

Common Name: Artichoke



Growing Artichoke

Native to the Mediterranean, growing artichokes (*Cynara scolymus*) requires cool nights and warm days. Aside from providing delicious, tender thistles for the table, the plants themselves are gorgeous! They grow to 5 feet across and almost as high with beautiful gray fuzzy foliage.

Site Preparation: Each spring, mix compost into your growing area. Artichokes require sandy, fast draining soil and cool temperatures to thrive. They need regular water for an ample harvest, but if you just like the look of the plant and don't want the thistles for your table, they will survive on very little water. Artichokes are susceptible to freezing and do best where the temperature remains constant year round.

How to Plant: Plant artichokes in a location in full sun from bare root stock in January or from container grown stock later in the spring. To grow artichokes in cold winter climates, protect the root with several inches of straw mulch or better yet, grow them in large containers and move to a protected location when the temperature drops. Fertilize (after you see greenery) with a small amount of all-purpose fish fertilizer. Micronutrients from seaweed extract can be beneficial also.

Harvesting: Artichokes are ready to harvest when the heads are closed tightly and squeak slightly when squeezed. If you wait for them to open, they will be too tough to eat. Search the interior of the plant, the chokes hide in the foliage. Small artichokes can be eaten whole, without removing the inside spiny choke. Artichokes take at least 110-150 days to reach maturity, if planting from seed and 100 days from divisions. Most do not flower until the second year of growth.

Once the harvest is over, cut the plants back to 1-2 inches off the ground to try for a second harvest. New sprouts will form at the base of the plant. At the end of the season, allow the plant to dry out after the leaves begin to turn yellow. Once the foliage has died down and dried, remove it from the plant and put down a layer of organic compost to enrich the soil for next years crop.

Insects and Diseases: Protection from earwigs is mandatory. Also, keep an eye out for aphids, caterpillars, slugs and snails. Use diatomaceous earth or other natural pest control method, if present.

Source of data: <http://www.planetnatural.com/site/xdpy/kb/growing-artichokes.html>

Name: Broccoli

Fall provides a second cool season when broccoli thrives in the garden. During this season plants typically provide the most food from their side shoots rather than from their large main head. Plan to start harvesting at least a month before killing frost.

The soil for broccoli needs to be fertile with plenty of organic matter added. It needs to be kept moist, but well-drained. Using mulch helps to keep the soil moist and cool, setting the conditions for a prosperous crop. Fertilizing the soil about a week or two before planting is recommended.



It is best to plant broccoli in an area that gets full sunlight; however, it will grow if it has minimal shade. Crop rotation is necessary when you are growing broccoli or other members of the cabbage family, since you shouldn't plant them in the same area year after year. In fact, planting in a spot that hasn't grown members of the genus for four years is suggested.

As far as pest and disease control, you won't have many problems with broccoli. Some pests, like aphids, slugs, cabbage worms and maggots, may cause some problems. They can be taken care of with beneficial garden insects or by spraying the plants with insecticide. Black rot, club root and leaf spot are diseases that are occasionally found in broccoli crops. Rotating your crops helps to prevent diseases. Club root can be taken care of through alternating the pH by applying lime, but with leaf spots, you should destroy the plant because the disease will spread.

When planting broccoli, it is best to plant transplants, although germinating them from seed is possible. Transplants should be planted deep enough to cover their roots and about one to two feet apart. In sixty days (maybe longer), your broccoli will be ready to harvest. The part that you pick is the flower head and it needs to be harvested before the flower buds open. When you pick the main head of the broccoli, the side heads will continue to develop.

Broccoli grows well in containers. Choose one that is at least 12 inches wide and at least 12 inches deep. Make sure that it has a drainage hole in the bottom. Fill it with a soilless potting mix and plant one or two broccoli plants slightly deeper than the containers they grew in as seedlings. Either mix in some all-purpose slow-acting granular fertilizer to the planting medium at this time, or plan to add dilute liquid fertilizer periodically to the watering can when you water. Plants in containers dry out very quickly, make sure you water faithfully.

Source: <http://www.professorshouse.com/your-home/gardening-plants/planting-broccoli.aspx>

<http://yardener.com/YardenersPlantHelper/FoodGardening/VegetableFiles/Broccoli/PlantingBroccoli>

Name: Brussels sprouts

Brussels sprouts, is a hardy, slow-growing, long-season vegetable belonging to the cabbage family. In the proper season of the year, it can be grown with fair success in most areas of the country. In mild areas, or where there is deep snow cover, the sprouts may overwinter.

The "sprouts" (small heads that resemble miniature cabbages) are produced in the leaf axils, starting at the base of the stem and working upward. Sprouts improve in quality and grow best during cool or even lightly frosty weather. Brussels sprouts require a long growing period, though newer hybrids have greatly reduced this requirement. In all but the most northern states, summers are usually too warm for completely satisfactory production from spring plantings. Plants set out in late spring to early summer grow satisfactorily and mature high-quality sprouts when the fall weather begins to cool.



Brussels sprouts are grown much like the related cole crops, cabbage and broccoli. Apply one side-dress application of nitrogen fertilizer when the plants are 12 inches tall and water to keep the crop growing vigorously during the heat of summer. Without ample soil moisture, the crop fails. Insect control is also very important at this stage to keep the plants growing vigorously. Cultivate shallowly around the plants to prevent root damage. The sprouts form in the axils of the leaves (the space between the base of the leaf and the stem above it).

The small sprouts or buds form heads one to two inches in diameter. They may be picked (or cut) off the stem when they are firm and about one inch in size. The lower sprouts mature first. The lowermost leaves, if they have not been removed already, should be removed when the sprouts are harvested. Harvest sprouts before the leaves yellow.

Sources: <http://urbanext.illinois.edu/veggies/brusselssprouts.cfm>

Common Name: Chinese Cabbage - Minuet

Napa cabbage (also known as closed head): The best known type of Chinese cabbage, with leaves that overlap over the top of the head. 'Minuet' (9" by 7" heads; dark green outer leaves, attractive yellow interior; perfumed, light, sweet taste; 48 days)

Excellent variety matures early and is slow to bolt.
Small, 9" x 7" heads with dark green outer leaves and an attractive yellow interior. Wonderful, perfumed, light, sweet taste. Space 12" apart for high yields of upright, well-packed heads. Resistant to bottom rot, black speck, downy mildew, and some viruses.



Chinese cabbage is an Asian variety of cabbage with long, crisp, mild-flavored, pale-green to white leaves. It is also known as napa or celery cabbage and bok choy.

Ideally, Chinese cabbage should be planted so that it grows and matures during cool weather-year-round in tropical zones, winter through spring in warm zones and spring through summer in cooler zones.

Full sun, but tolerates partial shade; protect from cold winds and frost.

Frequent watering will help plants mature faster, taste better and help prevent them from going to seed (bolting) during dry spells. Avoid watering leaves directly to reduce the likelihood of fungal disease.

Cabbage loves fertile soil so side dressing with compost or an organic fertilizer is recommended. Cut the heads to the ground during dry weather, usually 2-3 months after planting, before the appearance of seed stalks. They will stay fresh for a couple of weeks in the refrigerator.

As the heads reach maturity, bind the leaves around the heads and secure them with string or rubber bands or cover the entire plant with an open-ended box. This will blanch the inner leaves and keep them tender and white.

Source of data: http://www.northerngardening.com/NGB_articles/cabbage_kale.htm

<http://www.johnnyseeds.com/catalog/product.aspx?scommand=search&search=chinese%2bcabbage&item=2901&category=1&subcategory=365>

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Name: Chinese Cabbage – Joi Choi

Growers love this hybrid pak choi for its uniformity. It is large, fast growing, vigorous and has bright green leaves and white petioles. At maturity, the plant is about 18" tall yet can be harvested when plants are still young and small.

Recommended for areas where bolting is a problem when growing pak choi. A very adaptable variety that tolerates a wide range of temperatures. Mulch fall crops to help avoid premature bolting.

Chinese cabbage has a delicate flavor. You may know this vegetable by many different names, including celery cabbage, pak choi and wong bok. Depending upon which variety you select, the cabbage heads grow either loosely formed or compact. This plant will normally grow to around 8" tall. The flavor is a bit like lettuce and can range in taste from sweet to a tangy mustard-like taste. The Chinese cabbage stems can be eaten raw like celery, or cooked like asparagus



Grow Chinese cabbage in full sun in cool regions and in partial shade in warm regions. Plant Chinese cabbage in well-worked, well-drained but moisture retentive soil rich in organic matter. Add aged compost to planting beds before planting and side dress crops with compost again at midseason.

Chinese cabbage is a cool-weather plant which will bolt and go to seed quickly in warm weather and long days; grow Chinese cabbage in spring or autumn in temperatures ranging from 45° to 75°F

Cut whole heads at soil level when they are compact and firm and before seed stalks form usually 50 to 80 after sowing. Complete the harvest before the arrival of freezing weather. If the first fall frost arrives before heads form, Chinese cabbage can still be harvested for greens.

Sources: https://www.quickcrop.ie/plantdetail.php?id=chinese_cabbage

http://www.kitazawaseed.com/seed_122-78.html

Name: Kale – Red Russian

Special, refined strain. Stems are purple; leaves are flat, toothed, and dark green with purple veins. The plants mature medium-tall and leaves are tender compared to other kales. For salads and light cooking. NOTE: To extend storage time, dunk leaves in cold water.

Red Russian is an unusual and beautiful variety that grows 2 feet (60 cm) tall. Leaves are bitter-free, very tender, and are intersected by purple-pink veins, lightly tinged with purple on the margins. In cold weather the leaves turn reddish-purple and are very attractive.

Oak-shaped, gray-green, toothed leaves with deep-purple veins and stems. Very tender leaves turn dark green when cooked. Harvest baby greens at 25 days. Heirloom. Kale requires good cultivation, mulch or hoe frequently to keep soil loose and weed free. Plants may be left outdoors all winter. Frost improve flavor.



For summer harvest, plant kale 4 weeks before the last frost date in spring. For fall, or early winter harvest, plant kale 6 weeks before your first frost date in fall. In warm climates, it is also possible to plant kale in winter for early spring harvest

The edible part of Kale is the leaves. Baby greens are ready to pick 20-30 days after seeding. Pick mature leaves 50-75 days from seeding. For sweeter tasting leaves, wait until they have been exposed to some frost or cold. The plant will keep producing if you pick the big outer leaves and allow the center to continue growing. Tender young center leaves taste great in salads, and the outer big leaves work well cooked, steamed, or sautéed. Kale is a cool-season biennial, grown as an annual. The color and flavor of Kale are enhanced with cool weather. Kale is able to remain hardy to below zero temperatures if adequately protected. Water regularly during the growing season. Water retention can be improved by mulching with a 2-3" layer of organic material like straw. Mulching will also keep the soil cool.

Sources: <http://www.johnnyseeds.com/p-6214-red-russian.aspx>

<http://myfolia.com/plants/48-kale-brassica-oleracea-acephala-group/varieties/69-red-russian>

<http://www.easybloom.com/plantlibrary/plant/red-kale>

Name: Cauliflower - Cheddar

An orange cauliflower! First discovered in the Bradford Marsh in Canada in 1970, Cheddar was smaller and less tasty than white cauliflower, but the color was alluring. Over the years, using conventional breeding techniques, it was crossed with a white variety to create a delicious, high vitamin content cauliflower. Excellent flavor and color whether eaten raw or cooked. The orange color will brighten any relish tray for sure.

68 days from setting out transplants in the garden. No, it doesn't contain cheese -- but it DOES have 25 times the beta carotene of regular white Cauliflower, for extra nutrition in every bite! This amazing new Cauliflower is the most attractive and good-for-you variety yet, and you'll want a big planting in the garden this season!



The domed heads measure about 4 to 7 inches wide and are very heavy, arising on vigorous plants. For best orange color, keep the heads untied during growth. Cheddar is just as easy to grow as other Cauliflower, and you'll be delighted with the dense texture and rich flavor!

Only carrots have more beta carotene than this spectacular hybrid, so if you're looking to increase your vitamin A intake, here's a delicious way to do it! And even if you're not, who can resist the allure of these attention-getting florets? They keep their orange color even after cooking, so imagine what fun you can have "designing" them into delectable dishes or just cutting them raw for snack trays and salads!

Cauliflower is a cool-season crop suitable for spring and fall cultivation. If you live in a warm climate, fall crops will probably be more successful, since the cooling temperatures enhance the flavor of the fruit.. Set the seedlings 18 inches apart in the garden.

Sources: <http://www.westcoastseeds.com/product/Vegetable-Seeds/Cauliflower/>

Name: Cauliflower – Romanesco “Veronica”

Have you tried Romanesco Cauliflower yet? Veronica has very symmetrical, absolutely lovely lime-green heads topped by tightly beaded, pointed domes. Excellent raw or cooked, it boasts a milder, sweeter flavor than white Cauliflower, to say nothing of its appetizing visual appeal!

Native to the Mediterranean coast of Italy between Naples and Rome, Romanesco is often called "Italian Cauliflower," and it is a member of the Cauliflower family. Veronica is one of its most spectacular members, with lime-green heads, perfect spiraling, and a crisp, rich flavor that works well fresh or cooked.

Veronica grows vigorously, demonstrating excellent heat tolerance. Best as a fall crop, it should be picked young, when the heads are small, for the ultimate in tender flavor. Excellent for pickling as antipasto, too!



'Romanesco' is increasing in popularity. Eat raw and with dips to retain its crunchy sweet taste, and containing more beneficial health properties than a white cauliflower. Can also be steamed as a cooked vegetable. Veronica produces individual florets with lovely spirals giving a magical appearance from late summer to early frosts. Protect heads against frost with fleece to extend season.

Transplant when seedlings have 5-6 leaves, spacing by 45-60cm (18-24in) apart each way. Water ground regularly, especially in dry periods. Hoe between plants occasionally, and give a liquid feed as heads begin to develop.

Soure: <http://parkseed.com/cauliflower-veronica/p/5069/>

<http://www.backyardgardener.com/seeds/product08/752.html>

Name: Swiss Chard – Red

Chard is a member of the beet family and has a crunchy stalks and spinach-like leaves. It is commonly known as Swiss Chard, even though it isn't Swiss. It's actually native to the Mediterranean area, but is now cultivated worldwide. It's thought to have been given the "Swiss" part of its name because the Swiss botanist, Koch, gave it its scientific name in the 1800s. The leaves have a slightly bitter, earthy flavor and are excellent eaten either raw or cooked. The ancient Greeks and Romans prized chard for its medicinal properties. It's an excellent source of iron, vitamin C and magnesium (essential for the absorption of calcium). So it's well worth trying to persuade kids to eat it - even if you have to disguise it!

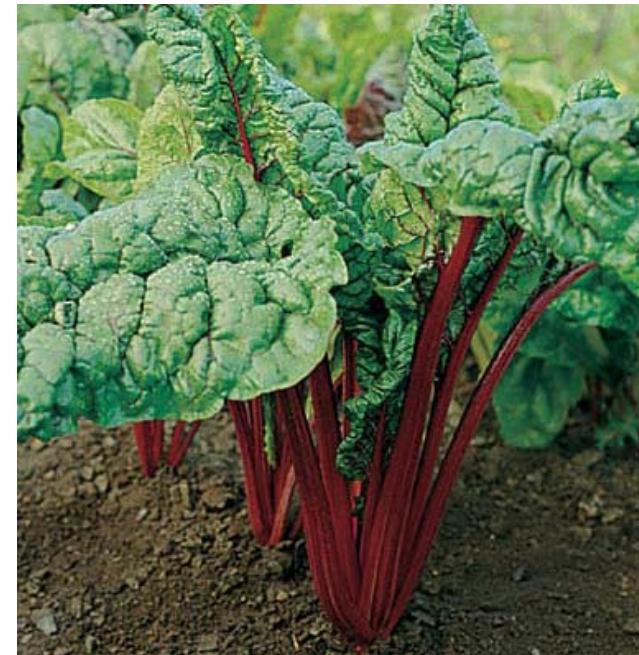
Swiss Chard, though a member of the beet family, doesn't develop the large root that beets do. Instead, Chard is grown for its leaves and thick, edible stalks, which are treated as Greens or Pot Herbs and

cooked. The plant will grow anywhere from 20 to 28 inches tall

Chard is a green leafed vegetable that makes a good alternative to spinach. Growing Chard can be easier than growing spinach as it is better able to withstand higher temperatures and water shortages. Chard doesn't like a soil that is too acidic; an acidic soil will stunt growth. Chard grows well in a soil of around 6.5 - 6.8. The soil should be able well drained but be able to hold moisture well so a soil with a good amount of organic matter is ideal.

Chard does not store well so should either be eaten within a few hours of picking or stored in the salad box of the fridge for a maximum of 3 days.

After picking the leaves simply wash and add to salads or wash and then quickly heat in a pan using only the water that clings to the leaves after washing. This will avoid overcooked soggy chard leaves.



Sources: : <http://www.vegbox-recipes.co.uk/ingredients/swiss-chard.php>

<http://www.gardeningpatch.com/vegetable/growing-swiss-chard.aspx>

Name: Swiss Chard – Golden

55-60 days. Large, robust, yellow-green leaves with bright golden yellow stems and veins. Very ornamental with superb flavor in both leaf and stem. From 1830s France. Rare.

Add a flash of gold to your salads. This specialty heirloom strain starts out as emerald green baby leaves with yellow stems and veins. The yellow intensifies to a rich golden color at maturity. Mild and sweet. Grows to 20-24 inches tall.

These hardy biennials' luminescent, bright golden petioles bolt upward into the crinkly slightly-savored emerald green leaves making for a bold appearance. Golden chard has a chewy texture and it reclaims a fair amount of juiciness. Its flavor is reflective of its genus - Beta vulgaris - slightly beet-like, earthy and mild

Leaves are best eaten young and raw. Save the stems for braising, stewing and soups. Golden chard is French in origin and it is one of the rarest chards on the market today. It is often grown as an ornamental green in edible gardens. Chard does not store well so should either be eaten within a few hours of picking or stored in the salad box of the fridge for a maximum of 3 days.

After picking the leaves simply wash and add to salads or wash and then quickly heat in a pan using only the water that clings to the leaves after washing. This will avoid overcooked soggy chard leaves.

Swiss chard has an excellent source of vitamin A on account of its concentrated beta-carotene content. Once inside the body, beta-carotene can be converted into vitamin A, so when you eat Swiss chard, it's like getting both these beneficial nutrients at once. One cup of Swiss chard contains just 35 calories, but provides 109.9% of the daily value for vitamin A.



Sources: http://www.specialtyproduce.com/produce/Swiss_Chard_Golden_4252.php

<http://sustainableseedco.com/golden-stem-swiss-chard-seeds.html>

Name: Collards - Champions

Improved Vates type collards, selected to stand longer attaining a two week advantage over other varieties. Rich dark blue-green with large cabbage-like leaves. Plants are non-heading, productive, and hardy. Waxy leaf surface provides natural protection from cabbage worms! Try collards braised with a touch of olive oil and garlic or steamed with butter. Especially good with ham or pork chops.

If you don't live in the South, you might not see collards very often; they are a leafy, cool-weather vegetable very popular for cooked greens. However, collards grow well throughout the country. A relative of cabbage, broccoli, Brussels sprouts, kohlrabi, and kale, this upright, dark green, waxy plant is a little like a cabbage that doesn't make a head. It is one of the most cold-hardy of all vegetables, able to withstand temperatures in the upper teens. In Zone 8 and southward, collards often provide a harvest through the entire winter. You can plant them in spring and fall, although fall-planted collards are favored because the leaves are sweeter when kissed by frost.



Collard greens, or collards, are a member of the cabbage family. Few vegetables surpass collards in nutritional power. One cup of cooked collard greens contains 83 percent of your daily requirement for vitamin A, only 14.9 calories and no fat. A long time traditional staple of southern cuisine, collards can be used in cooking just as you'd use cabbage. Collard greens however, have much higher fiber content and so they require quite a bit more cooking time. Many grocery markets will regularly stock collard greens in the produce section, but in some areas of the country, collard greens are not widely available. However, if your climate is cool enough—collards are a cool season crop—and you've got some garden space to spare, you can grow your own. Harvest the collard greens continuously by cutting the outer leave when they are about 12 inches tall, leaving the inner three layers of leaves to continue growing. Or harvest the entire plant at the end of the growing season; in this case the tough outer leaves will not be good for eating, so discard them.

Sources: <http://myfolia.com/plants/48-kale-brassica-oleracea-acephala-group/varieties/16815-champion>

http://www.ehow.com/how_4488829_grow-collard-greens.html

Common Name: Endive - Bianca Ricci

For salad mix.

The leaves are extra-cut and fringed, a unique light green color with pink petiole. Relatively tolerant to heat and cold for growing year-round.

Endive likes cool weather and lots of moisture, in rich, well drained soil. Provide an even amount of moisture and fertilizer. Liquid fertilizer works well.

Weed the patch regularly, as weeds will compete for moisture and nutrients.

Harvesting: Endive grows slower than most lettuces. You can harvest leaves as soon as it is big enough to use.

Insects and Pests: Bunnies like all kinds of lettuce. Got bunnies!? Then, a rabbit fence is in your future.

A variety of insects can pose a real problem. Lettuce is delicate and can absorb many insecticides. If you want or need to use insecticides, look for brands that are less harmful to you and the environment. We like to avoid insecticides on leafy vegetables wherever possible. we suggest organic sprays, and a willingness to give up some of the harvest to insects, versus using pesticides. After all, one of the reasons most of us have gardens is to avoid the pesticides. Slugs are a real problem for all types of lettuces.

As part of the chicory family, endives and escaroles are grown much the same. Cool temperatures are best, and they are often a 'two-season' crop for spring and fall. Plant after frost, when the soil is beginning to warm (about 55-75 F), 1/8 inch deep and loosely covered. Endives are the 'frisee' or curly types with thin, deeply segmented leaves, often used fresh in salads. Many will 'self-blanch' as they have dense growth, or you can cover or tie up three days before harvest to blanch to enhance their flavor



Source of data:

http://www.johnnyseeds.com/catalog/product.aspx?category=1&subcategory=376&source=google_endive_seeds&ct=hg&gclid=CObj7cCCi5sCFYVM5QodtBoPqA&item=2183

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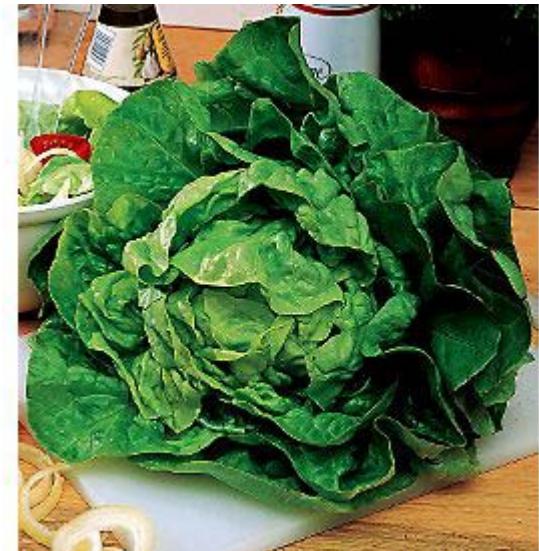


Common Name: Butter Crunch, Lettuce

One of the classic butterheads, Buttercunch combines good garden performance with tender-crisp flavor. The leaves are very dark green and thicker than most, with a crisp texture and juicy bite. They are loosely-held on big heads that grow more vigorously than many others, ready in just 65 days. So high-performing and satisfying that it won an AAS award, Buttercrunch is the highest-quality eating butterhead-type we know.

Grow in single rows, plants spaced 18 inches apart, or in containers

Compact butterhead-type is productive, heat tolerant and slow to bolt. Buttercrunch Head lettuce has mildly flavored leaves. 65 DAYS
Butter Crunch



Buttercrunch lettuce is easy to grow and has a delicious buttery flavor. There is nothing quite like a fresh salad cut straight from your own garden. Lettuce is a cool weather plant. Cut the leaves instead of pulling the plant to get a more continued harvest. Cutting the leaves about 2 inches from the ground allows them to continue growing and gives you a nice lettuce to enjoy.

Buttercrunch is similar to Bibb types, but with thick, juicy green leaves and a small tight head. You'll appreciate Buttercrunch maintaining its sweetness during hot spells without turning bitter. Hold into the fall without bolting.

Source of data: <http://www.parkseed.com/gardening/PD/5142?cid=ppp000910>

<http://www.territorialseed.com/product/905/204>

Name: Lettuce – Salad Bowl Red

Red Salad Bowl Lettuce is a bronze burgundy version of the Green Salad Bowl variety. Slow to bolt and tolerant to heat. This leaf Lettuce is delicious and does not get bitter as it matures. It is also a steady grower even in warmer climates. Delicious and particularly popular for its baby leaves in 28 days.

Top quality! Salad Bowl Lettuce is close-set, deep-lobed, brilliant green leaves--easy to harvest. Noted for lasting sweetness and tenderness. Stays crisp and tasty even after the weather becomes hot.

Full sun to partial shade. Rich, moist, well-draining, loose soil with a pH of 6.2 to 6.8. Add plenty of compost prior to planting lettuce. Transplant outside after risk of frost. Spacing: 6" apart with 12" rows.

Matures in 45 days.



Give supplemental feedings of compost tea every few weeks until harvest. Gather outer leaves with all except iceberg types, as soon as they are big enough for the salad bowl. The harvest is over when a central stem starts to form. This is the signal that the plant is getting ready to bolt, and then the leaves will be bitter

Source Grows several types of lettuce for a mix of colors and textures. Leaf lettuce has loose rosettes, produces over a longer season and is more heat tolerant. Head lettuce forms round heads and tends to be crispier in texture.

Soure: http://www.edenbrothers.com/store/lettuce_seeds_salad_bowl_red.html

<http://www.2bseeds.com/lettuceredsaladbowl.shtml>

Name: Spinach

Any good, well-drained garden soil will suit spinach provided it is not acid. The preferred pH is between 6 and 7. Soils that are more acidic should be limed at whatever rate is indicated by soil test. Spinach requires an abundance of plant food, especially nitrogen. Lime only after the manure has been added.

Though Spinach is most often used as a food, it has medicinal value as well. It is a great source of Vitamin A, Vitamin C, Vitamin K, and folic acid. Much research has been done on the amazing properties of Spinach. It shows great promise as a cancer reducer, having been shown to slow the growth of stomach cancer and skin cancer cells, and it contains several constituents that have been shown to reduce the likelihood of colon cancer. Spinach is also used to prevent the bone loss associated with osteoporosis and for its anti-inflammatory properties in easing the pain of arthritis. References: The Encyclopedia of Organic Gardening; James A. Duke



Spinach is frost tolerant and grows best in the cool weather that comes in the beginning and the end of the growing season. Plant in the ground in the spring as soon as the ground can be worked, or in the fall before the last frost in spring. Spinach germinates and grows well in cool weather. Along with being nutritious, spinach is also versatile in the kitchen. It's delicious raw in salads, and it's the basic ingredient in many hot dishes, including lasagna.

Soure: <http://www.localharvest.org/spinach-melody-organically-grown-seeds-C12874>

<http://www.2bseeds.com/spinachmelody.shtml>

Common Name: Sorrel - Rhubarb - Victorian

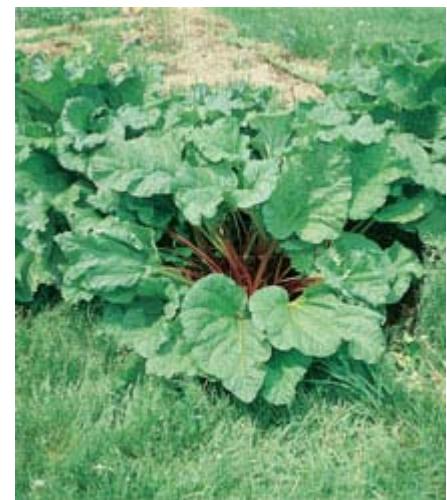
This is a standard crop variety of Rhubarb. One of the largest and most productive varieties. The stalks are a deep crimson red with a touch of green on the inside. The taste has a bit of a wine flavor to it. First recorded in 1837 in England

It is best to wait until the second year before harvesting stalks and even then, be conservative. Pull the stalks instead of cutting. Remove flower stalks as soon as you see them. You will not get full harvests until the third year. Rhubarb plantings will be productive for 15 years or longer.

Rhubarb Victoria, *Rheum 'Victoria'*, has a wonderful tart flavor and is one of the favorites for pies and sauces. Be sure to pull the stems loose, don't cut them off. This perennial should be mulched deeply with manure each fall. Rhubarb thrives in cool locations and full sun, but in warmer climates, plants benefit from light shade but form longer, thinner stems. Rhubarb needs deep, moist but well-drained soil, and is generally trouble-free. Slow growth of older plants is a signal that they need dividing. This attractive perennial plants will accent your landscape and remain productive for decades.

This variety is widely grown commercially and well adapted to all regions of the country. It is a consistent producer of large stalks. Disease resistant and cold hardy, they also make very decorative plants with beautiful flower heads.

The best cooking rhubarb, bar none-noticeably sweeter and milder than all others. Stalks are slender and very tender, so it's quick and easy to fix for the pot. Plants are prolific; stalks green with red blush. Dust off your pie tins.



Source of data: http://www.naturehills.com/product/victoria_rhubarb.aspx

<http://www.kvbwholesale.com/store/fruits/66755>

<http://www.burpee.com/product/code/69045.do>

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Name: Cilantro – Slow Bolt

Botanical name: Coriandrum sativum

Zones: 3-9

Spacing: 6-12" inches apart. 12" inches between rows

Sun/Shade: Full Sun

Days to Maturity: 4-5 weeks

Plant height: 18-24" inches

Annual/Perennial: Annual

Comments: Slow bolting good for many dishes

An easy to grow and great flavor cilantro!

Known as slow bolt cilantro (bolting means that the plant starts to produce seed, rather than growing more leaves), this pungent member of the carrot family is a favored ingredient for Asian and Latin American cuisine, including salsa and other Mexican dishes. The spice, coriander, is the plant's mature, dried seed—a staple of Indian cooking.



This cool weather loving herb is a lacy looking annual whose leaves are used in Mexican and Asian cooking. The seeds are the spice known as coriander. Flat, dark green leaves form a rosette from which clusters of white flowers appear in the spring. It easily reseeds itself. Cilantro is best planted in the fall in Texas as it will quickly bolt in hot weather. The leaves change shape and flavor as the flower stalks begin to form. Cilantro will grow best in full sun. Seeds are easily collected by removing the seed heads when they begin to turn brown and placing in a paper bag until they are completely dry.

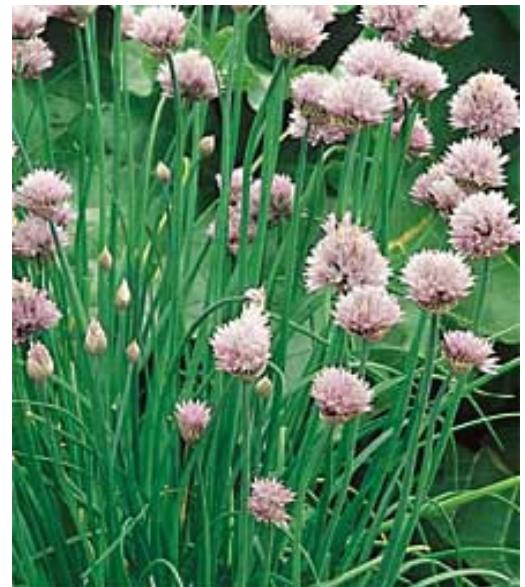
Source: <http://www.ufseeds.com/Coriander-Slow-Bolt.item>

<http://www.prismnet.com/~wilson/fiestaflavors.htm#cilantro>

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: Garlic - Society

Scientific name: *Tulbagia violacea*

Society garlic is a clump-forming herbaceous perennial with narrow, grayish green leaves and large clusters of lavender or lilac flowers. The plant looks like an especially showy garlic or garlic chives plant. Society garlic has just 4-9 grass-like leaves, each about a foot long and a half-inch wide. The leaves grow straight up out of a swollen underground rhizome that looks like a corm or bulb. A single 2 ft (0.6 m) scape (flowering stalk) grows up from the center of the rosette of leaves. Atop the scape sits a large umbel (flower cluster in which all the pedicels (flower stems) originate from the same point) of sweet-scented lilac-pink flowers. The flowers are tubular, expanding to six pointed stars at their ends. They are a little less than an inch long and wide, and there are 8-20 of the dainty little flowers in each umbel. The blossoms are produced sporadically from early summer until late autumn. The leaves and rhizomes of society garlic smell like garlic, but the flowers are sweet, smelling like hyacinths, and some people say they are too sweet!



Society garlic is a popular container plant. Most gardeners leave it out on the patio or porch all summer, bringing it indoors for the winter. Outdoors, grow in a sunny border. This is a perennial that will spread slowly by its rhizomes, but will not become aggressive. Society garlic can be used in the front of a herbaceous border, and South African gardeners often use it as a bedding plant along with annual flowers. Society garlic is used in rock gardens, too. Flowers are most fragrant at night. The bulbs and leaves are edible and can be used like garlic and garlic chives. It is reported that society garlic, planted in a row or border, will deter moles.

The name, "society garlic" comes from the assumption that, although it tastes like garlic, you don't get bad breath from eating it. Hmmmm. There are a couple dozen species of *Tulbaghia* in South Africa. Some authorities split the huge Amaryllidaceae family into several smaller families, and include *Tulbaghia*, along with the onions and garlics (genus *Allium*), in the family Alliace.

Source: http://www.floridata.com/ref/t/tulb_vio.cfm



Name: Dill, *Anethum graveolens*

Dill is an erect, freely branching annual herb with finely dissected, lacy blue-green foliage. “Dill weed” refers to the foliage, and the seeds are usually just called ‘dill.’ The leaves are about 1 ft long and divided pinnately three or four times into threadlike segments each about 1 inch long. The dill plant grows about 3-5 ft tall and sometimes gets top heavy and falls over. The flowers are yellow and borne in large, rounded, compound umbels (umbrella-like clusters in which all the flower stems originate from the same point) ON STIFF, HOLLOW STEMS. The whole inflorescence can be 10 inches across and several of them on a feathery blue-green framework can be showy indeed. The fruit is a flattened pod about an eighth of an inch long. All parts of the dill plant are strongly aromatic.



Dill is fast growing and of very easy cultivation. Dill does best in full sun; it becomes leggy and prone to topple over in partial shade. Dill does best in well drained soil with typical garden watering. It may bolt quickly to flower during a prolonged dry spell. Dill is an annual that can be grown all summer in USDA zones 3-7, in spring and fall in zone 8, and in the winter in zones 9-11. In hot weather dill flowers and goes to seed quickly. Dill usually self sows, and it's best to pick a spot in the garden where you would like to have it year after year. Dill, with its lacy blue-green foliage and showy umbrellas of yellow flowers, is an attractive addition to the flower border as well as the herb garden. Don't omit dill from the butterfly garden as it is a premiere larval food source for many species.

Harvest dill foliage as needed. Dill weed usually is used fresh, but can be frozen; dried dill weed is a poor substitute for the fresh. The seeds are harvested just as they begin to turn brown, usually 2-3 weeks after the flowers have finished. Cut seed heads off and dry in a paper bag until the seeds can be shaken from the seed heads. Store in an airtight jar.

Dill is, of course, the principal flavoring in dill pickles, but it also is used to add zest to potato salads, egg salads and sauerkraut, and to flavor vinegars and sauces for fish. Dill goes well with cabbage and other boiled vegetables. Often the seeds are used for these purposes, but the leaves serve equally well.

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

http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Chamaemelum+nobile

http://www.desert-tropicals.com/Plants/Asteraceae/Chamaemelum_nobile.html

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: 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: 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 sunny 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: 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 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 – Hillary's Sweet Lemon

A very dressy mint. Looks nice in the garden. Leaves have a fuzzy feel to them. Developed from apple and lime mint. Leaves have a sweet fruity aroma with a dash of citrusy lime scent. Named after Hillary Clinton also a herb enthusiast.

Pick leaves before the plant flowers, or after it has been cut back and plant has started to regrow. Leaves can then be used fresh or dry and used later in herbal teas or mint jelly.

Leaves – fresh or dried are used to make a delightful tea. Mint teas are very soothing and have medicinal value. This mint is great for desserts and teas.

Mints are notorious for spreading and becoming very invasive. To prevent that from happening – plant mint in a large black nursery pot. Cut out the bottom of the pot and bury the pot into the ground except for the top 1-2”.

Perennial. Created by Jim Westerfield, Freeburg, IL. Deep green leaves. Very hardy mint plant. Excellent culinary mint plant



Source: <http://iowalta.com/tea-gardens-herbs/mint-hillarys-sweet-lemon.html>

Improving Lives. Improving Texas.

Name: Mint "Kentucky Colonel" or mixed

Mints of many different kinds are grown including spearmint, peppermint and orange mint. All these mints are hardy perennials and are among the easiest and most popular garden mints. They may be started from seed but cuttings are recommended. Mints prefer sun but will withstand shade. They are true perennials but mint beds should be renewed every 3 to 4 years. Mints are harvested for their stems and leaves and the more frequent the harvest the better the plant grows. Remove stalks before they go to seed.

Kentucky Colonel: This spearmint has captured our hearts with a large leaf on a robust plant that is the basis for that little ole southern drink, the Mint Julep. Kentucky Colonel Spearmint can be used in any recipe calling for spearmint, including mint sauce and mint jelly.

Like all mints, Kentucky Colonel Mint, should be confined to a pot. Mints grow better in pots that have a wide surface area rather than a lot of depth. If grown in a pot it will need to be divided every 1-2 years.

Harvesting & Storage: All of the plants in the *Mentha* family are best used fresh, but they can be stored dried or frozen.

All members of the *Mentha* family are 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 leaves of any age are edible.

Hang small bunches of Kentucky Colonel 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.



Source: <http://aggie-horticulture.tamu.edu/plantanswers/vegetables/herbs.html>

<http://www.mountainvalleygrowers.com/mencordifolia.htm>

Name: Mint – Peppermint

Peppermint is an old favorite for herb gardening. A delicious culinary herb, Peppermint plants are known to have a scent that is one of the strongest triggers of memory - one whiff of the cooling bouquet of this aromatic herb tends to back this up, as it conjures up images of candy canes

Commercial uses are probably most familiar to people, but it can also be easily grown and put to a wide variety of culinary and medicinal purposes in your own home. Peppermint has been used for ages to help cure headaches, muscle cramps and chronic indigestion

problems. The extracted essential oil, Menthol, is found in the plant's leaves and flowers and its soothing properties are useful in lotions, mouthwashes, soaps and candies.



The tea is used to ease digestion. This herb is a robust grower so give it plenty of room...or plant it in a container to avoid it taking over your garden! Plant mint in full to part sun in moist soil.

Source: http://www.thegrowers-exchange.com/Mint_Peppermint_p/her_mt01.htm

Name: Oregano – Italian

The 'Oregano-Italian' Herb Plant is a fragrant cross between oregano and marjoram. It is a staple in Mediterranean and Mexican cuisines. Italian Oregano plants can reach 2 feet in height, with light pink or purple flowers—and it prefers full sun and dry soil. This perennial herb grows well in the ground or in containers.

Leaves can be used fresh or dried, and will mix especially well with other Mediterranean flavors like garlic, basil, tarragon, thyme, parsley and olive oil. Pinching back flowers will encourage leaf production throughout the warm growing season. Italian oregano is especially popular in tomato dishes, poultry seasoning, eggs, soups, herb breads and cheeses.



Source: <http://www.gardenharvestsupply.com/productcart/pc/Oregano-Italian-Herb-Plant-p534.htm>

Name: Oregano, Mexican - Herb

Lippia graveolens (Lippia berlandier)

NOT a true oregano - it is named for the way in which Mexicans use it. Very piquant flavor, different (and many think better) than that of the Origanums. Prefers rich soil and fairly constant moisture. For authentic Southwestern chili. Fast growing - easy indoors with bright light.

Redbrush lippia prefers the dry, rocky hills, valleys and open desert scrub in the Trans Pecos, the Rio Grande plains and valley. It ranges northeast to Austin and Houston counties, west to New Mexico and California, and south into Mexico and Nicaragua. It's a slender aromatic shrub or small tree, whose pubescent (fuzzy) branches bear rounded to obtuse, bluntly serrated leaves. Fragrant flowers are yellowish or white with a yellow eye and occur throughout the year, especially after rains.

Red-brush is used as a tonic, stimulant, expectorant and condiment in Central America. When crushed the leaves smell of oregano. Graveolens means "strong smelling".

Blooming Period: spring, summer, fall, winter.

Height: to 27 feet

Width: 3 to 10 feet

Plant Character: evergreen

Heat Tolerance: high

Soil Requirements: adaptable



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

<http://aggie-horticulture.tamu.edu/ornamentals/nativeshrubs/lippiagrav.htm>

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 overwhelming 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 – Petroselimum 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 $\frac{1}{2}$ " 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

Name: Parsley, Italian – Petroselimum 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 “parsley 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

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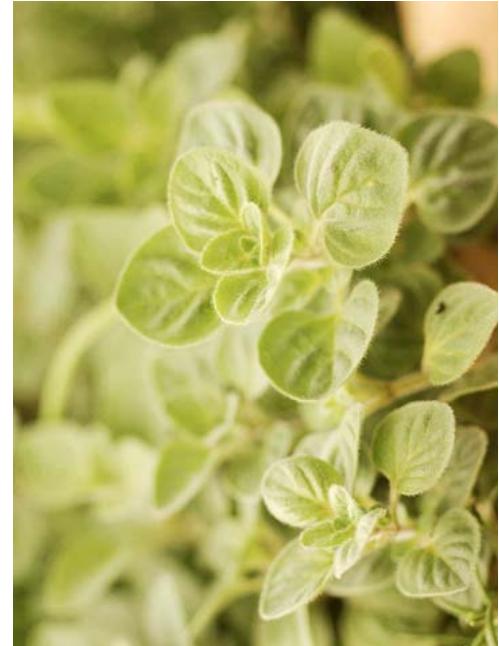
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Name: Marjoram - Sweet

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 complements 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: 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.herbssociety.org/beginherb/begherbs8.php>

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

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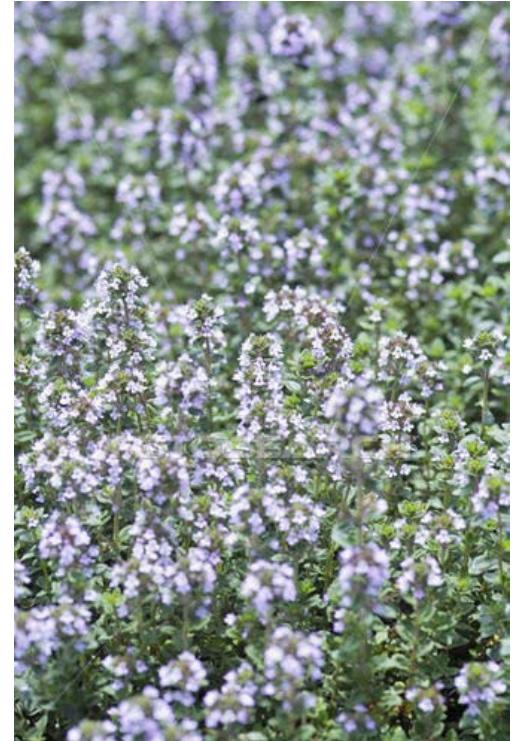
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Name: Thyme - Lemon

Lemon Thyme looks and grows like English Thyme but has the taste and scent of lemon! Use Lemon Thyme in any recipe that calls for lemon flavoring or lemon zest to avoid bitterness or overpowering with citrus flavor. Known worldwide for its culinary prowess, Lemon Thyme is heavily used in Middle Eastern and European cuisines, most popularly found in the French **Bouquet Garnis** and **Herbes de Provence**. Lemon Thyme is best added early on in the cooking process, when left to simmer, its lemon flavor slowly infuses the dish. Lemon Thyme also makes a very delicious and medicinally valuable tea and is a great source of iron.

Believed for centuries to be a symbol of courage, Lemon Thyme was also seen as an herb that ensured safety and protection. Often placed under pillows and in mattresses to ward off bad dreams and used to line coffins to protect the soul on its journey to the afterlife, Thyme has a rich superstitious history.

Lemon Thyme looks and has the same growth habit as English Thyme - but that is where the similarity ends. Lemon Thyme smells and tastes just like lemons. In fact you can use it in any recipe that calls for lemon juice or zest. It is considered by many gardeners to be one of the best year round herbs and is often used in knot gardens. Plants are semi-creeping with a partially upright habit and are covered with tiny lavender-pink flowers in June and July. Plants can be a little pushy and may need to be trimmed back to keep them within their bounds.



u10740114 fotosearch.com

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

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=rkgkeywords&utm_medium=ppc&utm_campaign=20111101&utm_term=french+thyme+herb

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Name: Verbena - Almond

Sweet Almond Verbena (*Aloysia virgata*)

Long white spires of this intensely fragrant everbloomer will delight your senses. One of the sweetest flowers you'll come across, this member of the Verbenaceae family is also known as the Incense Bush. Give full sun and this fast growing Argentine native will flower year-round. *Aloysia virgata* is an upright shrubby plant that takes well to a hard pruning, grows fast and has reported winter hardiness to Zone 8. When grown outside in a container for the summer garden, bees and butterflies will reward you with their presence.

Also called sweet almond verbena (*Aloysia virgata*), this is the most beneficial insect-attracting plant I have ever grown. The fragrance is wonderful.

LOCATION: It thrives in full sun but can adapt to partial shade. In the US, it grows from Missouri south and does particularly well in California and Texas.

HABIT: Large deciduous woody shrub or perennial for full sun to light shade. Spikes of white blooms all summer. Strongly resembles Buddleia. Mostly evergreen, with fine-textured gray-green foliage. Height 10' – 15'. Spread 8' – 10'.

CULTURE: Few if any disease and insect pest problems. Easy to grow in well-drained beds in most soils. It has low water and fertilization requirements. Prune between bloom cycles for dense growth. Hardiness zone 8 – 11. Prune away dead wood early spring at bud swell.



Source <http://www.logees.com/prodinfo.asp?number=H8096-4>

http://www.dirtdoctor.com/Almond-Verbena-A-Honey-Bee-Magnet_vq2949.htm

Name: Yarrow – white

Achillea millefolium "Pro"

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>

Name: Pony Foot – Silver Falls

Scientific name: *Dichondra argentea 'Silver Falls'*

These prostrate, creeping perennials in about 10 species hail from East Asia. They are grown for their growth habit and their abundant small leaves. Some are used as lawn substitutes, while some are considered weeds. **Noteworthy**

characteristics: Creeping growth habit. Plants may be mown. **Care:** Provide full sun or partial shade and well-drained, slightly acidic soil. Winter hardy to USDA Zone 10. In most of the U. S. including St. Louis, it is grown as an annual. It is easily grown in dry to medium moisture, well-drained soils in full sun.

Tolerates some light shade. Also tolerates heat and drought. Grows well in sandy loams with good drainage. Soil drainage is particularly important if plants are grown as a ground cover.

Dichondra argentea, commonly called silver ponyfoot or silver nickel vine, is a creeping/trailing evergreen perennial that is native to desert regions in western Texas, New Mexico, southeastern Arizona and northern Mexico. ‘Silver Falls’ is a cultivar that is grown in St. Louis as an ornamental annual foliage plant. It is best grown in baskets/containers or as a seasonal ground cover. From a hanging basket, it will cascade downwards to 3-6' long in one season. As a ground cover, plants only rise to 2-4" tall, but spread rapidly by stems rooting at the nodes to 3-4' wide in one season. Branching silver stems are clad with soft, rounded, fan-shaped, silver leaves (to 1" across). Foliage is often described as having a metallic appearance. Tiny greenish-yellow to white spring flowers are not showy.



Source: <http://www.finegardening.com/plantguide/genus/dichondra.aspx>

<http://www.mobot.org/gardeninghelp/plantfinder/plant.asp?code=C899>