet marjoram](#) is mainly a culinary and no cook should be without it. It is often found in [bouquet garni](#), a classic herb combination that includes parsley, thyme, bay, peppercorns, allspice, and tarragon tucked between two stalks of celery tied together, and then tied to the pot handle for easy removal. These are used to flavor soups, stews, and sauces. Marjoram has a mild oregano flavor with a hint of balsam. It is wonderfully aromatic. It is good with veal, beef, lamb, roast poultry, fish, pates, green veggies, carrots, cauliflower, eggplant, eggs, mushrooms, parsnips, potatoes, squash, and tomatoes. It compliments bay, garlic, onion, thyme, and basil. It can be used as a substitute for oregano in tomato sauces for pizza, lasagna, and eggplant Parmesan. Add it to marinade for artichoke hearts, asparagus, and mushrooms. Use it in [herb vinegars](#), oils, and butters.



Sweet marjoram is a shrubby tender perennial that grows to about 1' tall with wiry, red-brown stems and downy gray-green aromatic leaves. It produces tiny white flowers on clustered spikes in summer. It is a zone 9 plant and is therefore grown as an annual in cold climates. It does well in a container and can be brought in for use during the winter. It hates winter wet and poor air circulation and likes a temperature of 70°F during the day and 60°F at nighttime. It likes a rather alkaline pH of 6.9, well drained to dry soil, and full sun. It grows quickly and should be pinched back often to remain bushy.

Source: <http://www.superbherbs.net/Sweetmarjoram.htm>

Name: Mint - Orange

Orange mint has green, branching stems tinged with red that reach 2 feet high. Leaves are round to oval, smooth and dark green with a red edge. White and pink flowers in short spikes bloom from mid to late summer. Very fragrant, citrus-like scent.

High in Vitamin A and C, fresh leaves are used in salads, desserts, and garnishes. Great for making mint sauce for lamb or fish. Try making orange mint jelly and orange mint vinegar. Adds refreshing taste to cold drinks, too.

"Orange Mint" is quite easy to grow. It will readily make itself at home in full sun to partial shade in moist soil. Most gardeners don't have any trouble growing it.... they have trouble containing it. One should frequently harvest or cut back their mint to keep it looking its best. Remove old woody plants to allow newer, younger plants to fill in. At the end of the growing season cut plants back to ground level.



All of the plants in the Mentha family are best used fresh... but they can be dried or frozen. Mint is very hardy and can be harvested as soon as new growth appears in the spring. Young new growth is the most fragrant and flavorful... but all leaves are edible. Hang small bunches upside down in a dry, dark, warm area to dry. Leaves can be dried on paper or on screens. Store dried leaves in an air tight container.

Never grow different mints in the same bed, as they will grow together and lose their distinctive flavors.

Keep them separated, or grow different varieties in pots on your patio.

Please note: the plant stop growing after flowers appearance, so if you want it to continue its growth till autumn, you need to remove flowers.

Source: <http://www.localharvest.org/orange-mint-plant-C6275>

Name: Mint - Lemon

Monarda citriodora Lemon Mint is a non-invasive herbaceous member of the mint family grown for its ornamental value. The tiered pinkish-purple flowers are long lasting in fresh bouquets and can be dried for everlasting arrangements



Used by Native Americans for medicinal and culinary purposes. Citrus-flavored leaves can be minced and added to fruit jellies. Beautiful purplish bracts, 24-30" tall. Aromatic and colorful in fall. Excellent bee forage plant. Hardy perennial in zones 5-9.

Like all mints it has a square-shaped stem. The beautiful purplish seed bracts are stacked upon each other and grow 24-30" high and are aromatic and edible. An important bee forage plant it will attract pollinators when in bloom from July to September. Nice cut flower. Citrus-flavored leaves can be minced and added to fruit and used for jellies or dried and brewed as a tea. A pot of cold-brewed green tea (naturally decaffeinated) with lemon mint, chamomile and peppermint in the fridge in hot weather is truly refreshing

Source: <http://www.seedsavers.org/Details.aspx?itemNo=810>

<http://www.cherrygal.com/herbbeebalmlemonmintheirloomseeds2011-p-5125.html>

Name: Mint - Chocolate

Mint's are very easy to grow. They readily make themselves at home in full sun to partial shade in moist fertile soil.

Most gardeners don't have any trouble growing Chocolate Mint, they have trouble containing it. Chocolate Mint should be harvested frequently or cut back to keep the plant it looking its best. Remove older woody plants to allow newer younger plants to fill in. At the end of the growing season cut plants back to ground level.

Uses: Aromatic, Cosmetic, Culinary, Medicinal and Ornamental.

Harvesting & Storage: All of the plants in the Mentha family are best used fresh... but they can be dried or frozen. Chocolate Mint is very hardy and can be harvested as soon as new growth appears in the spring.

Young new growth is the most fragrant and flavorful, but all leaves are edible. Hang small bunches upside down in a dry, dark, warm area to dry. Leaves can be dried on paper or on screens. Store dried leaves in an air tight container.

It reaches a height of up to 18 inches and is a somewhat invasive spreader if not controlled. Bees and butterflies flock to mint flowers.



Source : http://www.denverplants.com/herbs/html/menth_cho.htm

<http://www.gardenharvestsupply.com/productcart/pc/Mint-Chocolate-Herb-Plant-p806.htm>

Name: Mint – Variegated Pineapple

Herbs Cultural information: "Pineapple Mint" is the most attractive plant in the Mentha family. Its variegated cream and green leaves have a light pineapple fragrance.

Variegated Pineapple Mint is quite easy to grow. It will readily make itself at home in full sun to partial shade in moist soil. One should frequently harvest or cut back their mint to keep it looking its best. Remove old woody plants to allow newer, younger plants to fill in. At the end of the growing season cut plants back to ground level



Harvesting & Storage: All of the plants in the Mentha family are best used fresh... but they can be dried or frozen. Mint is very hardy and can be harvested as soon as new growth appears in the spring.

Young new growth is the most fragrant and flavorful... but all leaves are edible. Hang small bunches of Variegated Pineapple Mint upside down in a dry, dark, warm area to dry. Leaves can be dried on paper or on screens. Store dried leaves in an air tight container

Pineapple Mint is hardy to zone 6, and likes full sun in all but the hottest areas where afternoon shade is preferable. Make yourself a tea barrel and use Pineapple Mint often. It is important to keep any rogue green stems cut off. If left to grow these totally green leaved stems will outgrow the variegated ones and you will lose the variegation. The result will still be tasty but it will be Apple Mint instead of Pineapple Mint!

On the flip side of all green leaves are the stems that are totally devoid of color. These segments are doomed to death because without some green they are unable to make food. They also sunburn easily which can also hasten their demise. Fortunately, these albino stems occur infrequently.

Source: http://www.denverplants.com/herbs/html/menth_pin.htm

Name: Oregano, Greek

Greek Oregano, in bloom, reaches a height of almost two feet. Like all culinary oreganos, its flower is white. Its leaves are coarse, oval, and fuzzy. Leaves are about 5/8 inch long; they are dark green when fresh and light green when dried.



In Greek cooking, oregano is used in tomato sauces, with meats, fish, cheese, egg dishes, salads, cheeses, and with vegetables including tomatoes, zucchini, and green beans. It is also used to prepare a tea that is believed to be a treatment for indigestion and coughs. The oil of oregano is used for toothache, and in some cosmetics. The leaves and flowering stems are natural antiseptics because of high thymol content.

Oregano is an easily grown semi-hardy perennial that will reach 18 inches in height. Cooks flavor Mexican and Mediterranean dishes with the leaves. The most familiar use may be in pizza

Harvest Oregano as soon as the first blossoms appear. Cut the tops back several inches and keep them cut to stimulate more production. Only the newer leaves are tender and flavorful. If the plant goes to seed, the growth of new leaves stops. Use the leaves fresh, or dry the plants quickly over a window screen, strip the leaves from the stems and store the leaves in airtight containers.

Source: <http://gardening.about.com/od/plantprofil2/p/Oregano.htm>

Name: Oregano - Mexican

Poliomintha maderensis

Cold Hardiness: Mexican Oregano is an evergreen woody shrub in USDA zones 9b to 11, a dieback woody subshrub in 9a to 8b, and often root hardy in zones 8a(7b); it tends to be a more reliable woody plant in arid regions; hardiness in zones 8 and 7 can be suspect, particularly in more mesic climates.

Foliage: Evergreen to semi-evergreen; simple; ovate-elliptic on vegetative stems to nearly lanceolate on flower stalks; small, $\frac{1}{4}$ to $\frac{1}{2}$ long, reminiscent of those of *Salvia greggii*; bases rounded to acute; tips rounded, obtuse to acute; blades green with light colored pubescence, particularly beneath; margins entire; foliage with an oregano-like fragrance when bruised.



Flower: Spikes of nearly white to lavender colored tubular flowers peaking in later spring to early summer and borne periodically thereafter until frost; flowers do a reverse fade going from a light nearly white pink to a deep lavender as they mature; the five petals fuse into a long corolla that is a shallowly curved funnel-shaped tube which is slightly taller than wide; the upper lobes extending forward and the lower three lobes are partially recurved; the stamens are slightly exerted from the top of the corolla; pistils and anthers are both purple in color; although flowers are only about $1\frac{1}{2}$ long they are showy *en masse*.

Fruit: Fruit seldom develops in cultivation, presumably due to the lack of a suitable pollinator or perhaps self-incompatibility.

Habit: In warm desert regions, *P. maderensis* tends to become a true woody shrub, while in cooler climates and eastern locations where growth dies back more frequently, it functions as a herbaceous perennial or subshrub; initially the plant has a rather narrow upright habit, but eventually spreads out to become a 3N to 4N tall shrub with a similar width; individual stems tend to branch little and may either be strongly erect or arch over as the inflorescences develop on the terminus; the overall texture is medium to medium-fine.

Cultural Requirements: Full sun to filtered shade are acceptable, with full sun preferred in all but very hot desert conditions; plants are denser and neater in appearance if treated as a herbaceous perennial and pruned back to the woody base each winter; less severe periodic pruning when growing the plants as shrubs helps maintain a more uniform habit; although tolerant of various soil types, soils be well drained or root rots will develop; Mexican Oregano not only tolerates, but may actually grow best in neutral to alkaline soils; good air movement will reduce foliar fungal pathogens.

Pathological Problems: Mexican Oregano suffers from very few disease or pest problems when grown on a suitable site; root and stem rots due to excess soil or atmospheric moisture are the principal limitations.

Ornamental Assets: The profusion of tubular light pink to lavender flowers are the primary asset; good adaptation to hot arid climates and moderate deer resistant are also pluses.

Source: <http://aggie-horticulture.tamu.edu/syllabi/608/Lists/second%20ed/Poliominthamaderensis.pdf>

Name: Oregano – Sicilan

Origanum syriana

Taste testing reveals a dramatic difference between common and premium oreganos! The great ones have a bold, spicy quality that is potent in both fresh and dried leaves. The tastiest varieties all have white flowers, as opposed to pink flowers found on the very pretty but otherwise underwhelming common oregano



Tender perennial, sometimes sold as Lebanese oregano. Variable in foliage color from pale green to gray, with larger leaves than Greek or Italian types. Grows 18 inches to 3 feet tall. Pungent oregano flavor similar to that of Greek.

Source: http://www.herbs.mb.ca/en/retail-greenhouse/c378018927/c378018928/oregano_sicilian.html

Name: Parsley, Curley – *Petroselinum crispum*

Petroselinum crispum. Biennial. Plant produces flavorful bright green leaves. This is a double curled variety that is disease and cold resistant. Excellent in salads, sauces, soups, and stews. Can be dried or used fresh. Plant Height: 18" tall. pk/100
Sunlight: Partial Shade/Full Sun
Planting Instructions: Plant seeds ½" deep.



Soil Facts: Requires a well prepared soil. Use general purpose fertilizer when preparing soil. Moist soil preferred.

Parsley has a relatively higher vitamin C content than an orange. It is high in vitamin A, several B vitamins, calcium and iron. The high chlorophyll content of parsley makes it a natural breath freshener. (That's why it's always served with fish.) The Greeks used parsley in funerals and for wreaths long before it was used as a food. The Romans used parsley at orgies to disguise the smell of alcohol on their breath. Corpses were once sprinkled with parsley to deodorize them. Today parsley oil, extracted from the leaves and stems, is used in commercial shampoos, soaps, perfumes and skin lotions.

Parsley has been used as a medicinal herb since the Middle Ages, but there is little evidence to support its effectiveness other than its value as a natural vitamin supplement

Parsley and other members of the *Umbelliferae*, are the only plants eaten by the caterpillars of the black swallowtail butterfly.

When parsley blooms, it dies. To keep parsley growing longer, pinch off the bloom stalk as it emerges from the crown of the plant. It can survive a hot summer, especially if it has some shelter from the afternoon sun and a good mulch.

<http://aggie-horticulture.tamu.edu/herbaceous/petroselinumcrisp.html>

http://www.floridata.com/ref/P/petr_cri.cfm

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Extension programs service people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating
A member of The Texas A&M University System and its statewide Agriculture Program.

Name: Parsley, Italian – *Petroselinum neapolitanum*

Annual. This is the flat-leaved parsley, not the curled garnish variety. A dark green strain; broad leaves. A good plant for windowsills. Very adaptable. More vitamin C per volume than oranges. Gentle flavor blends well with foods.

Parsley has been used as a medicinal herb since the Middle Ages, but there is little evidence to support its effectiveness other than its value as a natural vitamin supplement.

Parsley and other members of the *Umbelliferae*, are the only plants eaten by the caterpillars of the black swallowtail butterfly.



When parsley blooms, it dies. To keep parsley growing longer, pinch off the bloom stalk as it emerges from the crown of the plant. It can survive a hot summer, especially if it has some shelter from the afternoon sun and a good mulch.

Cooking with parsley. Many cookbooks say “parsely optional” or “garnish with parsley”, but do use parsley copiously. Chop it very fine. To do so, rinse it ahead of time, giving it time to dry before chopping.

Snip parsley into white sauce, scrambled eggs, baked corn or potatoes. Use lots of it in poultry dressing. Add it to biscuit mix and top a chicken pie with this mixture.

Dried Italian parsley Dry your parsley. Because you harvest parsley throughout the season, you’re very likely to have a lot of it. Dried Italian parsley can be kept up to six months in an airtight container in your pantry. The flavor of dried parsley is very bright and fresh; use it for your soups and stews, on salads and for teas.

http://www.floridata.com/ref/P/petr_cri.cfm

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Common Name: Rosemary – Tuscan Blue

Tuscan Blue has exceptionally rich dark blue flowers that smother the branches all summer long. Historically known as a sign of friendship, loyalty, good luck and remembrance, Rosemary is a fragrant herb and this upward growing version makes a great addition to your home or garden.

This aromatic herb is a very fast growing **rosemary plant**, up to 4 ft tall, whose leaves have an abundance of oils that are especially fragrant and flavorful. These plants have a strong pine scent and produce masses of flavorful foliage you can use in a variety of recipes. Its flavor is strengthened by the amount of light it gets, so planting this variety in a partially shady spot will produce a milder tasting result.



Also prized for its ornamental qualities, the Tuscan Blue grows upright and erect, unlike its ground covering cousin, the Prostrate Rosemary. Try the stems in fresh summer bouquets.

Source: http://www.thegrowers-exchange.com/Rosemary_Tuscan_Blue_p/her-ros02.htm

Common Name: Rosemary – Hill Hardy

Rosmarinus officinalis 'Hardy Hill'.

Hardy Hill Rosemary is a wonderful, cold tolerant Rosemary that loves sun and needs little watering. Upright and robust, this [aromatic herb](#) has a pleasing flavor and fragrance for cooking and soaps. Similar to other varieties of Rosemary, 'Hardy Hill' is drought tolerant and cold hardy. Also known as 'Madelene Hill' Rosemary, named for the Texan herbalist, 'Hardy Hill' 's erect growth habit makes it great for topiary gardening.



A must have [culinary herb](#) for the garden that tastes great in sauces, on potatoes and with roasted meats, 'Hardy Hill' retains its strong pine flavor when cut or dried.

Source: http://www.thegrowers-exchange.com/Rosemary_Hardy_Hill_p/her-ros04.htm

Name: Sage - Pineapple

The bruised foliage of pineapple sage really does smell like fresh pineapple! This is a semi-woody, mostly herbaceous, sub-shrub, 3-5 ft (1-1.5 m) in height with an open-branched, airy habit, and a spread of 2-3 ft (0.6-0.9 m). Like most mints, pineapple sage has square stems and opposite leaves. The branches originate on opposite sides of the main stem, too. The leaves are softly fuzzy, light green and 2-4 in (5-10 cm) long with serrated margins. The flowers are ruby red, 1-2 in (2.5-5 cm) long, and like other salvias, tubular with two lips: the upper lip hoodlike and the lower lip spreading. The flowers are arranged in four-flowered whorls on 8 in (20 cm) terminal spikes. Flowering occurs through late summer and autumn. .



Culture

Light: Grow pineapple sage in full sun.

Moisture: Regular watering for best growth and flowering. Pineapple sage will wilt and eventually lose leaves during droughts, but when watering resumes it usually comes back.

Hardiness: Pineapple sage is a semi-woody sub-shrub in USDA zones 9-11, and an herbaceous perennial, dying to the ground in winter but re-sprouting in spring, in zones 8-9. Gardeners in colder areas grow pineapple sage as an annual, or bring it indoors in the winter.

Propagation: Pineapple sage is rarely grown from seed. Tip cuttings taken in spring are easy to start.

There are more than 700 species of *Salvia*, and many gardeners have become *Salvia* collectors. The "salvias" are also referred to as "sages", most are tough and easy to grow and many attract butterflies and hummingbirds.

The fresh leaves of pineapple sage are used in fruit salads and drinks. Crush a few fragrant leaves into hot or iced tea for a flavorful treat. The delicious flowers add color and flavor to salads and desserts.

Source: http://www.floridata.com/ref/S/salv_ele.cfm

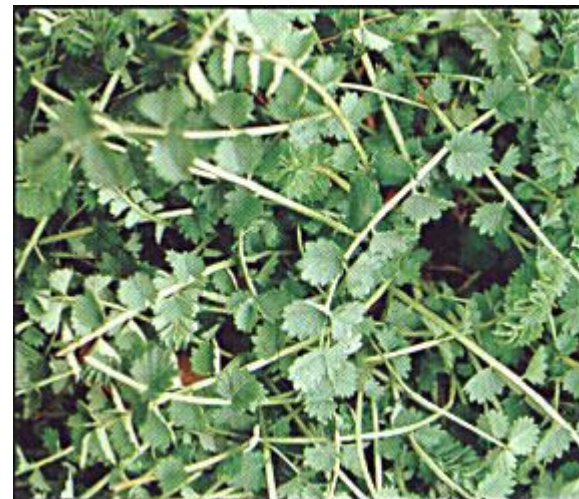
Name: Salad Burnet

Description: Hardy perennial; height 12-18". Medium green serrated leaves in opposite, rounded leaflets along a slender stem. Flowers have pink tufts of stigmas and dangling stamens and no conspicuous petals.

Culture: Dry, sandy loam in full sun or partial shade.

Propagation: Seed.

Notes: An attractive plant in the garden, the leaves add a cucumber-like flavor to salads.



Salad burnet thrives in limy soil, but will grow in just about any type of soil. Seeds should be sown in spring or autumn, and if the herb is allowed to ripen, it will self seed. Once seedlings emerge, thin the plants to twelve inches. Frequently cutting back flowering stems and removing old leaves will help increase the growth of young leaves which can be harvested anytime during the growing season. To preserve salad burnet, simply dry the leaves and store them in an air tight container. This is a pretty plant which can be used along garden borders.

Leaves are nutty, and cucumber-like in taste, which add an extra element to a hum-drum salad. It can be used in garnishes, herb butters, and soft cheeses. Sprinkle finely chopped leaves on vegetable dishes to add a little 'zing' to a traditional entrée. Casseroles, and creamy soups benefit from this herb; simply add it at the very beginning of cooking to allow the leaves to permeate the meal. Salad burnet is frequently combined with other herbs, especially tarragon and rosemary. It can be used to flavor vinegar, salad dressings, and to give a cooling quality to summer drinks.

When growing Salad Burnet for culinary use, harvest fresh leaves at their peak on a fine, sunny day after the dew has evaporated. Cut in small amounts with sharp scissors and use immediately. Only cut what can be dealt with at one time. The young leaves have a cucumber-like flavor and can be added to salads, soups, sauces and cheese fondues. The British enjoy them floating in wine punch and summertime beverages. As the plants mature, frequently give them a light trim to encourage growth and help them keep their desired shape. Other than a doing a substantial cutting back in autumn, most herb gardeners leave Salad Burnet to grow untamed. These plants self-seed easily.

<http://www.herbsociety.org/beginherb/begherbs8.php>

http://aggie-horticulture.tamu.edu/ornamentals/cornell_herbaceous/plant_pages/Sanguisorbaminor.html

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Name: Scented Geraniums

Sweetly scented geraniums, more correctly called pelargoniums, are a delight to have in the house and yard. Scented pelargoniums are a kaleidoscopic collection of shapes, sizes and colors, all sharing highly aromatic foliage. They are members of the family Geraniaceae which also includes the genus *Geranium* and the genus *Erodium*. The genus *Pelargonium* includes many species, some scented and others scentless. Scented pelargoniums were first brought from South Africa to Holland and England in the early 1600s and have been lovingly cultivated ever since.



Although commonly called geraniums, pelargoniums are easily recognized by their blossom structure. Like geraniums, each flower will have five petals, but in pelargoniums the petals are arranged with two upper petals and three lower. The upper two are often larger and more richly colored. In geraniums the five petals are evenly formed and regularly spaced. Although many have charming flowers, scented they are mainly grown for their aromatic foliage.

They may be planted in containers that can easily be brought inside when temperatures dip to freezing. Pelargoniums will also do well as annuals planted in the ground and may even survive an occasional winter if mulched. The large leaf rose types have proven to be the most cold hardy and have come back after temperatures as low as 20 degrees F.

Pelargoniums should be placed in a well draining soil in a location where they will be shaded from scorching afternoon sun. Liberal pruning will encourage dense growth. The smaller leafed varieties, in particular, have a tendency to become "leggy". The plants benefit from an occasional feeding with fish emulsion or other fertilizer. There is a tendency to over water pelargoniums, check potted plants daily during the summer and water only when the soil is dry.

Scented pelargoniums are more than delightful ornamentals. Their leaves can be dried and used in potpourris or placed in sachets. They also may be added to tea, for example, a ginger scented leaf will put zing in lemon balm tea. Pound cake made with rose scented pelargonium leaves is a classic. To do this, place leaves in the bottom of your prepared cake pan and pour the batter over the leaves, then bake as usual. For a more earthy appearance and stronger flavor grind 6 leaves with each cup of sugar in your pound cake recipe and then prepare as usual, without placing leaves in the bottom of the pan. Some herbal cooks keep a canister of rose pelargonium scented sugar on the counter to use in desserts. Simply layer fresh leaves with your sugar, remove the leaves after two weeks and enjoy. One can even whirl a leaf with sugar in a blender to get instant flavor. Scented pelargonium jelly makes a special gift. Make an apple jelly and place a rose (or ginger, or nutmeg, or...) scented pelargonium leaf in the jelly before sealing.

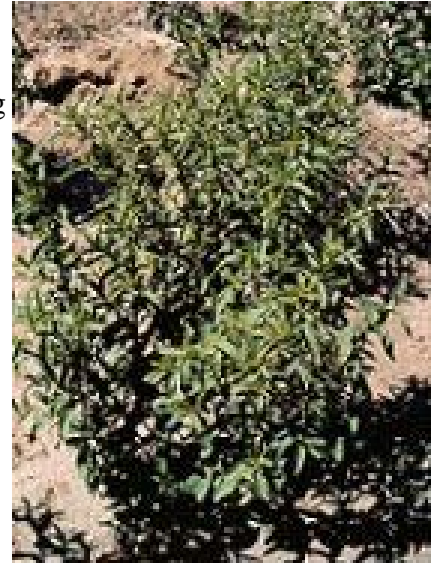
After three centuries of hybridization there is a vast array of forms and fragrances available for the scented pelargonium fancier. Many are named for their similarity to other smells, but the perceptions are individual and one person's sweet apricot scented plant may be another's sour milk. There are many ways to categorize Pelargoniums, but the most logical seems to be to organize them by aroma.

Source: <http://www.io.com/~wilson/scentedgeraniums.htm>

<http://www.finegardening.com/plants/articles/scented-pelargoniums-charm-senses.aspx>

Name: Stevia – *Stevia rebaudiana*

A wholesome alternative to processed sugar and chemically-derived artificial sweeteners, Stevia is becoming more and more popular among health-conscious individuals. It's 20 to 30 times sweeter than sugar cane, yet is non-caloric and doesn't promote tooth decay! Stevia is easy to use, too. Just drop a leaf into hot or cold drinks, or use it like a bay leaf to sweeten meat and vegetables dishes while they cook -- it's heat-stable! Grind the dried leaves and sprinkle them into cereals and other cold dishes as you would sugar. You can even extract the oil!



Stevia plants do best in a rich, loamy soil -- the same kind in which common garden-variety plants thrive. Since the feeder roots tend to be quite near the surface, it is a good idea to add compost for extra nutrients if the soil in your area is sandy.

Because tender young stevia plants are especially sensitive to low temperatures, it's important that you wait until the danger of frost is past and soil temperatures are well into the 50s and 60s before transplanting them into your garden. Besides being sensitive to cold during their developmental stage, the roots can also be adversely affected by excessive levels of moisture. So take care not to overwater them and to make sure the soil in which they are planted drains easily and isn't soggy or subject to flooding or puddling.

Frequent light watering is recommended during the summer months. Adding a layer of compost or your favorite mulch around each stevia plant will help keep the shallow feeder roots from drying out. Stevia plants respond well to fertilizers with a lower nitrogen content than the fertilizer's phosphoric acid or potash content. Most organic fertilizers would work well, since they release nitrogen slowly.

Harvesting should be done as late as possible, since cool autumn temperatures and shorter days tend to intensify the sweetness of the plants as they evolve into a reproductive state. While exposure to frost is still to be avoided, covering the plants during an early frost can give you the benefit of another few weeks' growth and more sweetness. When the time does come to harvest your stevia, the easiest technique is to cut the branches off with pruning shears before stripping the leaves. As an extra bonus, you might also want to clip off the very tips of the stems and add them to your harvest, as they are apt to contain as much stevioside as do the leaves. Harvest leaves before the plants flower, and dry them for storage. A few days of strong sun should be enough to dry them well. You can try experimenting with propagation with If you live in a relatively frost-free climate, your plants may well be able to survive the winter outside, provided you do not cut the branches too short (leaving about 4 inches of stem at the base during pruning). In that case, your most successful harvest will probably come in the second year. Three-year-old plants will not be as productive and, ideally, should be replaced with new cuttings.

<http://www.stevia.net/growingstevia.htm>

<http://www.garden.org/searchqa/index.php?q=show&id=21270&keyword=stevia&adv=0>

Name: Thyme, Lemon Variegated – *Thymus citriodorus*

The darling of the thymes: a beautiful dark green, upright lemon-scented variety that is superb in the kitchen.

Lemon Thyme looks like English Thyme and grows like English Thyme but that is where the similarity stops. Lemon Thyme definitely smells like lemon and tastes like lemon. It can be used in any recipe calling for lemon juice, lemon zest or lemon flavoring. It grows like a weed so there is always more lemon waiting in the garden. Lemon Thyme added to marinade is great with fish or chicken.



Thymes fall into three broad groups: upright subshrubs 12 to 18 inches tall, creeping herbs up to 6 inches, and very flat creepers only 1 to 2 inches tall. The culinary thymes are in the upright subshrub category. Many of the upright varieties lend themselves to bonsai growth.

Culture: Thymes like well-drained soils and ample sunshine. Upright varieties are really woody subshrubs capable of making great hummocks in a couple of years. In the South, thymes should be kept pruned lightly and regularly. Regular and severe pruning is hard on them and will result in dieback in hot weather. If not kept pruned, thyme branches become very woody and are easily split by wind or pets.

Thyme does best in neutral to alkaline soils, so add lime if yours is acidic. Thyme grown for the kitchen usually is replaced every few years as it gets woody and scraggly. Thyme thrives in full sun, and will tolerate partial shade. Thyme requires regular watering.

Thyme is one of the basic seasonings throughout the world's cuisines. While its leaves are small, they speak with authority and should be used with a light touch. Rhyme is a must in the stewpot, but also lends itself to the strong leafy vegetables. Thyme finds its way into the legumes of the world's cookery, and its influence on beef, lamb, port or poultry is unbelievable. It is a prime ingredient in fish cookery.

This is one of the herbs that lends itself so well to being process in oil. Blend or process at least 2 tablespoons of fresh chopped thyme leaves in ½ cup good quality vegetable oil. Store in refrigerator or freeze in small containers. To dry thyme for future use, harvest leaves just prior to blooming. Soft branches are keepers, but leaves must be snipped from woody stems. Place leaves on paper towels in an air-conditioned room, where drying will be rapid. Microwave ovens are excellent. Experiment. Do not dry in conventional ovens.

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Name: Thyme – English - French

English Thyme is the traditional variety of this commonly used culinary herb. English Thyme, a basic in herb gardening, has small evergreen, gray-green leaves and blooms white/pale purple in the summer. It is a robust grower, making it a good ground-cover in the garden. Like all Thyme herb plants, it is shallow-rooted and needs a moist, well-draining soil. It does best in full sun to partial sun.

Also known as "Garden" or "German" Thyme, English Thyme is popular for its use in bouquet garnis and as an ingredient in the French mixture of herbs, Fines Herbes. A great compliment to lamb, beef, eggs, infused in honey and more, English Thyme was believed to have come to America in the fleece of Greek sheep.



French Thyme (*Thymus vulgaris*) forms a pretty, low-growing, 12in shrub whose cascading stems of tiny gray-green leaves are a focus in any herb garden and indispensable in the kitchen. Strongly aromatic evergreen French Thyme adds something special to soups, stews, and casseroles, and its piquant flavor with a faint clove aftertaste blends particularly well with Lemon and Basil. It is essential in French *bouquets garnis* and pate, and popular in Greek, Cajun, and Creole dishes. In medieval France, Thyme plants were thought to be a home for fairies, and gardeners set aside a little bed of Thyme for them much as we provide feeders for hummingbirds.



Source: http://www.sandmountainherbs.com/thyme_french.html

http://www.thegrowers-exchange.com/Thyme_English_p/her-thy02.htm

http://www.whiteflowerfarm.com/4676-product.html?utm_source=rgkeywords&utm_medium=ppc&utm_campaign=20111101&utm_term=french+thyme+herb

Name: Lambs Ear

The Stachys group (pronounced STAY kiss) is an interesting family with a variety of characters and a long, long history. The family falls into three distinct groups. The most familiar to gardeners is the woolly, silver-leaved plant generally called Lamb's Ears. This hardy perennial is famous as a spreading groundcover that forms dense mats in sun to light shade, in well-drained soils. Most lamb's ears (*Stachys lanata* or *byzantina*) produce 12-20" tall flower spikes with tiny purple-pink flowers that if left uncut self-seed abundantly. When the lambs ears bloom, the bumblebees and honeybees are happy. There are many varieties of lamb's ears, including a huge-leaved one that is more gray than silver called either "Big Ears" or "Helene von Stein" and a non-flowering one called "Silver Carpet." A recent dwarf introduction is "Silky Fleece" with leaves that barely reach 3" in height and bloom stalks of only 10". Other commonly found varieties are "Fuzzy Wuzzy" and "Cotton Boll." The leaves of lamb's ears have a long history of medicinal and craft uses. One of its folk names is "bandage plant" because it is used like a band-aid over cuts and scrapes. It has also been used to pack wounds to stop bleeding. The leaves can be shaped and dried in wreaths or bows.



Source : http://www.caroleesherbfarm.com/index.php?option=com_content&view=article&id=246&Itemid=227

Name: Yarrow – white

Achillea millefolium

Other Names: Milfoil, Old Man's Pepper, Soldier's Woundwort, Knight's Milfoil, Thousand Weed, Nose Bleed, Carpenter's Weed, Bloodwort, Stauchweed

Yarrow is a perennial herb, native to Europe and Asia and naturalized in North America and most other countries throughout the world. Yarrow is very common along roadsides and in old fields, pastures, and meadows in the eastern and central United States and Canada.

Yarrow is easily cultivated, will survive in poor soil. Prefers a well-drained soil in a sunny position. A very good companion plant, it improves the health of plants growing nearby and enhances their essential oil content thus making them more resistant to insect predations also improves the soil fertility.



Yarrow grows from 10 to 20 inches high, a single stem, fibrous and rough, the leaves alternate, 3 to 4 inches long and 1 inch broad, larger and rosette at the base, clasping the stem, bipinnatifid, the segments very finely cut, fern-like, dark-green, giving the leaves a feathery appearance. The flowers are several bunches of flat-topped panicles consisting of numerous small, white flower heads. Each tiny flower resembling a daisy. The whole plant is more or less hairy, with white, silky appressed hairs. Flowers bloom from May to August. Gather stems, leaves and flower heads in bloom, dry for later herb use. Dry herb edible as a spice or flavoring, strong sage flavor.

Source : <http://www.altnature.com/gallery/yarrow.htm>