

Herb Plants

Aloe (*Aloe barbadensis*) P - Excellent for burns, scrapes, dermatitis, sunburn, likes hot weather, nice window plant. Not frost tolerant.

Arugula (*Eruca sativa*) A - Popular in Europe, excellent salad addition, fast growing. Grows best in cooler weather.

Aztec Sweet Herb (*Lippia dulcis*) P - Leaves are many times sweeter than sugar, use in teas, fruit dishes. Not frost tolerate, prefers shade, ground hugger.

Basil:

Cinnamon (*Ocimum basilicum* var.) A - Spicy, cinnamon flavor, bees love its beautiful flowers. Not frost tolerant. Keep blooms pinched off for longer life.

Genovese (*Ocimum basilicum*) A - Quite a large growing basil, very aromatic, excellent in sauces.

Holy (*Ocimum sanctum basilicum*) A - Large growing, aromatic clove scent.

Lemon (*Ocimum basilicum citriodorum*) A - Strong lemon scent, try in fish, pork or chicken dishes.

Purple (*Ocimum basilicum*) A - Adds color to any dish, use to spice up and color salads and herb vinegars.

Spicy Globe (*Ocimum basilicum*) A - Smaller leaves, adds zest to sauces and soups.

Sweet Basil (*Ocimum basilicum*) A - Old standby and most popular, easy to grow, use in soups, sauces and salads.

Balm of Gilead (*Cedronella triphylla*) P - Flower buds are considered to be a stimulant and antiseptic, they contain aspirin substance salicin.

Bay (*Laurus nobilis*) P - A must for culinary artists, bay can grow up to 30' tall if stepped up in pots and eventually planted in the yard. It can tolerate some cold weather. Will do well to about 16 degrees Fahrenheit. Needs to grow in the shade.

Bee Balm (*Monarda didyma*) P - "Oswego Tea" good for bee and butterfly gardens, leaves used in teas.

Borage (*Borago officinalis*) A - "Herb of Courage" used in salt free diets, it is high in mineral salts. Grows best in cooler weather.

Calendula (*Calendula officinalis*) A - "Pot Marigold" edible flowers, adds color to soups, chicken broth and salads, medicinal uses also.

Caraway (*Carum carvi*) B - Seeds used in soups, salads, breads, leaves used in salads and soups. Grows best in cooler weather.

Cardamom (*Elettaria cardamomum*) TP - Seeds are used in curries, liquors and pastries, medicinal uses also.

Catmint (*Nepeta mussinii*) P - Used in teas to help relieve colds and to promote restful sleep.

Catnip (*Nepeta cataria*) P - Young leaves can be added to salads, has an euphoric effect on some cats, a calming tea for people.

Chamomile, German (*Matricaria chamomila*) A - Apple scented fine foliage used to make a calming tea, good in the evening.

Chamomile, Roman (*Anthemis nobilis*) P - Spreading plant used in yards and walkways, after blooming mow for lush green

aromatic lawn.

Chervil (*Anthriscus cerefolium*) A - Great salad addition, chop and use in soups, add at the end of cooking time. Grows best in cooler weather.

Chives (*Allium schoenoprasum*) P - All time favorite to have in the herb garden, use in potato dishes, salads, sauces and soups.

Chives, Garlic (*Allium tuberosum*) HP - Flat leaves, delicate garlic flavor, use fresh rather than dried, good sunny window plant.

Cilantro (*Coriandrum sativum*) A - Used in Mexican dishes and salsas, the seed is coriander, very aromatic and spicy flavor.

Culantro (*Eryngium foetidum*) P - Stronger flavor than cilantro and not as well known, very popular in Mexico, likes hot weather.

Comfrey (*Symphytum officinale*) P - Once used mostly as a tea infusion, now more commonly used as a poultice for aching joints, sores, burns and cuts.

Cumin (*Cuminum Cyminum*) A - One of the key ingredients to curry powder used in Indian cooking.

Curry (*Helichrysum angustifolium*) TP - Silver, fine leaves, aromatic, likes well drained soil, use in moon gardens.

Dill, Fernleaf (*Anethum graveolens*) A - Shorter version, ferny foliage, use in soups, salads and potato dishes.

Echinacea (*Echinacea purpurea*) HP - "Purple Coneflower" a traditional medicinal herb, the root is used as an immune system stimulant, likes poor, dry soil.

Epazote (*Chenopodium ambrosoides*) P - "Wormseed" very strong scent, grows 3'-4', leaves added to bean dishes to reduce gas.

Eucalyptus (*Eucalyptus cineraria*) P - Crushed, steeped leaves produce inhalant vapors for relief of colds and sinus, dry for everlasting, can grow to 50'.

Evening Primrose (*Oenothera biensis*) B - Roots eaten both raw or cooked, flower stalks to 6', blooms last evening to morning, medicinal uses also.

Fennel, Florence (*Foeniculum dulce*) A - Seeds used in sauces and fish dishes, leaves in salads and soups, bulbs cooked as a veggie.

Feverfew (*Chrysanthemum parthenium*) HP - Leaves steeped for tea to help relieve and prevent headaches and migraines.

Geranium, Scented (*Pelargonium genus*) TP - Used as ornamentals, some food uses, leaves are highly aromatic, dry for potpourri and sachets.

Germander (*Teucrium chamaedrys*) P - Woody stems with evergreen foliage, tea is used for coughs and sore throats, good bonsai plant.

Ginger (*Zingiber officinale*) P - Roots used in oriental cooking, tea used to aid digestion, also sliced and sugar-coated for candies.

Gotu Kola (*Hydrocotyle asiatica*) TP - Leaves used to make a medicinal tea which stimulates the brain and is said to improve mental functions.

- Henna** (*Lawsonia inermis*) P - Leaves used to make orange-colored hair dye, fast growing, shiny light green leaves and fragrant flowers.
- Hens & Chicks** (*Sempervivum*) TP - Used as you would aloe for skin burns and scrapes, young leaves are edible in salads.
- Horehound** (*Marrubium vulgare*) P - Used in candy making, dried leaves are used in cold remedies.
- Horsemint** (*Monarda punctata*) P - Strongly aromatic, medicinal, can be used as a filler in potpourri, grows 2'-3' tall.
- Horsetail** (*Equisetum arvense*) HP - Primitive plant, used as a diuretic and astringent, prefers moist location, spreads aggressively. Contains silica, excellent in water garden.
- Hyssop** (*Hyssopus officinalis*) P - A woody evergreen, tea is used for bronchial and lung ailments.
- Lamb's Ear** (*Stachys byzantina*) P - "wooly betony" most often used today as an ornamental, medicinal uses also.
- Lavender, English** (*Lavandula angustifolia*) P - Finest aroma, hardy in the North, used in perfumes and soaps.
- Lavender, French** (*Lavandula dentata*) P - Fine toothed leaves, aromatic, greatest oil yield but less quality, used in cooking, aromatherapy.
- Lemon Balm** (*Melissa officinalis*) P - Leaves used for delicious tea, nice lemon scent, a good bee plant, also medicinal values.
- Lemon Grass** (*Cymbopogon citratus*) P - Used in oriental cooking and for teas, it is a fast growing, tall coarse grass.
- Lemon Verbena** (*Aloysia triphylla*) P - Strong, lemon scent, a shrub of the sub-tropics, leaves used in teas, fruit dishes, fish and chicken dishes.
- Licorice** (*Glycyrrhiza glabra*) P - Rootstock used in candy making and for cough syrups and ulcer medications, a hardy, woody plant.
- Lovage** (*Levisticum officinale*) P - Crushed seeds used in breads and pastries, add leaves to stock, stews and cheese. Grows best in cool weather.
- Luffa** (*Luffa cylindrica*) A - Outside peel is removed and luffa dried for sponges, when young it can be eaten like zucchini.
- Mints:** (*Mentha sp.*) P -
- Apple** (*Mentha suaveolens*) - Soft, hairy leaves, mild apple scent, grows rapidly, prefers less moisture than other mints.
 - Chocolate** (*Mentha piperata var.*) - Looks like peppermint, has a slight chocolate scent and flavor.
 - Corsican** (*Mentha requienii*) - Tiny leaves with creme-de-menthe fragrance, 2" ground cover, not as hardy as other mints.
 - Ginger** - Variegated green and white leaves with a mild ginger aroma.
 - Korean** - Upright mint, used in oriental cooking.
 - Lime** (*Mentha aquatica var.*) - Good in iced tea and fruit salads.
 - Lebanese** - Somewhat like peppermint only lighter flavor, upright growth, needs trimming regularly.

Mountain (*Pycnanthemum tenuifolium*) - Aroma and taste of pennyroyal, good bee plant, likes dry soil.

Orange (*Mentha aquatica 'citrate'*) - Strong orange scent, great for tea, alone or mixed with other mints, try in fruit salads.

Pennyroyal (*Mentha pulegium*) - Insect repellent, creeping plant, loves moisture and shade, highly aromatic.

Peppermint (*Mentha piperita*) - Strong mint, used for upset stomachs, and to aid digestion, flavoring in cooking and baking, perfumes.

Pineapple (*Mentha suaveolens 'Variegata'*) - Pineapple aroma, some white variegation on foliage, likes drier soil than most mints.

Silver - Ornamental, silver foliage, nice contrast to green mints.

Spearmint (*Mentha spicata*) - Spreads rapidly, good for mint jelly and teas, used in candy, gum, and many commercial products.

Mugwort (*Artemisia vulgaris*) HP - Roots and leaves used for teas and as bitters in brewing, also used in dream pillows.

Myrtle (*Myrtus communis*) P - Evergreen, used to flavor meat and as an astringent and antiseptic, in potpourri and perfume making.

Nasturtium (*Tropaeolum minus*) A - Flowers and leaves are edible, flowers used by chefs for decoration, slight peppery taste.

Oregano, Cuban (*Coleus amboinicus*) P - Strong oregano scent, thick green and white leaves, nice indoor plant, used as seasoning.

Oregano, Greek (*Origanum heracleoticum*) HP - Traditional tomato and pasta seasoning, very pungent, easy to grow, does well in hot weather.

Oregano, Italian (*Origanum vulgare*) P - Spreads and grows flat to the ground, larger leaves, good for walkways.

Oregano, Mexican (*Poliomintha longiflora*) TP - Upright, bushy plant has nice scent, long pointed leaves, fast growing, try in chili.

Parsley, Curled (*Petroselinum crispum*) B - Used mostly as a garnish in cooking, short plant. Has a lighter taste than Italian parsley

Parsley, Italian (*Petroselinum crispum 'Neapolitanum'*) B - Most known variety, more flavorful than curled, use in sauces, soups, salads and as a breath freshener.

Parsley, Japanese (*Petroselinum species*) A - Used in oriental cooking, large leaves, nice flavor.

Passion Vine (*Passiflora incarnate*) P - Has orchid-like blueish-purple flowers, can be trellised, edible fruits.

Patchouli (*Pogostemon patchouli*) TP - Popular in incense and as a potpourri additive, the oldest known fragrance herb, pretty plant. Retains its scent when dried.

Peppers, Hot (*Capsicum annuum*) A - Source of vitamin C and capsaicin, used in treatment of arthritis and circulatory ailments, hot seasonings, prefers hot, dry growing conditions.

Cayenne - Small, good dried hot pepper. Used most often in cajun and southern cooking

Habanero - Orange at maturity, 200,000 Heat Units. One of the hottest peppers on this planet.

Jalapeno 2"-3" long, green, good in salsas, 40,000 Heat Units. Used in Mexican style cooking

Purple - Green, yellow, orange, red and purple colors on the same plant depending upon maturity of the peppers.

Thai Hot - Tiny, cone-shaped on a dwarf plant, hot like Habanero.

Perilla, Purple (*Perilla frutescens* var.) A - Large leaves, grows to 4', nice backdrop plant, adds zest and color to oriental cooking, does well in warmer climates.

Plantain, English (*Plantago lanceolata*) P - Narrow leafed, 10-24", traditionally the tea was used to treat coughs and dysentery.

Rosemary (*Rosmarinus officinalis*) P - A staple in the kitchen, use on meats and chicken, in salads and in breads.

Rosemary, Prostrate (*Rosmarinus 'Prostratus'*) P - Fine leaves, very aromatic, great at Christmas in potpourri.

Rue (*Ruta graveolens*) HP - "Herb of Grace", medicinal value, blue-green leaves, grows to 2' tall, insect repellent, excellent border plant, yellow flowers.

St. John's Wort (*Hypericum perforatum*) P - Leaves are an astringent, used on bites, bruises and burns, flowers are poisonous if eaten.

Saffron (*Crocus sativum*) P - World's rarest and most expensive spice, saffron is the large orange stigma of the saffron crocus, only 3-4 per bloom on each plant.

Sage (*Salvia officinalis*) HP - Silver gray foliage, use in stuffing and sausage, another plant to use as a bug repellent.

Sage, Mexican (*Salvia leucantha*) P - Use as an ornamental, grows 3'-4' tall, large violet flower spikes with white in the center, bee and hummingbird plant.

Sage, Pineapple (*Salvia elegans*) P - Green pointed leaves, large plant, use in fruit dishes, on pork, in salads, red flowers, hummingbird plant.

Sage, Purple (*Salvia officinalis 'purpurea'*) P - Soft purple foliage, good contrast to other sage types, good for culinary use.

Sage, Russian (*Perovskia atriplicifolia*) P - Silver foliage, blue flowers, said to be sometimes smoked as a euphoriant.

Salad Burnet (*Poterium sanguisorba*) P - Tastes like cucumber, likes well drained soil, use in salads and stews.

Santolina, Grey (*Santolina chamaecyparissus*) P - Fine silver grey foliage, grows to 2' tall, nice border plant, bug repellent.

Savory, Winter (*Satureja montana*) P - Used with bean dishes, it is also known to have astringent properties.

Shoo-Fly Plant (*Nicandra psallioides*) A - Large plant, blue flowers, said to repel flies including white-flies, reseeds itself.

Silver King Artemisia (*Artemisia ludoviciana*) HP - Can become quite bushy when clipped back, silver foliage, used in dried arrangements and wreaths, great in a moon garden.

Skullcap (*Scutellaria lateriflora*) P - Native medicinal plant used as a nervine, diuretic, anti-spasmodic, moist rich soil, blue flowers.

Soapwort (*Saponaria officinalis*) P - "Bouncing Bet" roots used as a sudsing agent, leaf juice said to help relieve itching.

Sorrel, French (*Rumex scutatus*) P - Young leaves can be eaten raw, used to make sorrel soup.

Sorrel, Sheep (*Rumex acetosella*) P - Arrow-shaped leaves used medicinally in tea, fresh leaves used as a poultice.

Southernwood (*Artemisia abrotanum*) P - Fine fern like leaves, grows to 3' tall, used as an insect repellent.

Sweet Annie (*Artemisia annua*) A - The only annual wormwood, fast growing, sweet-scented, used in potpourri and dried wreaths.

Sweet Grass (*Hierochloe odorata*) P - A native American grass, burned as an incense in purification rituals.

Sweet Marjoram (*Origanum majorana*) P - Treat as an annual, great seasoning for meats and vegetables, fragrant, good indoor plant.

Sweet Woodruff (*Asperula odorata*) P - Used as a strewing herb, likes shade, excellent low border plant, sweet hay scent when dried.

Tansy (*Tanacetum vulgare*) HP - Bright yellow flower buttons, fern like foliage, insect repellent.

Tarragon, Mexican (*Tagetes lucida*) P - Also called "Texas Marigold" stronger substitute for French Tarragon, grows well in hot weather.

Thyme:

Caraway (*Thymus herba-barona*) P - Low spreading plant, strong scent and flavor.

Lemon (*Thymus x. 'citriodorus'*) P - Strong lemon scent, use in fish and meat dishes, sauces and soups.

Garden (*Thymus vulgaris*) P - Upright variety, good cooking thyme, stems get woody with age.

Mother of Thyme (*Thymus pulegioides*) P - Creeper, use in rock gardens and between stepping stones.

Tilo (*Justicia pectoralis*) TP - Used to make tea, faint vanilla flavor, popular in Japan, tiny orchid like flowers.

Valerian (*Valeriana officinalis*) P - Grows 2'-5' tall, roots used medicinally as a sedative, flowers produce strong, sweet aroma.

Vervain (*Verbena officinalis*) P - Leaves used as tea for nervous tension, has a reputation as an aphrodisiac.

Vicks Plant (*Plectranthus purpuratus*) TP - Leaves chopped and steamed as inhalant for relief of colds and congestion, strongly aromatic.

Vietnamese Coriander (*Polygonum odoratum*) TP - "Vietnamese Mint" semi-shade and lots of water, smells like coriander, good indoor plant.

Violet, Sweet (*Viola odorata*) P - White bloom, violet center, creeper, use near water gardens, flowers can be crystallized and are edible.

Violet, Wild (*Viola odorata*) P - Flowers can be made into syrups and jellies, used to garnish salads, source of oil for perfumes.

Watercress (*Nasturtium officinale*) P - Leaves add light peppery taste to salads, excellent plant for water gardens.

Wormwood (*Artemisia absinthum*) HP - Leaves used as an insect repellent, used to be used to flavor alcohol, can be toxic if ingested.

Yarrow (*Achillea millefolium*) HP - Medicinal value, dried flowers used as an everlasting, use leaves in compost to aid decomposition.

A - Annual P - Perennial B - Biennial HP - Hardy Perennial TP Tender Perennial B - Biennial

This information is for your use and enjoyment. Herbs are to be used at your own discretion. All information contained herein is a brief description of the herbs and we do not imply that you should use them in any particular way. We hope that you, like us, research each herb and know its particular properties and uses.

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