

Herb Variety Plant List 2019					
Herbs - Culinary and Medicinal in Alphabetical order by most used name (mostly common, but sometimes under latin...)					
Herb plants are sold in pots appropriate to their size, and prices vary.					
NAME	CATEGORY	SPECIAL INFO	NATIVE ?	GROWS BEST IN	DESCRIPTION
Aconitum napellus (Monk's Hood) album (white)	perennial			shade / part shade	This is a beautiful and elegant white variety with grayish undertones - they don't like to be transplanted so we have a very limited number available, but once they get themselves settled in they establish heartily. Deer proof. Very poisonous. A stately and magical herb garden staple. Likes a bit of shade on hot days.
Aconitum napellus (Monk's Hood) blue	perennial / Homeopathic collection	poison / deer resistant		shade / part shade	This is the traditional blue variety - they don't like to be transplanted so we have a very limited number available, but once they get themselves settled in they establish heartily. Deer resistant. Very poisonous. A stately and magical herb garden staple. Likes a bit of shade on hot days.
Aconitum - Grey or Slate Monkshood	perennial	COMING 2020		shade / part shade	This is a gorgeous grey colored aconite - having trouble getting it large enough for divisions and can't find outside source material. RARE
Agastache - Anise Hyssop	perennial	pollinator plant / deer resistant	native	sun	Pollinator friendly - A true honey-bee friendly plant. Native. I always plant these around my beehive.
Agastache, Anise Hyssop, Snow Spike (White)	perennial	pollinator plant / deer resistant		sun	Pollinator friendly - A true honey-bee friendly plant. This white version is a bit more elegant and clean-looking than the purple classic anise hyssop. Looks less messy.

Agastache nepetoides - Giant Yellow Hyssop	perennial	NEW 2019	native	sun	Herbaceous perennial to 7 feet or so, native to eastern north america. Excellent tea herb and one of the nicest flowers among all the Agastaches, unusual in that it is yellow. Wildlife and pollinator attractor tends to create a dense monotypic stand that stays put. Scarify seed lightly on fine sandpaper, then surface sow, cover with 1/8 inch of soil, tamp securely and keep evenly moist until germination, which is rapid. Transplant or thin to 2 feet apart. Flowers occur starting in the first year.
Korean Hyssop (Korean Mint) - Agastache rugosa	perennial	TCM / pollinator plant		sun	Basically a taller and larger Anise Hyssop - Asian variety of anise-hyssop with sweet anise-like scent and flavor. Makes a pleasing tea and an unusual seasoning for meats and dressings. Traditionally used to clear fevers and strengthen the stomach.
Agretti	annual			sun	A succulent and bright flavored salad green from Italy. Fast growing in cool weather and an exciting addition to any salad. Great pickled too.
Agrimony	perennial	classic medicinal		sun / part shade	Stickwort. A welcome inheritance from the European gardens of the Middle Ages, agrimony is a hardy perennial that has naturalized to North America. Perfect for meadow or butterfly gardens, the whole plant is fragrant. The tea has a great reputation as a wash for healing wounds and skin eruptions, and was one of the first treatments for gunshot wounds. Today it is primarily known for its astringent and tonic qualities.
Ajmur Indian celery - Carum roxburgianum	annual	spice		sun	One of the many distinctive spices of Indian cooking, the seeds are used in curries, pickles and chutneys. Native to India and cultivated extensively in southeast Asia as well, the seeds are similar to caraway. Thought to have a carminative and anti-spasmodic effect, ajmur is traditionally used against intestinal upset, asthma and bronchitis
Ajowan - Trachyspermum ammi	annual			sun	Traditional ingredient and hard-to-substitute flavor in Indian cuisine. Strong skin-healing associations.
Alchemilla (Lady's Mantle) 'moliis thriller'	perennial	classic medicinal		sun / part shade	A beautiful traditional herb garden plant. Leaves are stunning - and hold droplets of water like lotus. Clusters of puffy yellow flowers. Tea is lovely especially as a muse for the creative feminine.

Alkanet - Alkanna orientalis	perennial	dye plant		sun	Roots make dark wine-red dye. Doesn't like wet feet. Herbaceous perennial native to Greece, Turkey, Syria, Lebanon, Palestine and Egypt. Soft, forgiving, citrus-scented leaves give rise to dense, mounding, self-mulching tops studded with long-lasting, deeply golden yellow flowers. An exemplary herbal bedding plant.
All Heal - Prunella - see Self-Heal					
Aloe vera	tender perennial	classic medicinal		house plant	Aloe is the first thing I turn to if I burn myself. Everyone needs one in their kitchen. Don't bother bringing your aloes outside - they prefer to stay in your house.
Ammi - Queen Anne's Lace A. visnaga	hardy spreading perennial	classic medicinal		sun / part shade	Queen Anne's Lace is a common wildflower and has a long tradition of use for treating various female complaints. Also is associated with opening up creative pathways - helping to inspire and encourage artistic and creative endeavours. A great tonic herb - I like to use the flowers both at their peak bloom time as well as when they are just over-peak, turning into the nest shape... a nice tea or salve herb. We offer the wild version as well as a selection of cultivated ornamentals in striking colors for flower arrangements.
Andrographis	tender perennial	Lyme Collection		sun / part shade	A tough germinator for me; very limited number available. In Scandinavia this is the main herb used to fight the common cold, flu, and upper respiratory infections. Like echinacea, it works by boosting the immune system, helping the body to battle infections and to prevent them from reoccurring in the future. But it does more: it has adaptogen-like properties, it has anticancer activity, it is a bitter tonic, and it is an antioxidant that has been shown to protect the liver.
Anemarrhena asphodeloides - see Zhi Mu					
Angelica archangel (Common or Official) Zhi	biennial or triennial			part shade	One of the largest and most stately of herbs. Stems are anise-flavored and can be candied. I grow mostly for its presence and for the benefit of the insects it draws. Likes a bit of shade. This is an elegant and large herb - great as a centerpiece for the herb garden. Roots are used medicinally for many skin conditions.

Angelica dahurica - Bai Zhi	perennial	TCM		part shade	TCM herb - Root used in Chinese medicine to treat toothache and headache and externally for mastitis and infected wounds. Has antipyretic, analgesic and antibacterial action.
Angelica (polymorpha) sinensis - Dong Quai or Dang Gui	perennial	TCM		sun / part shade	One of the most popular of TCM herbs - used more often and in larger quantities than even ginseng or licorice. The thick root lowers blood pressure, strengthens the heart, increases coronary flow, moderates arrhythmia and improves circulation. It is strongly antibacterial, analgesic and anti-inflammatory, and it is used widely to regulate menstruation, to treat hepatitis and cirrhosis of the liver, shingles and to relieve the pain of rheumatism. No herb has so many documented medicinal uses.
Angelica, Giant-Purple - Angelica atropurpurea	biennial or triennial			sun / part shade	Hardy to Zone 4 to 8 - Biennial, native to Eastern North America. This is the most impressive of the American angelicas. The giant leaves, purple stems and enormous white flowering umbels are absolutely regal. Plant prefers part shade to sun and moist, even poorly drained ground or pondside. Plant 2 feet apart. Flowers to 6 to 12 feet tall.
Angelica pubescens - Du hu	perennial	TCM		sun / part shade	Another important and useful TCM angelica.
Anise (Pimpinella anisum)	annual	spice		sun	This is true Anise grown for Anise seeds. It does not form a fennel bulb and it is not related to Anise Hyssop (Agastache). Anise Seed is a great European flavoring and is known as an effective treatment for coughs and bronchitis as well as digestive upset. Also used for increasing lactation. Crushed seeds are mostly used as a tea.
Giant Anise Fennel - Ferula communis	biennial or triennial	poisonous - really just ornamental		sun / part shade	Biennial, sometimes perennial. Native to northern Africa, the Mediterranean basin and Europe. Easier to grow than Asafetida, and at least as inspirational in form. The circumference at the base of the dark red, flowering stalk of one plant measured 9 inches, and the plant itself towered to 10 feet. Attracts beneficial insects. Source plant for an aromatic gum called "ammoniac of Maroc." Don't eat the leaves. Plant prefers full sun and fast draining soils.
Anise Hyssop - See Agastache					

Arnica chamissonis (American)	perennial	homeopathic collection	native	sun	Not for internal use - but absolutely fabulous for external uses, especially bumps and bruises. Very limited number available.
Arnica montana (European)	perennial	homeopathic collection		sun	Not for internal use - but absolutely fabulous for external uses, especially bumps and bruises. Very limited number available.
ARTEMISIAS					
Artemisia annua - Sweet Annie	self seeding annual	Lyme Collection	can spread aggressively	sun / part shade	A major component in treating diseases like Lyme and Malaria
Artemisia abrotanum - Southernwood	perennial			sun / part shade	Such a wonderful, easy to grow, amazing smelling plant!
Artemisia absinthium - Wormwood	perennial			sun / part shade	Wonderful smelling - beautiful soft grey-green leaves. A must have for any herb garden.
Artemisia dracunculus - see Tarragon	perennial			sun	Hard to get started, but once established, are very hardy.

Artemisia lagocephala - Hakusan Wormwood	perennial	TCM		sun / part shade	Bai shan hao - An attractive herb used in the Russian Far East for constipation, gastritis, colitis and senile weakness. Fresh chopped leaves are applied to wounds and used to make healing lotions. The attractive mounds of silver-grey leaves turn yellow and orange in autumn producing a striking effect in the garden. Native of China, Mongolia and East Russia where it grows on rocky slopes, along forest edges and roadsides. Limited number available.
Artemisia ludoviciana 'Silver King'	perennial	NEW 2019 really just an ornamental		sun / part shade	A striking addition to the perennial border - white foliage - does spread quite a bit so give it space.
Roman Wormwood Artemisia pontica	perennial	NEW 2019		sun / part shade	A major ingredient in traditional Absinthe
Artemisia princeps - Yomogi or Japanese Mugwort -	perennial	macrobiotic		sun / part shade	When Japanese cook books and macrobiotic recipes call for mugwort, this is the variety they mean. Very similar flavor to A. vulgaris but more civilized and smoother.
Artemisia - White Mugwort - Artemisia lactiflora	perennial	really just an ornamental		sun / part shade	Really an ornamental - but gets big white drooping plumes of flowers. Very attractive. Doesn't spread wildly...
Asafoetida - Ferula asafoetida	tender perennial	spice		sun	(Hing, A-wei, Food of the Gods, Devil's Dung) Native to the high plains of Iran and Afghanistan and Hardy to 0 degrees F. Rare and redolent, a giant umbel steeped in tradition. A greater sensory contrast can hardly be imagined: this Asian spice called "devil's dung" and "food of the gods" is foul-smelling in raw or dried form and absolutely sublime in Persian and Indian cooking. The gummy dried juice of 4 year roots is the spice. Only the roots of plants that have not been allowed to flower are used. Medicinally useful for stimulating the mucous membrane, and for treating digestive and respiratory complaints.

Ashwagandha	annual			sun	Ashwagandha is an “adaptogen,” helping the body cope with daily stress and as a general tonic. Some people also use ashwagandha for improving thinking ability, decreasing pain and swelling (inflammation), and preventing the effects of aging. The name Ashwagandha is from the Sanskrit language and is a combination of the word ashva, meaning horse, and gandha, meaning smell. The root has a strong aroma that is described as “horse-like.”
Asters - See separate list for Natives and Perennials					
Astragalus	perennial	TCM / immune system support		sun / part shade	A solid immune system balancer and toner and a fundamental herb in Chinese medicine. Yellow flowers - very attractive. Roots can be harvested after about 3 years. Taprooted legume that is much easier to grow than many Chinese herbs. Prefers full sun, average soil, good drainage. During cold season, I brew up the roots in chicken broth. Huang-qi (Astragalus membranaceus) is the well-known “yellow leader” that makes the deeply delving, perennial roots. Traditional usage (TCM): immune enhancement.
Atractylodes macrocephala - Bai Zhu - or Bai Zu	annual	TCM - tough to germinate - limited quantities available		sun / part shade	Chinese medicinal herb noted for strengthening the spleen and building chi energy. Rhizomes are used to treat diarrhea, fatigue, lack of appetite and vomiting related to deficiencies of spleen or stomach. Animal studies suggest it strengthens endurance. Also used as a diuretic and to reduce excessive sweating. Purple flowers; grows up to 2 ft high.

Avens - Geum urbanum	perennial			sun / part shade	Herb bennet. Once known as the herba benedicta, the blessed herb. In the Middle Ages the plant was thought to evoke the presence of Christ and offer protection against evil influence. It appears as a decorative feature in the stonework and stained glass of Medieval cathedrals, the three leaves symbolizing the Trinity, and the five-petalled flowers the five wounds of the crucifixion. Medicinally it is thought to be beneficial against stomach upset, and as an external application to wounds. It contains tannins that give it an astringent, anti-inflammatory effect. It is a perennial with small yellow flowers borne on thin wiry stems, preferring rich moist soil in shade. The root has a clove scent, and was much prized as a flavouring for ale and stews.
Bacopa or Brahmi (Bacopa monniera)	tender perennial / bog	TCM		sun	Improves mental clarity and memory! This is the true medicinal bacopa, not to be confused with the flowering bacopa (Sutera) commonly grown in hanging baskets. The whole plant is a nerve and cardiac tonic with a tranquilizing action similar to resperine. In India it is a dependable remedy for the treatment of debility, nervous breakdown, epilepsy, hysteria, and insanity. The juice of the fresh leaves is given to children for catarrh, bronchitis and diarrhea, or in cases of acute bronchitis and other coughs, a poultice made of boiled herb is applied to the chest. Also used as a diuretic and to treat rheumatism. Bacopa is a fast growing succulent annual creeping herb found in wet places throughout the Indian subcontinent. Easy to grow in pots or outdoors as a summer annua
Balloon Flower or Toraji (Platycodon grandiflorus)	perennial	TCM		sun / part shade	Interesting profuse blue flowers resemble balloons just before opening. Important TCM herb. Cough remedy is prepared from the roots; wholesome young foliage added to salads.
Balm of Gilead or Balsam Fir (Abies balsamea)	tree	limited quantities available	native	sun	native pine in N.A., very hardy. Needles are used as a tea for treating colds and coughs. Wonderful Scent - a great Christmas Tree too if you want to cut it down... note: there are other species that are referred to as "Balm of Gilead"

BASILS - Ocimum					
Basil - African Blue	tender perennial	propagates from cuttings		sun	A non-seed forming "perennial" basil - short lived though - You must take cuttings and regrow plants to continue harvesting this delicious basil
Basil - Amethyst Improved	annual			sun	A purple blushed basil with sweet and mild flavor
Basil - Anise	annual			sun	A hint of middle-eastern flavor
Basil - Cinnamon	annual			sun	A warm cinnamon like flavor
Basil - Corsican	annual			sun	A mild and very pretty purple-green basil
Basil - Dark Opal	annual			sun	One of the original dark purple basils. Almost black, shiney leaves.
Basil - Dolly	annual			sun	A basil for serious makers of pesto - this is of the heaviest yiedling commercial basil strains. 15% more fresh herb than the next most productive variety, and 50% more than standard Genovese. Very uniform, large leaved and fast growing. Has improved tolerance against low temperatures. Leaf colour is a little lighter than other varieties.
Basil - Eleanora	annual	a very dependable basil even with cold and damp summer conditions		sun	A downy-mildew resitant hybrid - if you've had issues with downy milkdew, we highly recommend this basil
Basil - Genevese	annual	classic heirloom basil		sun	For basil purists - the traditional heirloom basil
Basil - Holy - See Tulsi					

Basil - Large Leaf Italian	annual			sun	A bit smoother and sweeter than Genevese, but solid basil pesto flavor
Basil - Lemon 'Sweet Dani'	annual			sun	The cottage garden sweet lemon basil.
Basil - Neapolitano "Lettuce Leaf"	annual			sun	Good flavor and Giant Leaves. Sometimes I like this flavor best in pestos. No heat in it at all. The large leafs are great used as wraps. Just a shrimp and a small scoop of guacamole wrapped in a basil leaf is sublime.
Basil - Lime	annual			sun	The cottage garden sweet lime basil. Makes a superb summer tea.
Basil - Magical Michael	annual			sun	Sometimes referred to as witch's basil. A very pretty purple-green basil with mild flavor.
Basil - Pesto perpetuo (O x citrodorum)	tender perennial			sun	A non-seed forming "perennial" basil - short lived though - You must take cuttings and regrow plants to continue harvesting this delicious basil. Strong flavor and varigated leaves make this a sort-after basil.
Basil - Purple Ruffles	annual			sun	A basil variety I've been growing since childhood - good flavor with very dark purple, ruffled leaves.
Basil - Persian	annual			sun	
Basil - Red Rubin	annual			sun	A red leafed basil - quite a different shade from dark Opal and Purple Ruffles
Basil - Spicy Bush	annual			sun	
Basil - Spicy Globe	annual			sun	One of the most whimsical of basils - Spicy globe forms a large globe head of medium sized basil leaves.
Basil - Sweet Thai	annual			sun	Solid Thai Basil Flavor, mild sweetness, less heat
Basil - Queenette Thai	annual			sun	Strongest scent and flavour of all the Thai basils. Superb variety, excellent for Vietnamese and Thai cooking.
Basil - Thai 'Langkuri'	annual			sun	This wonderful Thai sweet basil produces large, shiny, bright green leaves. It has a very pleasant taste and fragrance. It is milder in taste than Siam Queen. It is relatively late flowering, enabling a longer harvest time. Deep red-purple flowers form at its small crown. Thai sweet basil is added at the end of stir-frying or simmering pots. It can be eaten raw in salads or in soups.
Basil - Thai 'Nicobar'	annual			sun	Nicobar is a Thai Holy basil. The plants are large and bushy with a nice, spicy, clove-like, musky flavor, and aroma. This is a green leaf variety.

Basil - Thai 'Penang Lemon'	annual			sun	Thai basil flavor with a hint of lemon. Lots of medicinal value as well. Penang is a leading seller in Thailand. The plants are strong and produce 2" long pointed soft pale green leaves.
Basil - Thai 'Samui'	annual			sun	
Basil - Thai Red Stem	annual			sun	This Thai basil has deep green leaves with purple stems and flowers. It has a very strong anise/clove flavor and is commonly used in many Asian dishes. A vigorous and high yielding plant.
Basil - Thai 'Siam Queen'	annual			sun	A soild choice for traditional Thai Basil flavor. Easy and prolific grower.
Bay or Bay Laurel	tender perennial / scrub			sun	Like wine, thyme and leeks, bay leaf is a foundation flavour of French cuisine. Frost-sensitive small trees; best grown in tubs that afford easy movement indoors during winter
Bayberry - Myrica pensylvanica	native shrub - grown for wax		native	sun / part shade	Aromatic shrub, native to the Maritimes. Astringent action of root bark abates diarrhea and hemorrhages; and as a gargle, soothes sore throat. Wax-covered berries are used to make aromatic candles and soap. Berries are boiled in water, liberating the wax which floats on top. Berries produce blue dye and with various mordants, leaves produce yellow, gold and greyish-green dyes.
Bean- Hyacinth Bean or LabLab Bean - Murasakirohana	annual	TCM - or ornamental - poisonous when raw		sun	Highly Ornamental vining bean - NEVER EAT RAW. Contains cyanide!!
Bearberry - see Uva Ursi			native	sun / part shade	

BeeBalm - see Monarda			native	sun / part shade	
Belladonna (Atropa belladonna)	annual	NA 2019 poisonous		sun	Poisonous member of the Nightshade family.
Bergamot - see Monarda			native	sun / part shade	
Bedstraw - see Lady's Bedstraw					
Bellwort	perennial	really an ornamental	native	shade / ephemeral	Gorgeous dangling yellow flowers light up shadu spaces - naturalize into clumps.
Betony, Wood - Pedicularis canadensis	perennial	parasite of native grasses - we have only about 6 pots of this combo ...	native	sun / part shade	see Betony & Parasitic Page for more info and clarification on the betonys....
Betony byzantina or B. lanata - Lamb's Ear or Woolly Woundwort or Hedge Woundwort	perennial			sun / part shade	a great humming bird attractor and pollinator plant - leaves are used as bandages in herbalism and are great for crafting
Betony or Wood Betony - Stachys officinalis	perennial			sun / part shade	Similar to Lamb's Ears, but not nearly as fuzzy. Can be used as a substitute for black tea; infusion resembles the taste and is caffeine-free. Helps relieve headache, and is a great tea for a general, revitalizing or energizing tonic. Often used with feverfew for treatment of migraines.

Betony - Stachys sylvatica	perennial				also called Hedge Woundwort, All-heal, and Self-Heal (not to be confused with Prunella) See Self-Heal
Betony, Wood - Stachys betonia or Betonica officinalis - Hedge Nettle	perennial				
Bishop's Wort - See Betony					
Bistort (Polygonum bistorta)	perennial	NA 2019		sun / part shade	Herbaceous perennial. Native to Europe and Asia. The plant makes a low mound that gives rise in the spring to many upright pink flowers. Classic medicinal herb—the young leaves are edible and the root is a valuable astringent used in treating oral ulcerations and dysentery. There is even a traditional spring tonic known as “Bistort pudding.” Plant prefers part shade to sun and really enjoys moist, even soggy, soil.
Bitter Gourd or Balsam Pear - Momordica charantia	annual	TCM - Special assortment for 2019		sun	Foo gwa - Squash-like fruit with an agreeably bitter, tangy flavour and edible peel. Excellent stuffed or stir fried. For stir fried dishes, parboil for 3 minutes to reduce bitterness. Makes an unusual yet surprisingly delicious dish with scrambled eggs and a hot chili. Grows like cucumber. In 2019 we will have 5 different varieties of Bitter Melons -
Black Cumin - see Nigella					
Black Nightshade (Solanum nigrum)	annual	NA 2019 poisonous		sun	Poisonous member of the Nightshade family.
Blessed Thistle - see thistles					
Bloodroot (Sanguinaria canadensis)	perennial / ephemeral / woodland native	spring ephemeral	native	shade / ephemeral	Limited number available; shade. One of our most beautiful woodland wildflowers. Conspicuous white flowers, 5cm/2” across, appear in early spring. Important dyeplant: roots yield red-orange colour for dyeing wool.

Boneset - Eupatorium perfoliatum	perennial		native	sun	Eastern North American native found in swampy areas and along streams. Excellent remedy for colds and intermittent fever, especially for flu. Medical evidence suggests that it enhances the immune system. Caution: contains pyrrolizidine alkaloids; not recommended for long term use.
Borage - Classic Blue	annual			sun	Edible flowers with light cucumber flavor. Leaves are spiny, but are also nice to add to early salads. Bees adore it! A shimmering fairy plant.
Borage - White	annual			sun	Edible flowers with light cucumber flavor. The white borage is even more magical looking and fairy-attracting than the blue. Bees and beneficial insects adore it! A shimmering fairy plant.
Bugle 'black scallop' - Ajuga	perennial			sun / part sun / shade	A great lawn herb - these can compete with grass and add color and texture to the lawn. Bee-friendly. A history of herbal usage.
Bugloss - see Viper's Bugloss (Echium)					
Bupleurum chinese - Chai Hu	self seeding?	TCM - NA 2019		sun / part shade	This is not the annual cutflower bupleurum but the TCM - Fine yellow umbels on fine branched stems, sparse narrow leaves. Airy. Hardy, self sows, likes sun and drainage
Bupleurum falcatum	self seeding?	TCM - NA 2019		sun / part shade	This is not the annual cutflower bupleurum but the TCM - Fine yellow umbels on fine branched stems, sparse narrow leaves. Airy. Hardy, self sows, likes sun and drainage
Burdocks					
Burdock (Arctium lappa) medicinal quality	annual			sun	Chiko is a nice combination variety- decent sized roots and lots of medicinal value. Great grown in double-high straw bales for long straight roots and easy harvest.

Burdock (Arctium lappa) - Ha Gobo - leaf burdock (culinary)	annual			sun	All burdock is very nutritious and medicinal, this variety is traditionally grown for tender leaves (small roots can be eaten as well.) I sometimes grow this a micro-burdock, thinning out the row and using the whole seedling root-and-all in salads.
Burdock (Arctium lappa) - Takinogawa Long - culinary burdock	annual			sun	All burdock is very nutritious and medicinal, this one is traditionally grown for long, and wide, mild flavored roots. Great grown in double-high straw bales for long straight roots and easy harvest.
Burnet, Salad - See Salad Burnet					
Burnet Saxifrage or Lesser Burnet Pimpinella saxifraga	perennial			sun / part sun / shade	Grows very similarly to Salad Burnet, but with a different - spicier - flavor. A very attractive plant - very hardy - and provider of early spring greens
Butcher's Broom - Ruscus aculeatus	a bit tender - perennial shrub	COMING 2020		sun / part shade	An obscure low growing evergreen shrub from Britain that is attracting a lot of interest because it has powerful healing effects on the veins. The roots are used to treat varicose veins, edema, hemorrhoids and to prevent post-operative blood clots, thrombosis and phlebitis. It is known to strengthen capillaries, tighten veins, and to naturally thin the blood to reduce clotting. Slow growing; prefers dry, shady areas and tolerates most soils. Tough Mediterranean evergreen subshrub bearing bright red, round berries. As a landscape accent, these are really excellent, and over here in the new world this plant is considered rare. In southern Europe, the extremely tough and pokey branches were made into brooms used by butchers, and the roots have long been employed as an antiseptic in treatment of urinary infection. Plant prefers shade and fast draining, dryish soils.
Butterbur	perennial / spreading	COMING 2020		sun / part shade	
Calamint - Nepitella - Calamintha nepeta	perennial			sun / part shade	Closely related to catnip and catmint. A regional favourite in Tuscany where it is added to mushroom dishes and green vegetables for its distinctive minty flavour. Sautéed zucchini or mushrooms with fresh nepitella, tomatoes, and garlic is served with roast or boiled meat dishes. Traditionally sold with fresh porcini mushrooms during Porcini festivals in Italy.

Calendula - ornamentals - see Hot Vegetable and Annual Flowers list	annual / self seeding				
Calendula officinalis	annual / self seeding			sun	Self-seeds. A great companion plant - I sprinkle the seeds throughout the garden. Edible flowers. Dry flowers by breaking open the centers. Great for making salves and feeding chicks.
Calendula resina	annual / self seeding			sun	Resina is a darker orange version, and is generally considered stronger medicinally. It also Self-seeds. Edible flowers. Dry flowers by breaking open the centers. Great for making salves and feeding chicks. Calendula has drying properties is perfect for diaper rash and other infections of dark and damp areas of the body.
Caraway - Carum carvi	biennial			sun	Grow for seed production - crush seeds and use as a tea. Calming. Also great for easing digestion and preventing gas. Caraway greens are also robustly flavored. Caraway grows dense and mosslike in the garden, and overwinters. They can be used in soups and salads where a bold, earthy flavor is called for. Chopped like fennel, the greens can be scattered over grilled foods. My favorite use of caraway is to take the flowers and tiny green seed heads and infuse them into vinegar. After a month, strain out the flowers and seeds, and use the vinegar in salad dressings. Likewise, the flowering tops can be used just like dill in pickles. For an unusual touch when making homemade sauerkraut, layer the flowers between your cabbage leaves in this proportion: To every 2-1/2 pounds of shredded cabbage, add a 1/2 pound of shredded celeriac (celery root), 1/4 pound of caraway flowers and 1-1/2 tablespoons of pickling salt.
Cardamom	tender perennial	spice		sun	Put in a large container.
Cardinal Flower - see Lobelia on separate Natives and Perennials List					

Castor Bean - Ricinus communis	annual	poisonous - grow as ornamental		sun	We usually have a couple different varieties of Castor Bean available - they come in all green, green with red stems, and all red - they are huge plants, with big tropical looking leaves - absolutely stunningly gorgeous! Do cut off the flower heads - or wrap once pollinated so seeds don't fall where chickens or other animals can eat them - poisonous!
Cat Grass - see Oats					
Catnip, Western medicinal Nepeta cataria	perennial			sun / part shade	The traditionally loved plant for cats. Cats experience a slightly narcotic effect from eating the leaves. They also love to rool in the scented leaves. Catnip can be consumed by humasn as well, although it is does not act as a narcotic in the human system, it can be a balancer for the nervous system. Flavor is not as attractive to humans as it is for cats though.
Catnip, Japanese - Jing Jie Schizonepeta tenuifolia	perennial	TCM		sun / part shade	
Catmint - Nepeta subsessilis 'Pink Dreams'	perennial			sun / part shade	Catmint is milder than catnip in general. This one has attractive pink flowers.
Celandine	perennial	can spread pretty aggressively		part shade	A necessity in an apothecary garden. Its bright orange sap is known to cure worts and other skin problems. A soft and pretty plant - can spread in the right conditions. Likes a bit of shade
Celery - see our large selection of Asian and European varities on Cool weather annual veggie list					

Celosia cristata - Cockscomb - Ji Guan Hua (see other ornamental celosias on our list of annual flowers)	annual - TCM			sun	
Celosia argentea - Qing Xiang Zi (see other ornamental celosias on our list of annual flowers)	annual - TCM			sun	
Centauray Centaurium erythaea	perennial			sun / part shade	
Chamomiles					
Chamomile, Bodegold Strain - Strong German - Matricaria recutita 'Bodegold'	short lived perennial			sun	An intense variety of German Chamomile. Improved strain of German chamomile for commercial production. Erect, sturdy growth habit and larger flowers containing up 0.7% essential oil high in bisabolol and other medicinal compounds.
Chamomile, Dyer's or Golden Marguerite Anthemis tinctori	short lived perennial			sun	Flowers are larger than traditional chamomile and are bright golden yellow - centers as well as petals. An important Dye plant and a pleasure to grow. Beneficial insects and bees love it. A dynamic plant.
Chamomile, Saint John's - Anthemis sancti-johannis	short lived perennial			sun	Very similar to Dyer's Chamomile and some people refer to these two interchangeably.

Chamomile, Roman - Chamaemelum nobile	perennial			sun / part shade	Roman Chamomile is usually not respected for its medicinal and dynamic attributes as German Chamomile. But it makes a nice tea. It's growing habit is more of a ground cover and it forms a soil-holding mat of aromatic foliage. Can take walking just fine. Good understory with other perennials. Very closely related to 'Pineapple' plant which doesn't get the white petals.
Zloty Lan Chamomile - Matricaria recutita 'Zloty Lan'	short lived perennial	standardized medicinal chamomile		sun	For the serious chamomile grower and user - this is a newly developed Polish variety for commercial production. Has large flowers and strong erect growth habit. Has a high essential oil content, as much as 1% or more, and the oil is rich in chamazulene, a powerful inflammatory agent. Chamazulene gives the essential oil a characteristic blue colour which is why it is often called "blue" chamomile.
Chaparral Larrea tridentata	tender perennial	NEW 2019 - dry and hot conditions	native	sun	(Creosote bush) Originating from the western deserts of the United States and Mexico, chaparral blooms with delightful bright yellow flowers. Cultivated chaparral leaves can be prepared into salves, poultices, soaks, which can be used to heal minor skin infections. Although Native Americans have used chaparral to treat a wide variety of conditions, its main use was for the treatment of inflammation, rheumatism and viruses. Prefers sandy or loamy, moderately fertile soil. Plant in full sun. Suitable for xeriscaping as it is drought tolerant.
Chervil - Anthriscus cerefolium	annual			sun / part shade	A mild flowery version of parsley - I couldn't live without this in Spring. Likes coolness, will bolt like cilantro in hot weather. Delicate and frilly parsley-shaped leaves in light green. Delicious mild sweet licorice flavor. Very mild though! Perfect on spring deviled eggs
Chickweed (Stellaria media)	self seeding annual			sun / part shade	This is one of my favorite plants - so useful and productive - Self seeding. Very early green super food. Tonic and energizing. Great dried for using in salves for joint and skin issues.
Chicory - see separate file, "Vegetables - Cold and Greens List"					

Chinese Cucumber - sometimes called Snake Gourd - <i>Trichosanthes kirilowii</i>	tender perennial	TCM		sun	Tien-hua-fien (<i>Trichosanthes kirilowii</i>) is a perennial snake gourd. Traditional usage (TCM): antiretroviral. Usually roots are used rather than fruit. The flowers are amazing. Very limited number available
Chinese Lantern <i>Physalis alkekengi</i>	annual	TCM		sun	although usually grown as an ornamental in the west, Chinese Lantern has many medicinal uses... we are still working on our collection of husk tomato family species... see tomatillos, ground cherries, ashwagandha...
Chives					
Chives, Common Purple, Traditional European - <i>Allium schoenoprasum</i>	perennial			sun	A staple of a dooryard herb garden. Leaves are round and hollow. Produces best when cut continuously.
Chives, Garlic - <i>Allium tuberosum</i>	perennial			sun / part shade	Wonderful version of chives - large star-like flowers - white. Flowers are edible and tangy in salads. Great flavor and flat styled leaves. Produces best when cut continuously.
Chives, Grolau - <i>Allium schoenoprasum</i>	perennial			sun	Windowsill chives - Swiss strain developed for greenhouse forcing. Excellent, strong flavour and thick, dark green leaves. Suitable for indoor culture; less susceptible to turn yellow or leggy. Produces best when cut continuously.
Chive, Kobold - <i>Allium tuberosum</i>	perennial			sun / part shade	Kobold is a more compact, more uniform variety of garlic chives. White flowers. Produces best when cut continuously.
Chives, Nira (Chinese Leek or Hiro Haba)	perennial			sun	Broad, flat leaved chive. Great flavor. Sweet.

Chive, Flowering Chinese Leek	perennial			sun	This popular Chinese specialty herb is a vigorous perennial. It is grown for its young flower buds, long stems and slender flat deep-green blades that grow up to 14". All of these parts are edible including mature flowers and have a delicate garlic onion flavor. Generally, Chinese leek will not flower in the first growing season
Chive, Staro - <i>Allium schoenoprasum</i>	perennial			sun	High yielding variety for the processing, fresh-cut, forcing, and potplant markets. Leaves are extra thick and dark green. Produces best when cut continuously.
Chive, Mauve-flowered Garlic	perennial			sun	This chive is wild in origin and looks like a wild native nodding onion - Has the same great garlic flavour as the previous form but features attractive mauve flower.
Chive, Wild showy - <i>Allium canadense</i> var. <i>lavendulare</i>	perennial			part shade / shade	Showy Wild Garlic is a late-spring bloomer - a few steps above the onion grass that appears in your yard!
Cicely or Sweet Cicely - or garden myrrh - <i>Myrrhis odorata</i>	perennial			part shade	Sweet Cicely is a great herb - sweet flavored with a hint of licorice. Grows well in part shade. Beautiful ferny growth. And a great plant for attracting beneficial insects.
Cilantros					
Cilantro, Vietnamese (Rau Ram) or Vietnamese Coriander	tender perennial / bog			sun / part shade	Loves water. Can grow in standing water. Flavor similar to cilantro and thrives in hot weather when cilantro bolts. Propagates from cuttings. A traditional Vietnamese green herb.
Cilantro, CLASSIC - "Calypso" - <i>Coriandrum sativum</i>	annual			sun / part shade	Classic cilanto; bolt resistant. Makes great coriander seeds as well
Cilantro, FINE LEAF "Defino "or "Confetti" - <i>Coriandrum sativum</i>	annual			sun / part shade	Classic cilanto flavor, but with very fine, dill-like leaf shape. A beauty. Makes great coriander seeds as well
Cilantro, Rak Tamachat	annual	NA 2019		sun / part shade	Classic cilanto but gigantic leaves - Named for the Rak Tamachat Permaculture & Natural Building Education Center in Thailand from Adaptive Seeds

Cilantro flavors for hot weather - see Papalo and Pepicha				sun	
Cistus - or Rockrose Cistus incanus ssp. Tauricus	tender perennial	lyme collection		sun	(Cistus) Stops bacteria in their tracks! This Mediterranean native has powerful antibacterial, antifungal and antiviral properties. Recent studies have shown that it is a powerful biofilm buster. Bacteria that can evade conventional antibiotics by forming protective biofilms can be stopped by rockrose extracts that break up these biofilms and prevent bacteria from adhering to tissues in the body. A recent study showed that rockrose also prevents HIV infection in a similar fashion. Rockrose has become a staple for the treatment of Lyme disease, and is proven effective for flu and colds. Traditionally used for rheumatoid arthritis, fevers, skin abrasions and infections, and for acne. The delicious tea made with honey and lemon is very rich in antioxidants.
Clary, Meadow Salvia pratensis	perennial	New 2019		sun	Meadow sage) Large, very showy, bright blue flowers. Sometimes used like clary sage. Aromatic.
Clary or Clary Sage Salvia sclarea	biennial			sun	Seeds soaked in water produce mucilaginous eye bath which safely removes particles, hence its name 'clear eye' or 'clary'. - Also see eyebright - Clary is also used as a fixative in potpourris. Handsome aromatic flowers. A great essential oil herb.
Cleavers (Clivers) - Galium aparine - has white flowers - Note Lady's Bedstraw, G. verum, has yellow	annual/self seeding - cleavers / galium family			sun	Fresh juice or infusion is applied to skin diseases and eruptions with good success. Said to remove freckles. Roots produce a red-orange dye. Self seeds and can spread. Creeping and clinging self-seeding ground dweller native to fields, woods and waste places of North America and Europe. Traditonal usage (TWM): lymphatic, spring tonic. Plant prefers regular garden soil or woodland soils, shade to sun.
Clover, Red	annual			sun / part shade	And important nitrogen fixing plant for the garden and a highly medicinal tonic for the human body as well. Flower is more of a purple color than red. Taller growing than white clover. Grow along fences, etc. Bumbles love it. The fowers are lovely in salads. They soak up the dressing and have a wonderful mild crunch. Dry flowers for use as a healing tea.
Clover, Crimson	annual				Grow along fences, etc. A great pollinator- friendly plant

Cnidium Cnidium monnieri	annual - maybe tender perennial	may be limited number available as germination is very tricky		sun / part shade	(She chuang) Chinese stimulant and aphrodisiac used to treat impotency. Also used as a vaginal wash against trichomoniasis, and to treat scabies and fungal diseases.
Codonopsis pilosul - Dang Shen or Poor Man's Ginseng	very hardy perennial	A new favorite from 2017 / TCM		sun	Dang-shen (<i>Codonopsis pilosula</i>) is a perennial climbing vine making ornamental dangling bellflowers. The root is sweetly edible and delicious. Traditional usage (TCM): a ginseng-like tonic.
Cohosh, Blue - Caulophyllum thalictroides	perennial / woodland native	endangered	native	shade / ephemeral	Native and tricky to grow. Likes shade and requires a community of native woodland companion plants to thrive and naturalize. Limited number available.
Cohosh, Black - Cimicifuga racemosa	perennial / woodland native	endangered	native	shade / ephemeral	Shady native. Perennial. Much used by Native Americans for its estrogenic, sedative, and anti-inflammatory effects and to regulate blood sugar, this important women's herb is also one of the most dependable and striking perennials for the shade garden, with tall stems and spikes of white flowers. North American woodland plant reputed to be effective against rheumatoid arthritis, sciatica, and uterine cramps. Has estrogenic, hypoglycemic, sedative, and anti-inflammatory properties. Limited number available.
Colt's foot - Tussilago farfara	perennial - spreading	early spring flowers followed by leaves.		sun / part shade	Popular remedy for coughs, colds, hoarseness, bronchitis and bronchial asthma. Also useful in herbal smoking mixtures designed for the relief of asthma and bronchitis. Flowers and leaves in combination with mordants yield yellow, gold, tan, grey and taupe dyes. lose relative of the butterburs can spread very aggressively.

Comfrey, purple flowering	perennial			sun / part shade	A great and easy plant to grow. Big dark green leaves topped with enthralling flowers. Huge healing plant - "bone-knit" The go-to herb for salve making. A must for the apothecary garden. Leaves are high protein and can be dried and saved for chicken fodder in winter. A great plant for making tea for the garden and for building mineral-rich compost. This particular variety is a gentle spreader.
Coptis - Gold Thread	perennial	COMING 2020			
Cordao - see Leonotis					
Costmary - Tanacetum balsamita	perennial			sun	(Alecost) Herbaceous perennial native to Europe and Asia. Long, broad and resinous leaves support loose clusters of tiny, daisy-like flowers that emit a pleasant, balsamic fragrance. Old-world herb used as a spicy flavoring, ingredient for beer making. Traditional use (TWM): stomachic, emmenagogue, headaches, strewing herb. Plant prefers full sun and dryish soils.
Couch Grass - Elymus repens	annual	COMING 2020			Excellent urinary tract remedy, especially for infections. Also known as doggrass or twitchgrass. Also contains vitamin A and some of the B complex, silica and iron.
Cowslip - Primula veris	perennial			part shade/ shade	Native to Europe and Asia, this attractive wildflower is adorned with bright yellow, honey scented blossoms that bloom in early spring. Not to be confused with "oxlip" a similar looking rarer plant with pale yellow flowers. Some suggest it was noticed growing in fertile soils near cow manure which led to the origin of its name. Flowers are edible and can be used to garnish deserts. Young leaves can also be added to dishes. Dried flower petals can be brewed into a tea. It is valued medicinally for its anti-histamine and sedative oils in its flower petals. It is also believed to be a blood purifier. The high saponin content makes the roots an effective expectorant, helping to relieve respiratory infections. Cowslip played an important role in the Elizabethan era, mentioned in William Shakespeares plays and used in topical creams to soothe burns. Thrives in rich moist soil in a partly shady spot. Attracts bees, butterflies and moths. Perfect for borders, rock gardens, along pathways and in woodlands. Self seeding. Sow in late summer or autumn as seeds need a chill cycle to germinate. Ht 10 inches.

Cranesbill Geranium or hardy geranium - Geranium maculatum	perennial - spreading		native	sun / part shade	(Wild geranium) Woodland native; rose-purple flowers, 30-60cm/1-2ft. Root is astringent owing to its high tannin content. Excellent for diarrhea, piles, external bleeding, dysentery, and as a gargle. Folk remedy for cancer. Also useful for treating animals, Especially for diarrhea. A great essential oil ingredient.
Culantro or Mexican Coriander	annual	NA 2018			A spiny, heat-loving cilantro. (Culantro; Thorny coriander; Ngo gai) Native to Central America, but now cultivated throughout Southeast Asia and Latin America. Favoured where the true coriander does not do well because it can stand hot, steamy weather. Leaves are tough, but if sliced and then chopped they are quite tasty. Unlike other corianders, this variety dries well, retaining good colour and flavour, and it can stand some cooking.
Cumin	tender perennial	fast maturing - can be grown as an annual		sun	Needs protection in winter. Can be tricky to grow - use very well drained soil
Cumin - Black - see Nigella					
Curry Leaf Scrub - Murraya koenigii	tender perennial	Very limited quantity available in 2019		sun	Mitha-neem. The fresh curryleaf provides the distinctive flavour of South Indian and Sri Lankan cooking. Anyone who has had the good fortune to savour dosas -- thin pancakes with a spicy curryleaf-drenched filling -- will know how wonderful this herb is. It is also a feature of Cambodian, Loatian, Thai, Indonesian and Malay cuisines. Best used fresh, the leaves of this shrub or small tree have a strong curry aroma when bruised. The leaves are best added to curries at the last stage of cooking. A typical South Indian curry is made with mustard seeds, shallots and fresh curryleaf. Medicinally, the leaves and other parts of the plant are used for constipation, colic and diarrhea.
Curryplant - Helichrysum italicum	tender perennial			sun	This plant looks similar to lavender or santolina but has a curry mix scent. Not much medicinal value - but the scent as the sun heats it up is wonderful - brings you right into India - definitely place it where you'll be spending some time relaxing and soaking in sun!

Coriander - see Cilantro - Coriander is the name of the spice made from the berries or dried seeds of the cilantro plant					
Dandelion, true - Taraxacum officinale	perennial	I usually don't pot these up - although they would deserve to be ! If you need dandelion seeds, let me know - I always have some saved up in the house and they are free.		sun /part shade	Everyone has access to dandelions, but you can't create a list of important herbs and leave it off! I am referring to true dandelion here not the 'dandelion greens' sold in stores that are actually chicories. Not that chicories aren't wonderful and medicinal. Taraxacum has the yellow flowers and puff balls of seeds that grow in lawns. Some people have a vendetta against them, but they are a dynamic plant, with so many health benefits, that I have trouble understanding why people hate them so much.
Dan Shen - see Sage, Red Sage					
Digitalis - see separate list for Natives and Perennials					
Dill	annual				A shorter but bushier dill. The flowers, "Crowns of Dill" can be used in all sorts of seafood dishes. Seeds can be dried and used as a flavoring as well. And seeds are often used as a digestive aid as a tea.
Dittany of Crete - see Oregano					

Dock, Bloody - see Sorrel					
Dock, Yellow or Curly - Rumex crispus - see Yellow Dock					
Dropwort - Filipendula vulgaris	perennial	New 2019		part shade	Charmingly informal white flowers decorate the dropwort from late spring to mid-summer. A relative of meadowsweet, it is more tolerant of dry conditions than other members of its family, preferring a well-drained site in full sun. It is a favourite of gardeners for its ferny leaves and clusters of bloom, mixing well with other unfussy perennial blooms in cottage and meadow gardens. Deer will generally leave it alone, as will other pests. It is sometimes bothered by powdery mildew, but in general is a healthy plant. According to Culpeper, the root powder in white wine is a good remedy for kidney afflictions. Dyers can use a copper mordant to derive a black dye from the roots, and the flowers and leaves can be dried to use in potpourris.
Dyer's Broom Genista tinctoria	perennial	New 2019		sun	Since earliest times used to dye wool bright yellow. Formerly recommended for gout and rheumatism.
Echinacea, angustifolia	perennial	endangered		sun	E. angustifolia is an endangered native herb that can be tricky to grow. Leaves are long and thin compared to E. purpurea. Roots are used medicinally as a tincture or tea. Echinacea is an immune stimulant and should not be used by people with immune system issues such as auto-immune diseases. It should not be taken as a preventative against colds and flu. Echinacea is a short-term herb.
Echinacea, purpurea	perennial			sun	E. purpurea has a lot of medicinal benefits. When I make Echinacea tincture I combine E. angustifolia root with E. purpurea root and leaves. 1:1:1. E. purpurea is easier to grow around here and has showier flowers.
Echinacea, White Swan	perennial	really best used as an ornamental		sun	very pretty addition for any herb garden

Edelweiss (Leontopodium alpinum)	perennial			sun	A native herb of the alps. Very unusual looking and fun to try. To the Swiss, Austrians and Bavarians, the white-woolly flowers of the edelweiss are instantly emblematic of a simple, wholesome mountain lifestyle. But edelweiss has important medicinal and cosmetic uses, and is now grown as a cultivated crop in Europe for those purposes. Traditionally, it was used as a tea to treat diarrhea and dysentery. It was also used to treat respiratory problems, including tuberculosis. Due to its bioflavonoid content, the herb also strengthens the walls of capillaries and veins and can be used to treat varicose veins, hemorrhoids, and other vascular problems associated with aging. Easy to grow in any well-drained sunny location.
Elders / Elderberries - we have several varieties - see shrub listing for details					
Elecampane	perennial			sun	A wonderful, tall plant - give it plenty of room. Roots make a super-effective tea for coughing and bronchial issues of all sorts. We sell these as seedlings and as 1 year old divisions
Eleuthero - see Ginseng, Siberian	perennial	COMING 2020			
Equistrium or Horsetail	perennial / bog	COMING 2020			Likes water - can be established in ponds or low spots or softly running streams. A prehistoric looking herbs with lots of silica content. Has been used as a natural tooth brush or bottle cleaning brush. I make a tea with it that I spray over my garden as a preventative for fungus infection. A biodynamic herb. Also can be used in salves and lip balms as a general cell-wall strengthener. Great for nails and hair.

Echium - except for Viper's Bugloss - you will find the tropical echiums like Pride of Madeira, Tower of Jewels - on separate list for Natives and Perennials					
Eucalyptus - Silver Drop	tender perennial			sun	A wonderful smelling herb - keep it trimmed for promoting bushiness. Must be brought inside for winter - butdoes well in large pot.
Eucalyptus, Lemon Bush	tender perennial			sun	A wonderful smelling herb - traditional eucalyptus with a lemony zing - greyish green elongated leaves - makes a very attractive tree - keep it trimmed for promoting bushiness. Must be brought inside for winter - butdoes well in large pot.
Eucalyptus,Peppermint	tender perennial			sun	A wonderful smelling herb - traditional eucalyptus with more methol mintiness - greyish green elongated leaves - makes a very attractive tree - keep it trimmed for promoting bushiness. Must be brought inside for winter - butdoes well in large pot.
Eupatorium maculatum - Joe Pye Weed or Queen of the Meadow or Gravel Root	perennial		native	sun / pasrt shade	Tall and graceful native of eastern U.S. Leaves emit a vanilla-scent when crushed; flowers rosy-purple. Indians and pioneers used it to induce sweating to break fevers. Valuable remedy for kidney problems. Roots actually pickup garvel within them.
Eupatorium perfoliatum - see Boneset					
Evening Primrose, yellow (Oenothera macrocarpa missouriensis)	Biennial / naturalizing			part sun	A great shade plant,self seeds and spreads gently; source of GLA (gammalinolenic acid).

Evening Primrose, tall pink Oenothera berlandieri siskiyou	Biennial / naturalizing			sun	Considered the more medicinal of the Evening Primroses.
Eyebright - Euphrasia	perennial / parasitic	NEW 2019	native	sun / part shade	We are currently innoculating native grasses in pots with the native species of Eyebright. Popular remedy for eye inflammation, eye strain and other eye problems. Weak infusion is used as an eyewash; also taken internally. Semi-parasitic annual that feeds on grasses.
Fennels					
Fennel, Bronze	tender perennial	for fronds and seeds and pollen		sun	Leafy Fronds are delicious and attractive added to salads.
Fennel, Calabrian Finocchio Sylvatico - Wild	tender perennial	spice - grown for seeds mainly		sun	Very rare in US. Grows as a weed in southern Italy. And it is an important ingredient most southern Italian dishes. Seeds and leaf fronds are eaten rather than the bulb.
Fennel, "Preludio" (Bulbing)	annual	this is the bulbing fennel		sun	A hybrid fennel that performs awesomely. Great big bulbs
Fennel, for greens, fronds, flowers, pollen, classic fennel seeds	annual	spice		sun	Plant these in a raised bed or where you have deep, soft soil. Plenty of water. The flavor is cooling and refreshing and completely different from those old things they sell in supermarkets.
Fenugreek - Trigonella foenum-graecum	annual	spice - also the greens are lovely		sun	Indian spice and super food.
Ferula or Giant Anise Fennel - Ferula communis	biennial or triennial	very limited quantity - poisonous - really just an ornamental		sun	Not for eating - ornamental use only. Easier to grow than Asafetida, and at least as inspirational in form. A great beneficial insect attractor - and a fabulous ornamental plant - but not for internal use ... native to northern and eastern Africa.

Feverfew officinalis (Tanacetum)	perennial			sun	Hardy perennial. Dainty plant with lacy leaves and daisy flowers, fast-growing and often used in herb and flower beds. Gaining medical recognition as a migraine preventative. Leaves eaten one or two a day, or made into a tincture or syrup. Easy to grow in most any soil and conditions. A must for the well-stocked herb garden.
Figwort - Scrophularia nodosa	perennial	can spread pretty fast		sun / part shade	Called "Queen of the Herbs" in Ireland, where its tendency to grow under elder trees imbued it with elder's magical reputation. In England it became a common treatment for "king's evil," or scrofula (tuberculosis of the lymphatic glands). The leaves and tubers are bitter but edible and in the 1600s the embattled French of the Siege of La Rochelle consumed it in desperation to prevent starvation. Perennial in areas where it is hardy, figwort prefers a damp, even marshy situation, in sun or part shade. Its tall leafy stalks are decorated by small brownish-red flowers when it is in bloom, and the whole plant smells strongly. It is preyed upon by the figwort weevil, but is otherwise relatively unbothered by pests and diseases. The plant should be harvested and dried when it is in flower; tubers can be taken up in the autumn. It has components associated with anti-inflammatory effect, and is mildly diuretic. It is traditionally used for skin problems, sprains, swellings, inflammation, burns and even gangrene. In his Herball, or Generale Historie of Plantes (1633), John Gerard advised that a concoction of the root be used on skin ulcers and eruptions. He wrote of figwort that some "do rashly teach that if it be hanged about the necke, or else carried about one, it keepeth a man in health." Fresh leaves can be made into an ointment for sprains, swellings, inflammations, gangrene and burns.
Figwort, Chinese - Scrophularia buergeriana - Bei Xuan Shen	TCM	New 2018		sun / part shade	
Flag, Licorice - Acorus gramineus 'Licorice'	tender			sun / part shade	All parts of the plant burst with an absolutely stunning licorice scent when squeezed. Used in Thai cooking, and deserving of experimentation wherever a new flavour twist is desired. Important Chinese medicinal herb used to treat lack of appetite, gastritis, and depression. Prefers full or partial sun in wet soil or in water garden. Grows 20-30cm/8-12"; grass-like foliage.

Fo Ti - Polygonum multiflorum	tender perennial	TCM		part shade	He-shou-wu - Legendary Oriental Elixir of Life said to possess fantastic rejuvenating properties. Some believe fo-ti was used by a certain Professor Li Chung Yun who lived to the ripe old age of 256! Virility- and longevity-promoting prowess aside, fo-ti is one of the most widely used tonic herbs in traditional Chinese medicine. Roots are used to restore blood, liver and kidneys, and is prescribed for conditions as varied as vertigo, insomnia, lumbago, and constipation. Recent evidence shows it to be effective against high blood pressure and hardening of the veins and arteries. Climber.
Foxglove - see Natives and Perennials Listing under Digitalis					
Fuller's Teasel - see Teasel					
Galangal - Alpinia officinalis	tender perennial	very limited quantities for 2019 - more COMING 2020		shade	Khaa - different flavor than ginger.
Garlic, Society -Tulbaghia violacea	tender perennial	very limited quantities for 2019		part shade	Sweet garlic; Pink agapanthus) A more civil version of garlic can hardly be imagined: its lavender-pink flowers are sweet-scented like hyacinths, and are showy, and you don't get bad breath when you eat it! It tastes like garlic -- the mild garlicky rhizomes, leaves and flowers can be used like garlic and chives -- but it's not a garlic, it's a type of amaryllis. Wierd, but wonderful! Flowers all summer. Prefers full sun and sandy, well-drained soil.
Gentian - Qin Jiao - Gentiana siphonantha	perennial	NA 2019		part shade	

Gentian - Qin Jiao - Gentiana straminea	perennial	NA 2019		part shade	
Gentian, Tibetan (Gentiana tibetica)	perennial			part shade	(Tibetan Gentian) Glabrous and shiny, lolling dogtongue leaves give rise to characteristic clusters of waxy, white flowers. Very, very pretty, unusual, and relatively forgiving in terms of growing environment, compared to all the other Gentiana. Traditional usage (TCM): Bitter digestive. Plant prefers part sun to shade, unadorned garden soil, and regular watering.
Gentian, Yellow Gentiana lutea	perennial			part shade	Famous European alpine herb unrivalled as a bitter tonic. Root tincture made with brandy strengthens the human system, particularly in cases of weak digestion and lack of appetite.
Geranium - Wild or Cranesbill - see Cranesbill					
Geranium, Scented - Nutmeg Pelargonium x fragrans	tender perennial			sun / part shade	
Germander Teucrium chamaedrys	perennial	NEW 2019		sun	A beautiful scrub-like herb. Perfect for the apothecary herb garden. (Wall germander) Nothing draws bees better than germander in bloom. A showy edging plant with glossy dark scalloped leaves and rosy flower spikes covered in contented bees. Hardier than both lavender and boxwood, it responds well to pruning, making it perfect as a low hedge or border planting where those plants will not grow. Germander thrives over a wide range of zones, prefers full sun, and tolerates poor soil. It has only average water needs, and is drought tolerant. Rarely troubled by pests. A striking container plant for patios and balcony gardens. It has been used as a medicinal herb since Roman times, the infusion used to quiet upset stomach and promote appetite; however, it is not well metabolized by the liver and should be used sparingly. Germander once enjoyed a considerable reputation in the treatment of gout. Fresh leaves release a strong garlic odour when rubbed, and are used as a flavouring in liqueurs, vermouths, and tonic wines.

Gipsywort (Lycopus europaeus)	perennial			sun	Hardy to Zones 4 to 9 - Rhizomatous herbaceous perennial native to Europe. Strangely and enticingly aromatic. Traditional usage (TWM): thyroid. Plant prefers moist, poorly draining ground and full sun to part shade.
Ginkgo - Ginkgo biloba	tree				(Maidenhair tree) An extremely hardy tree, resistant to pollution and disease. Very attractive fan-shaped foliage. In the West, the male tree is preferred because the female produces a foul-smelling fruit. However, the fruit contains a delicious nut which is a delicacy in China roasted or added to rice dishes. Medicinally, ginkgo is rapidly gaining a reputation as a brain tonic. According to recent European studies, the leaf extract increases blood supply to the brain and improves neural functioning and memory.
Ginger, Wild - Asarum canadense	perennial	this is not the edible tropical ginger you would eat	native	shade	(Indian ginger) Woodland plant with aromatic roots like true ginger. Its low height and attractive leaves make it a good groundcover or edging plant for the shade garden. In spring the heart-shaped leaves pop up like a crowd of umbrellas over the small, maroon-coloured flowers borne at the base of the plant. An antibiotic herb with bitter qualities, it was an important Amerindian remedy for indigestion, coughs, colds, fever, sore throat, flatulence and nervous conditions. Leaves smell strongly of ginger, and European settlers used it as a substitute for tropical ginger when they first arrived in North America. The plant prefers a well-drained location with rich, moist soil and shade similar to the woodlands where it occurs naturally. It spreads quickly and will grow even under dense shade. Deer and other animals leave it alone. Rhizomes are best harvested in the fall; and to keep plants coming back year after year, leave some roots behind when digging. CAUTION: Wild ginger roots have low levels of aristolochic acids, which Health Canada and the FDA warn should not be ingested. While the focus of the warnings has been on Chinese herbs with much higher levels of these compounds, caution is warranted until more is known about the safety of wild ginger.

Ginger	tender perennial	needs dry well-drained conditions, shade, and heat		shade	Tender perennial - will need to be brought indoors in winter - but makes gorgeous and dramatic flowers. Foliage is tropical looking and brightly striped.
Ginger - Zingiber mioga	tender perennial	needs dry well-drained conditions, shade, and heat		shade	Zingiber mioga is the hardiest of all Zingibers, it can survive winters as low as -15°F. This ginger is highly desired food crop in Japan, where the new shoots are used as a vegetable and the flowers are a delicacy as an ingredient in soup. Mioga's foliage has beautifully white variegation, that glows in the garden. Zingiber mioga is quick to form clumps. Creamy white, orchid-like flowers will emerge at ground level in late summer through early fall.
Ginseng, North American - Panax quinquefolius	native endangered perennial	Very limited quantities	native	shade	Native of cool hardwood forests throughout eastern and central North America. It has become extinct in many areas and is now cultivated to a large extent in British Columbia, Ontario and Wisconsin. Seeds are planted in hardwood forests or in specially prepared beds anytime from Sept. until the ground freezes. The following spring, the seedlings appear, and in 3 to 6 years they mature.
Ginseng, Siberian or Eleuthero - Eleutherococcus senticosus	perennial	COMING 2020			(Eleuthero ginseng; Ci wu jia) Species used by Russian cosmonauts and athletes to improve endurance. Possesses powerful tonic and restorative properties and was found to relieve the effects of mental and physical stress. Its action differs from that of true ginseng as it does not cause insomnia in large doses. Very hardy shrub; requires part shade. Germination takes 1-2 years.
Gogi - See separate Berries and Shrubs List					
Goldenseal - Hydrastis canadensis	perennial / woodland native	endangered	native	shade	Forest dwelling native medicinal herb - Endangered. Should be planted in a guild with other native shade-loving medicinals. United Plant Savers Critical Native. A super effective anti-microbial herb. Use root combined with aerial parts.

Good King Henry - a spinach alternative - listed in cold weather veggies list					
Gotu Kola	tender perennial / bog			part shade	A weed in places like Hawaii but also a wonderful brain enhancing tonic. Likes a bit of shade and lots of moisture.
Gravel Root - see Eupatorium maculatum					
Greek Mountain Tea	tender perennial			sun	Makes a wonderful energizing tea - traditionally enjoyed by Greek shepherds to stay alert in the Green Mountains.
Gumplant - Grindelia robusta or G. squarrosa	tender perennial / native			sun	Gumweed; Rosinweed - Native to North America but underutilized by gardeners, gumplant is a short-lived perennial with large, toothed leaves and daisy-like yellow flowers on leafy stalks. Tolerant of poor soil and dry conditions, it prefers full sun and is appropriate for meadow gardens. Gumplant produces a resin that protects the flower heads while they are in bud. The resin can be chewed like gum. Gumplant was a traditional Native American remedy, efficacious for colds, coughs, nasal congestion and bronchial irritations. Also used as a healing wash for burns, rashes, blisters and poison ivy. It was listed as an official drug in the US in the late 1860s when its effectiveness against poison ivy was recognized. Harvest plants while they are in full bloom and dry to use in tinctures and infusions, or use fresh in poultices. The unassuming yellow flowers hide a long history of medicinal value to herbalists.

Gynura or Longevity Spinach - Gynura procumbens	tender perennial			sun / part shade	(Leaves of the Gods; Mollucan spinach; Sambung nyawa; Daun dewa) Gynura is a traditional Asian herb used for diabetes. Research shows that it is an efficient regulator of blood sugar. In animal studies it lowered blood sugar in diabetic animals but not in normal animals, unlike antidiabetic drugs. At the same time it protects the kidneys and retinas from damage caused by high blood sugar. It also lowers blood cholesterol and triglycerides, lowers blood pressure, and has anti-inflammatory and antiviral activity. The edible young leaves are eaten fresh in salads or stir-fried with garlic and oyster sauce. Gynura will climb if you let it but it is easy to keep it as a small bush in pots with regular pruning.
Hawthorn, Washington - Crataegus monogyna	perennial shrub		native	sun / part shade	Source of small red berry-like fruits called 'haws' used for a variety of heart problems. The haws are taken as a decoction or tincture to help normalize blood pressure and strengthen the heart muscle weakened by age or by stress. Hawthorn is also useful for insomnia and other nervous conditions.
Heliotrope -' fragrant delight'	annual	NA 2019		sun	
Hemlock, Poison	homeopathic collection	NA 2019		sun / part shade	
Henbane - Poison		NA 2019		sun / part shade	
Herba Stella - see separate file, "Vegetables - Cold and Greens List"					
Herb Robert Geranium robertianum	damp, shady perennial			part shade	

Hollyhocks - Black - Alcea rosea nigra -other colors listed on perennial flowers listing	perennial			sun	Its silky black-purple flowers set this plant apart: Beautiful wine-stained black blooms with paler star-shaped centers appear on towering spikes that can become 2.5m (8ft) tall. Lends a high-drama effect to any mixed sunny border. Said to have been grown by Thomas Jefferson in his garden at Monticello. A low-care plant, it is hardy across a wide range of zones, and self-seeds to come back year after year. An excellent choice for xeriscaping, it prefers full sun and well-drained soil. A good choice for hummingbird, bee and butterfly gardens. Young leaves and flowers are edible, and can be added to salads for colour and interest. The blooms give a lovely, deep rose-purple colour to herbal teas. Like other members of the mallow family, it helps soothe irritated mucous membranes.
Horehound (Marrubium vulgare)	perennial			sun / part shade	This perennial native of England from earliest times has had many uses, from flavoring candy to curing coughs and colds. Tolerates poor soil, likes full sun and good drainage. Drought tolerant. Give it an annual trim to keep up its appearance. Horehound candies were once the standard remedy for coughs in Europe and North America. An infusion of the herb is good for weak stomach, lack of appetite and persistent bronchitis.
Horehound, Green Pompon (Marrubium vulgare 'Green Pompon')	perennial	N/A 2019			Ornamental variety with spikes of enlarged greenish flower clusters. Popular in Europe for cutflower use in fresh or dried floral arrangements.
Horehound, Black (Ballota nigra)	perennial			sun / part shade	Stinking horehound - Used to control nausea, vomiting, motion sickness and morning sickness. Stimulates the uterus, and has antispasmodic and expectorant properties.
Horseradish	perennial			sun / part shade	A fast grower and naturalizer - delicious flavor
Houseleek or Hens and Chicks - Sempervivum-Assorted Species	perennial	New 2018		sun	

Houttuynia	tender perennial / bog	NEW 2018 Lyme Collection		sun / part shade	
Hyssop - Anise, Giant Yellow, Korean - see Agastache					
Hyssop officinalis	perennial	deer resistant			Pollinator friendly. Compact dark green plant with true blue flowers often used for edging, low hedges, mazes. Leaves and flowers used in sauces, cough syrups, perfumes. Important in herbal treatment of asthma. Plant in warm soil in flats or pots. Give very good drainage.
Ice Plant - Mesembryanthemum crystallinum	tender perennial			sun / part shade	Annual or biennial, to 10 inches. Prolific production of small daisy-like white to pink flowers in summer. A bed of Iceplant is oddly reminiscent of an undersea stand of sea anemones! The glistening, succulent leaves are edible--making a delicious, slightly tart spinach substitute. The crushed leaves also make a natural lather and have been used as a soap substitute. At one time the leaves were used to treat scurvy on long voyages, which explains its occurrence worldwide, seeds being present in soil dropped by ships in ballast dumps. Native to southern and western Africa. The plants also take up salt and have been used in bioremediation. Tolerates poor soils. Perennial in frost-free climates, where it may become invasive.

Indigo - real Indigofera tinctoria	tender perennial	fast growing and foliage can be harvested young for dying - can be grown as an annual		sun	Tender perennial, but can be grown as an annual. Ancient dyeplant known for the clarity and fastness of the blue produced. Leaves contain indican which must be oxidized by fermentation to produce the dye. Fresh herbage (strongest when in flower) is steeped in water for 12-48 hours with frequent stirring. A blue sediment will form which is the dye. Needs long growing season, but dye is produced from leaves so you don't need it to flower and can use it even if it is short.
See Baptista for Wild Blue Indigo or False Indigo on separate list for "Berries, Scrubs, and Small Trees."					
Jack in the Pulpit	perennial		native	part shade / shade	
Jewel Weed	self seeding annual	NEW 2019		part shade	
Joe Pye Weed - see Eupatorium maculatum					
Korean Hyssop or Korean Mint) - see Agastache rugosa					

Lady's Bedstraw - Galium verum (Yellow Bedstraw)	perennial - cleavers family	Galium Family - see also Cleavers, Sweet Woodruff, and Madder		sun	Herbaceous perennial. Native to the british Isles, Europe, Asia and Mesopotamia. Trailing plant with starlike, creamy flowers to 1 to 3 feet tall. Does well in poor soils, sun or part shade. Plant used as a clean and aromatic stuffing for pillows and mattresses, a curdling and coloring agent in cheesemaking. Traditional usage (TWM): lymphatic and urinary tonic. Red dye plant
Lady's Mantle - see Alchemilla					
Lamb's Ear - Stachys byzantina - see betony					
Lavenders					
Lavender - Anouk White	perennial	a little tender...		sun	White flowered lavender
Lavender - Provence White	perennial	a little tender...		sun	White flowered lavender
Lavender - "Phenomenal"	perennial			sun	A string production lavender - great scent and high oil content - fast growth
Lavender angustifolium 'Hidcote Blue' - English Style	perennial	hardy		sun	English style lavender. Very hardy lavender. Compact silver-grey; flowers deep purple
Lavender French - Lavandula dentata	perennial	a little tender...		sun	A tender "French" style lavender with amazing scent.
Lavender angustifolium 'Munstead'- English Style	perennial	hardy		sun	could be the most hardy of the lavenders - English style. Flowers lavender-blue, bluer and earlier than most. Compact narrow green foliage.
Lavender stoechas 'ruffles boysenberry' Spanish Style	tender perennial	sorry N/A 2017		sun	The stoechas lavenders are from southern areas of Europe -sometimes referred to as Spanish lavenders. They have large fat flower heads and tall flags of petals flutter on top of the bracts. 'Ruffles boysenberry' has dark pink flowers with light pink flags.

Lavender stoechas 'tiara' Spanish Style	tender perennial	sorry N/A 2017		sun	The stoechas lavenders are from southern areas of Europe -sometimes referred to as Spanish lavenders. They have large fat flower heads and tall flags of petals flutter on top of the bracts. 'Tiara' has dark purple flowers with white-green flags.
Lavender stoechas 'red kew' Spanish Style	tender perennial	NEW 2017		sun	Show-stopping big, fat pink and cerise flowers on intensely fragrant grey-green plants. Dark pink bodies with light pink (almost white) wings or flags...
Seal Lavender - Lavandula x intermedia 'Seal'	perennial - can be tender in damp winters	NEW 2017		sun	Large bush with dark purple-violet flowers on long spikes. Old favourite for lavender bags. Its soft and pleasant aroma persists for at least two years. Was developed at the Seal Herb Farm before 1935 in England, where it was considered to be the best variety for commercial production, both for drying and for oil. Ht. 120cm/4ft.
Ledum	NEW 2018 - Homeopathic collection	COMING 2020	moist		Rhododendron tomentosum, commonly known as marsh Labrador tea, northern Labrador tea or wild rosemary, is a flowering plant in the subsection Ledum of the large genus Rhododendron i
Lemon Balm (Melissa)	perennial	can spread a bit aggressively		sun / part shade	Easy to grow. A must for summer drinks! Tolerates poor soil as long as it is sunny. Drought tolerant. Plant after last frost. Self-sows. Leaves used for tea with aromatic lemon flavor. Anti-viral, sedative, anti-depressant, helps headaches. A great nervine.
Lemon Balm (Melissa) "Quedlinburger niederliegende" strain	perennial			sun / part shade	A great standardized Lemon Balm with higher essential oil content. I've been drinking as an anti-axiety tea in the evening to great effect. A nervine.
Lemon Grass - East Indian	tender perennial			sun	The staple Thai and Asian flavor - grows as a grass - closely related to Citronella
Lemon Grass - West Indian	tender perennial			sun	
Lemon Verbena	tender perennia / scrub			sun / part shade	Vanilla Lemon Scent and Flavor. A wonderful little tree. Excellent added to cool water in the summer.
Leonotis leonurus - Wild dagga	annual			sun	Super tall - 7-8 feet high - with bright - super-orange flowers in pom pom like whorls - fabulous - this has become a must-have plant for me every year. Native to East and South Africa

Leonotis nepetaefolia - Cordao	annual			sun	Super tall - 7-8 feet high - with bright - super-orange flowers in pom pom like whorls - fabulous - this has become a must-have plant for me every year. Native to East and South Africa
Leonotis leonurus - "Wild Dagga"	annual			sun	Very similar to Cordao - Super tall - 7-8 feet high - with bright - super-orange flowers in pom pom like whorls - fabulous - this has become a must-have plant for me every year.
Leonurus artemisia - Motherwort, Chinese	perennial	TCM - doesn't spread like L. cardiaca		sun / part shade	Biennial, sometimes annual flowering to 7 feet tall. Native to Eurasia and official to the Chinese pharmacopoeia. Traditional usage (TCM): invigorate the blood and regulate the menses. Yi-mu-cao=Good-for-mother. Decorative flowers on a lithe and blowsy plant. Plant prefers part shade to full sun, regular garden soil and plenty of water. Yi-mu-cao (Leonurus artemisia) is Chinese Motherwort, a self-seeding annual, Very showy flowers. Cut flower, herbal tea. Traditional usage (TCM): "good for mother herb"
Leonurus cardiaca - Motherwort, Official or European	perennial	can spread very aggressively		sun / part sun / shade	Hardy to Zones 3 to 8; Perennial flowering to 5 feet tall. Native to Europe. Traditional usage: menstrual woes, tonic to the heart. Decorative flowers on a lithe and blowsy plant. Plant prefers part shade to full sun, regular garden soil and plenty of water. Magnificent plant. Large, rough palm-shaped leaves surround full spires of tiny, pink, orchid-like flowers. Grows in any soil but needs drainage, sun. Medicinal: Strengthens heart function, reproductive tonic, emotional balancer. A nervine of great effect. Can spread aggressively.
Lily of the Valley - Convallaria majalis	perennial woodland			shade	
Lobelia - See separate Natives and Perennials List					
Lomatium dissectum	tenderish perennial	COMING 2020			(Leptotaenia multifida/dissecta, Chocolate tips) Wild, celery-like herbaceous perennial native to the Great Basin and other drylands of the West. Traditional usage (American Indian, TWM): antiviral for colds, flus, epidemics. In nature, Lomatium grows on sunny slopes in dryish, rocky soil, anchored by a giant tap root that is filled with aromatic oleo-gum-resin.

Lovage	perennial			sun	Also known as Sedano di Monte or Wild celery. Like a giant celery--adds height and drama to the herb bed. An ancient herb eaten as a celery-like vegetable, or used like parsley. Easy to grow in any deep, well-drained soil. Likes full sun, re-seeds. Harvest leaves throughout the season for soups, gravies, salads, spaghetti sauce, meat. Falvor is best in cool weather.
Lungwort - see Pulmonaria on separate Natives and Perennials List					
Black Maca Lepidium meyenii 'Black'	biennial	NEW 2019		sun	(Peruvian ginseng) Traditional food of the Peruvian Andes related to radish and turnip. The ground-hugging plant develops fleshy roots that are eaten as a vegetable or are dried and ground to a powder for medicinal use. Properly dried and stored, the root powder will retain its potency for years. Maca has a reputation similar to ginseng (though not related botanically) for increasing memory, energy and stamina, and is popularly considered an aphrodisiac for both sexes. A dietary staple for indigenous peoples in the Andes since pre-Incan times, it was commonly traded for other commodities. The Inca consumed it prior to going into war to increase their strength. The chemical p-methoxybenzyl isothiocyanate in maca is thought to be responsible for its aphrodisiac quality, however clinical tests have not yet identified the exact mechanism by which it produces this effect.
Madder - Rubia tinctorum	perennial / dye plant / cleavers family			sun	Dye plant - after 3 years or so, roots can be harvested for dying. Climbing evergreen perennial native to the Mediterranean and southern Europe. The plant is a classic element of the Medieval garden, completely unique, wending its way along the ground or draping on fence or trellis. The yellow, star-like flowers are produced in the second year after which the roots may be dug. Madder root contains the anthraquinone pigment alizarin, which is responsible for its popularity as a fine red dye plant. (The English "red coats" owed their visibility to this plant!) Traditional usage: TWM, treatment of urinary stone. Plant prefers regular garden soil and full sun. Sometimes struggles through damp winters here.
Vegetable Mallow	annual			sun	soothing, mucilage green - great in salads

Mallow, Chinese - Malva verticillata	annual	TCM - NA 2019		sun	Ye kui - Edible plant with traditional use as a medicinal herb. The leaves are tender and make a very nice alternative to lettuce in salads. The flavour is mild and very pleasant. Compared to lettuce, a plant like this with abundant leaves for the taking makes a lot more sense for gardens. The seeds too are edible; when green and immature they have a nice nutty taste and can be cooked or eaten raw though they are a bit of a chore to harvest. Medicinally, the plant contains mucilage and is used for its soothing, anti-inflammatory and laxative properties.
Malva sylvestris - Tall malva	perennial	NEW 2019		sun	A pre-cursor to the hollyhocks - and an old european form of marshmallow. A great companion in the herb garden.
Maral root - Leuzea carthamoides 'Lujza'	perennial - super hardy	siberian plant adaptogen		sun	(Leuzea) Siberian perennial with remarkable metabolic and tonic effects. Has been studied by Russian scientists used in the Russian athletic training program for decades. A potent 'adaptogen' that helps athletes increases endurance, reflexes and concentration, and helps them to recover faster from exertion. Studies show that the root extract greatly increases the work capacity of muscles and normalizes blood sugar levels quickly after exertion, and improves memory and learning. Contains ecdysteroids which have anabolic-like growth promoting effects without the side effects associated with drugs. Violet flowers appear in the second year, reaching 80-160cm/30-60in in height. Grows in deep, well-drained fertile soil in full sun. Very hardy.
Marjoram 'sweet' - Origanium majorana or Marjoram hortensis	perennial	this is the true marjoram flavor - not oregano		sun	In Germany, marjoram is known as "Goose Herb" (Gänsekraut) - this Sweet Marjoram has a musky type scent and flavor. Used in old French dishes too. Majorana hortensis herb has been used in the traditional Austrian medicin., Leaves add strong, spicy flavour to soups, sauces, stuffings, stews. Rubbing with fresh leaves before roasting improves all strong meats. A must in German potato soup. Use plant tops to dye wool in shades of yellow, orange, brown and grey. Not like oregano at all!!!

Marjoram 'wild' - or compact oregano	perennial	this is less culinarily useful - more like a musky/ strong oregano		sun	This herb has a similar flavor to oregano.
Marshmallow - Althaea officinalis	perennial			sun	Same family as hollyhock, but with smaller white-pink flowers. 3-4' tall hardy and shrub-like at times. Likes full or partial sun, moist soil. Edible flowers good in salads, tea, lovely garnish. Medicinal: Roots sooth inflamed skin, stomach, mucous membranes, sore throats, urinary tract, bowels, more... Easy to grow. Marshmallows were originally made from sugar boiled with the root and whipped - a treat for sore throats.
Marshmallow, Erfurter variety	perennial			sun	Noted for soothing irritations and inflammations of the skin, throat, eyes, lungs and urinary organs. Feeds intestinal microherd. This special Erfurter was carefully bred in Germany for its richness in medicinal mucilage, up to 10%. Very hardy plants.
Meadowsweet	perennial			sun / part shade	A tall, up to 6 feet tall, and handsome plant. The lobed leaves and clusters of creamy flowers are both sweetly scented, and were used for strewing on floors to perfume the room with a distinctive scent like honey and almonds. One of sacred herbs of the Druids, used to flavor mead. Medicinal: de-acidifies stomach and entire system, anti-inflammatory, relieves pain. Aspirin is a synthetic version of one of meadowsweet's pain-relieving compounds. Streamside plant, keep soil moist. Easy to grow in sun and moist fertile soil. A delicious tea.
Melissa - see Lemon Balm					
Milk Thistle - see Thistles					
Milky Oat - see Oats					
Mints (Mentha)					

Mint, apple	perennial	can spread aggressively		sun / part shade	Soft gray-green round leaves are downy with a pronounced scent. One of the tallest garden mints, applemint reaches heights the other mints don't, sometimes clambering up two or more feet in height, but is best shorn down frequently to prevent bloom if the intent is to use it in cooking. Its fuzzy leaves and stems have a distinct minty apple taste, and it lends its flavour to applemint jelly and couscous, as well as teas that will calm upset stomach and soothe body and soul. Like most mints, applemint can threaten the garden with too much of a good thing, and in its optimum growing conditions of part shade and moist soil will quickly introduce itself to neighbouring beds and lawns.
Mint, chocolate	perennial	can spread aggressively		sun / part shade	For years we resisted offering chocolate mint because we were convinced the 'chocolateness' was a figment of someone's imagination. But customers continued to insist that there is such a thing and brought us plants to prove it. As we suspected, most are pretty much the same as true peppermint, but one strain surprised us. Hard to pin down as truly 'chocolate', but its clean fragrance of peppermint is overlaid by something else that adds up to a striking 'peppermint patty' scent. A real treat for discriminating noses

Mint, Corsican	tender perennial	creeping ground cover mint - keep well drained and water often a bit tricky		part shade	According to Greek legend, when the nymph Mintha offended the goddess Persephone, she transformed the unfortunate girl into a prostrate plant, but her beauty lives on in the sweet-smelling glossy green leaves. Where this mint is hardy, it is an inimitable ground cover, offering up a deliciously fresh scent with every step. Corsican mint is a low, carpet-forming mint with tiny leaves, almost moss-like in appearance, and soft to walk on. Sturdy enough to plant between flagstones or as a spreading groundcover in high-traffic areas, Corsican mint will quickly spread to create a pleasing walkway, thriving in half-shade and moist soil. A multi-purpose plant, it was the origin of the minty-coloured drink crème de menthe.
Mint, ginger - Mentha arvensis 'Variegata'	perennial	can spread aggressively		sun / part shade	Heart-shaped leaves flecked with gold make this a spectacular ornamental mint. Its fruity taste carries a hint of ginger. The attractive plant brightens up the herb garden, while the leaves bring a refreshing flavour to the kitchen in fruit salads, with melon and with tomatoes. A few leaves will garnish any yogurt-based recipe beautifully. Infusions made by steeping fresh or dried leaves of ginger mint can be used to calm a nervous stomach or ease a headache. The plant is happy in moist soil with sun or part shade and will expand into the garden easily unless it is restrained in pots or bottomless buckets sunk into the garden bed. Ginger mint is well suited to container gardening, where it can decorate a patio or doorstep while offering its many benefits to the cuisine.
Jamaican Mint Micromeria viminea	tender perennial	NA 2019			
Mint, Korean - See Agastache					

Mint - Orange	perennial	can spread aggressively		sun / part shade	
Mint, peppermint	perennial	can spread aggressively		sun / part shade	Peppermint tea is an old favourite, a refreshing alternative to coffee and regular tea. Excellent for stomach indigestion. Lends its spiciness to many dishes. Don't be fooled by seeds labelled as 'peppermint', peppermint can't produce seeds because its flowers are sterile. Peppermints are usually a bit darker in color and warmer in flavor than spearmints.
Mint, Arabian	tender perennial	??		sun / part shade	A lovely mint with a mild flavor and elongated leaves.
Mint, pineapple varigated	perennial	can spread aggressively		sun / part shade	Pineapple mint has white streaks that vary with the season, plus a flavour is completely unique, a pineapple taste that combines well with dishes using ham, fruit cups or fruit salads. Dried leaves scent potpourris. Pineapple mint is less invasive than some other varieties but enjoys the same optimum growing conditions of part shade and moist soil. Pineapple mint will grow happily in the shade of trees.
Mint, Classic Spearmint	perennial	can spread aggressively		sun / part shade	

Mint, spearmint 'Kentucky Colonel'	perennial	can spread aggressively		sun / part shade	An indispensable culinary herb, spearmint brings the best of mint's cooling, cleansing flavours to any dish. A culinary world traveler, spearmint is the most popular mint in Greek cooking, appearing in cheese dishes, lamb, tomatoes and rice, and many other world cuisines. A few leaves added to the pot sweetens and refreshes tea. To bring out spearmint's best, plant it in sun or part shade, in rich, moist soil. It has an extremely vigorous growth habit making it sometimes invasive, but mowing keeps it in check and besides... mowing a mint-encroached lawn is so pleasant when the fragrance of mint erupts -- so much so that one is tempted to let it run! The word "mint" derives from the Greek legend of a nymph named mintha who inspired the jealousy of a goddess and was transformed to a lowly plant with an exquisite scent, while "spear" derives from the plant's pointed leaves. Kentucky Colonel is one of my two favorite spearmint varieties.
Mint, strawberry	perennial	can spread aggressively		sun / part shade	Strawberry Mint! Just think of the summer drink recipes possible using this wonder!
Mint, sweet pear	perennial	NA 2019			wonderful patented fruity mint hybrid
Mint, Swiss	perennial	NA 2019			Swiss mint is one of my two favorite spearmint varieties.
Mint, Mountain - see separate list for Natives and Perennials - Pycnanthemum					
Mitsuba - Purple	perennial			sun / part shade	A purple variety of mitsuba!

Mitsuba - Japanese Perennial Parsley -	perennial			sun / part shade	Unique flavour of leaves and leafstalks, either fresh or blanched, is pleasing in soups, salads, and fried foods. Of easiest culture; prefers moist, partly shady locations.
MONARDA - we have a lot of these wonderful native and medicinal plants					
Monarda (Bee Balm, Bergamot) 'bergamo'	perennial	NA 2019		sun / part shade	A sprawling version with whorls of dark magenta toned flowers.
Monarda (Bee Balm, Bergamot) 'citriodora' Lemon	perennial	NA 2019		sun / part shade	pollinator friendly
Monarda (Bee Balm, Bergamot) 'didyma' Red	native perennial		native	sun / part shade	The upright native with dark red flowers usually referred to as "Bee Balm"
Monarda fistulosa - "mixed" from Strictly Medicinals	perennial			sun / part shade	
Monarda (Bee Balm, Bergamot) fistulosa 'Lavender'	native perennial		native	sun / part shade	The pale lavender colored native - upright habit, usually referred to as "Bergamot"
Monarda Bradburiana (Pink To Light Lavender)	native perennial		native	sun / part shade	pollinator friendly - a very unusual looking plant - one of my favorites! A light colored western native with pink spotting on flowers

Monarda - Rose Scented Bergamot	perennial			sun / part shade	pollinator friendly - a sprawling bee balm
Monarda punctata (Dotted Mint or Horse mint)	native perennial		native	sun / part shade	pollinator friendly - this is one of my favorite monardas - sprawling in habit with white-green-cream colored orchid like flowers. I did have trouble with it after the second super-cold winter in a row. So not a superhardy perennial like the other monardas.
Monkshood - see Aconitum					
Moringa - Moringa oleifera	tender perennial tree	can be grown as an annual - very fast growing - nitrogen fixer		sun	Horseradish tree; Drumstick tree - Small tree native to India and Arabia and widely cultivated throughout the tropics. Almost every part of this tree is used for food. Roots are used like horseradish, and the leaves are eaten as greens, in curries, pickles and as seasoning, and the large immature seedpods, called "drumstocks", are boiled and eaten in South Asia . In the West, moringa has become popular "superfood" for its extraordinary nutritional content and for its powerful anti-inflammatory, antioxidant, and tissue-protective properties. It is a rich source of vitamins, minerals and amino acids. It helps to protect the brain, the liver and the cardiovascular system. While it is a tropical tree, it can withstand a little frost, and does well in containers if the tap root is pruned.
Motherwort - See Leonurus ...					
Mountain Mint (Pycnanthemum spp) - see separate list for Natives and Perennials					
Mugwort - see Artemisia					

Mullien - Verbascum thapsus	biennial				Indispensible herb for coughs and chest complaints. Ingredient of many herbal smoking mixtures for that reason. Dramatic plant is beautiful in the landscape. Rosette of very large silvery-grey fuzzy leaves sprouts a towering stalk of yellow flowers the second year. Grows in any well-drained soil, even sand and gravel. Drought resistant and deerproof. Easy to grow.
Myrtle, Greek	tender perennial / shrub	does well in the house during winter		sun	a traditional culinary herb of Sardinia
Nepitella - see Calamint					
Nettle, Dead - Lamium	perennial	NA 2019			Doesn't have the huge panel of health benefits of Sting Nettle, but is a lovely medicinal in its own right. Usually grown as an ornamental ground cover. Comes in different variegated colors.
Nettle, Roman - Urtica pilulifera	perennial	COMING 2020			Very similar qualities to Stinging Nettle.
Nettle, Stinging - Urtica Dioica	perennial			sun / part shade	An ultimate tonic herb for humans, animals, gardens. Delicious, balancing, super-nutritious, and highly mineral-rich. High protein. A tonic tea that I drink daily. Does sting though - so put it someplace when one won't come upon it by accident!
New Jersey Tea - see Red Root					
Nigella - Black	annual	NEW 2019		sun	grown for the black peppery seeds
Spanish Nigella Nigella hispanica 'Delft Blue'	annual	NEW 2019		sun	(Spanish fennel flower) Hardy annual flower, native of southern Spain, the Azores, Sicily and North Africa. The ornate blue-dappled white flowers resemble famous Dutch pottery made in and around the town of Delft since the 16th century. Recent research has shown that the seeds possess powerful anti-inflammatory properties. Seed extracts were shown to inhibit both forms of the cyclooxygenase (COX) enzyme involved in inflammation. Prefers sunny locations with well-drained soil.

Oats - Milky Oat , Oat Grass, Cat Grass - Avena sativa	annual				From Cat Grass to the amazing nervine, Milky Oat, oats are a medicinal herb first and a grain second in my opinion! Even a bowl of oat meal can be a healing medicine. A fabulous nervine; the milky pod of the oat plant.
Onions, including Perennial Scallions - see separate list for Vegetables - Cold and Greens					
Oreganos					
Oregano - Greek Mountain (Origanum vulgare hirtum)	perennial			sun	The word oregano means "Mountain Joy" - This is the true oregano collected wild in the mountains of Greece. White flowers; very hardy. Excellent flavour.
Oregano, Zorba Red	perennial			sun	An entirely different oregano! An entirely different oregano! Has enormous ornamental possibilities for gardens, hanging baskets, and container gardens. Spectacular red-purple sprays dotted with pure white flowers appear in early summer and keep on coming well into the autumn. Its compact low spreading growth habit, dark green aromatic foliage, and waves of cascading lateral branches of rich red-purple inflorescences create an impressive floral display. And to think, this is a herb!
Oregano, Kaliteri	perennial			sun	'Kaliteri' means 'the best' in Greek, an apt nickname for this terrific oregano that first came to us without a name. Specially selected for its high oil content, this strain is grown commercially in Greece for the high quality oregano market. Spicy, silver-grey foliage.
Oregano - Italian (Origanum x majoricum)	perennial			sun	Strong spicy flavor, wonderfully versatile herb in the kitchen. Strong medicinal value. White-pink flowers appear in summer.

Oregano - Dittany of Crete (Origanum dictamnus)	tender perennial	NA 2018		sun	(Hop marjoram) Dittany of Crete is an attractive plant, bearing scented leaves and lovely purplish-pink flowers from June to August. Flowers can be steeped to make Dittany tea, a popular drink in Greece. Dittany of Crete was considered a potent healing herb by the early Greeks and has a long history in ancient writings, where it was purported to be able to expel arrows from wounds, ease childbirth and reverse poisoning. Where it is perennial, Dittany of Crete needs good drainage and protection from harsh, wet winters. It grows wild in the mountains of Greece and has protected status there as a rare plant. Its beautiful appearance makes it an excellent choice for hanging baskets. The hairy, silvery-grey leaves can be used in salads and sauces. Extract derived from Dittany of Crete is used to flavour vermouth
Oregano - Kent's Beauty (Origanum 'Kent Beauty')	tender perennial	NA 2018		sun	Zone 6. Round leaves on almost trailing branches and attractive pink or purple flower bracts. Good aroma and sharp, bitter oregano flavour. Said to be a hybrid between O. rotundifolium and O. scabrum.
Oregano - Kirigami	tender perennial	ornamental but breathtaking!		sun	
Oregano - Syrian (Origanum spp.)	tender perennial	very limited		sun	This is not Origanum syriacum, the plant usually called "Syrian oregano." That other "Syrian oregano" is better known as "true zaatar." We think this version is one of several wild Middle Eastern plants used to make the traditional zaatar spice blends much loved throughout the region. Because true zaatar is now a protected plant in Israel, commercial zaatar blends often incorporate closely related plants such as this one instead. The flavour is strong and spicy, and its leaves can be used fresh or dried wherever oregano is used. In the garden it is hardier and more vigorous than true zaatar.
Herrenhausen Oregano Origanum laevigatum 'Herrenhausen'	perennial			sun	Sweet, fruity scented oregano with dark green leaves and purple flowers. Forms beautiful dense carpets covered with masses of purple flowers in late summer. Very effective as an edging for gardens and along pathways. Flowers dry well for arrangements. Ht. 30-60cm/1-2ft.
Oregano - Varigated	perennial			sun	

Mexican Oregano Lippia graveolens	tender perennial	very limited		sun	Often sold as true oregano in Mexico and southern U.S. where its fine oregano flavour is used to great advantage in chilis and other Mexican dishes. Properly pruned, it will grow into a miniature tree in a bright window or solarium.
Oregano - Mexican - Oregano Poliointha longiflora	perennial			sun	
Oregano - Zaatar (Origanum syriacum)	tender perennial	This is an oregano with Zaatar like flavor - not true zaatar that looks more like winter savory ...		sun	A hard to find and rare flavor profile. Zaatar is one of the world's great seasonings. Throughout the Middle East it gives life to hummus, dips, and soups. It is mixed with olive oil to make delicious pastes for the traditional flatbreads served with meals. Each region has its own version of zaatar: in some areas it is a blend of herbs and spices while in others it is just one herb from among several varieties depending on the region. Our zaatar is from the mountains of northern Israel where it is popular among both Arabs and Jews. The attractive greyish-green foliage has a spicy aroma and flavour that is truly divine.
Oregano - Bristol Cross	tender perennial			sun	Striking ornamental variety with a mild oregano flavour and aroma. Forms almost perfect globe-like balls when grown in baskets. Showy hop-like pink flowers similar to Kent Beauty but longer and more impressive.
Oregon Grape Root - see separate Berries, Shrubs List			native	sun	
Orris Iris - Iris x germanica florentina	perennial	crafting/drying/scent		sun	Produces nearly white flowers with traces of blue or purple. Dried powdered rhizome is the major source of orris, used in perfumery and potpourris.
Papalo	annual			sun	One of my favorite hot weather cilantro-alternatives
Parsley - Flat Leaf (Italian)	biennial			sun	
Parsley - Giant of Italy	biennial			sun	

Parsley - Curly or Moss Leaf	biennial			sun	
Patchouli	tender perennial			sun	very tender and a bit tricky to grow - very prone to mildews - keep hot and dry
Pennyroyal - Purple Snowcones	perennial	this is mainly ornamental with big flowers		sun / part shade	Pennyroyal, the forgotten maiden among the mints, has long needed a floral makeover to match its big minty aroma and taste. Now with the Snowcones series of mints it is ready to take its place as an ornamental herb in gardens, hanging baskets, and container gardens. 'Snowcones Purple' has a compact, spreading or cascading growth habit and sends up flowering branches that look like skewered purple scoops of snow.
Pennyroyal - Mentha pulegium	perennial			sun / part shade	Used in earlier times to flavour puddings and sauces. Tea is still used today to ease headache. Strong minty aroma. Has insect repelling properties. Oil is an abortifacient. Not to be used by pregnant women.
Perilla - see Shiso					
Periwinkle Vinca minor	perennial			shade	Excellent ground cover for shaded areas. Dark green, evergreen leaves; violet-blue flowers. Astringent and sedative properties. Formerly used for diarrhea and hemorrhages. Known as Violet of the Sorcerers in France where it was once hung at entrances to ward off evil spirits and witches.
Pipicha (Pepicha)	annual			sun	Like papalo, Pipicha is a great hot -weather alternative to cilantro
Plantain, Narrow Leaf (Plantago)	annual - self seeding/naturalizing	plants are free if you new one		sun / part shade	Probably in your yard or lawn right now, but you just can't leave plantain off an herb list. Plantain shares many of the same medicinal qualities as Comfrey but minue the liver-damaging pyrrolizidine alkaloids (PAs).
Plantain, Wide Leaf (Plantago)	annual - self seeding/naturalizing	plants are free if you new one		sun / part shade	My 'go-to' plant if I get a bee sting!
Plantain, Giant Turkish	not hardy here	NA 2019			

Plantain asiatica - Che Qian Zi (Plantago)	TCM	NA 2019			
Water Plantain - Alisma plantago-aquatica	TCM	NA 2019			
Plectranthus - Mexican Oregano	tender perennial			part shade	
Plectranthus - Mint leaf Lemon Twist	tender perennial			part shade	
Plectranthus, Cuban Oregano - non varigated	tender perennial			part shade	
Plectranthus, Cuban Oregano - varigated	tender perennial			part shade	Plectranthus truly likes being a houseplant. This one has a oregano/thyme like flavor and scent.
Plectranthus, Vick's Plant	tender perennial			part shade	Plectranthus truly likes being a houseplant. This one has a eucalyptus/camphor like flavor and scent.
Pleurisy Root - (and Se other Asclepias species on separate list for Natives and Perennials	perennial		native	sun / part shade	Butterfly weed - a member of the milkweed family - although monarch butterflies seem to prefer the A.syrica milkweed when laying their eggs, all butterflies certainly enjoy the nectar from Pleurisy root, which also has a rich history in herbalism.
Poppy - see separate Natives and Perennials List					

Opium Poppy Papaver somniferum	perennial	NA 2019		sun / part shade	
Breadseed Poppy	perennial			sun / part shade	
Pulmonaria - see Lungwort					
Pulsatilla (Anemone vulgaris) Pasque Flower Anemone pulsatilla	perennial / homeopathic collection			sun / part shade	
Pyrethrum - Painted Daisy Pyrethrum Chrysanthemum coccineum	perennial	NA 2019		sun	A natural insecticide - can be strong. I don't use it as an insecticide on my garden as general insect killing is not my philosophy. However, it is a great flower and a very traditional member of an herb garden.
Quinine, Wild American - Wild Quinine Parthenium integrifolium	perennial	Very limited quantities for 2019	native		
Ramps or Bear's Garlic	perennial / woodland native	Still working on this ephemeral - COMING 2020	native	shade	Plant these in a shady protected area and let naturalize for a couple years before harvesting. When harvesting, you eat the whole thing - bulb and dark green tulip-like leaves. A native allium! Limited availability.

Red Root or NJ Tea - Ceanothus americanus	perennial shrub		native	sun / part shade	
Red Sage Root - see Sage					
Rehmannia or Chinese Foxglove	perennial	TCM		sun	Di huang - Virtually unknown in North America, this is one of the most important tonic herbs in Chinese medicine. The fresh or dried roots have been used for over 2000 years. It has special importance as remedy for “thirst disease” associated with feverish illnesses, diabetes, hemorrhages and excessive menstruation. Known to lower blood sugar, and has cardiac tonic, antibacterial and anti-inflammatory properties. As important as it is in Chinese medicine, it is also very attractive, with spikes of mottled bells closely resembling foxglove. Prefers well-drained sandy soil in full sun.
Rhubarb - Canada Red - great for baking	perennial	very limited quantities for 2019		sun	A low-maintenance perennial with delicious tart stalks for pies and jams. Moisture and rich, well-drained soil. Deep-rooted, heavy feeder. Relatively low-acid. Caution: poisonous leaves--use leaf stems only.
Rhubarb - Rheum officinale	perennial	NA 2019			(Official Rhubarb, Da-huang, Chinese Rhubarb, Rheum officinarum) Biennial or herbaceous perennial native to China and Tibet. Vigorous plant with huge, entire, decorative leaves, edible stalks and laxative roots. This is the easiest of the medicinal rhubarbs to grow. Produces masses of creamy, white flowers. Highly adaptable to various growing conditions, including clay soils. Prefers a full sun position. Leave plenty of room—they can easily stretch to 3 feet. Used as an ingredient in Essiac Tea ...

Rhubarb - Turkey - Rheum palmatum tanguticum	perennial	NA 2019			(Da-huang; Turkey Rhubarb; Chinese Rhubarb; Rhubarb, Chinese) Herbaceous perennial. Native to China and Tibet. Rare. Plants boast red-tinged, handsomely palmate leaves, and are much appreciated in the ornamental garden for their shape, color, and colorful history. Traditional usage of dried, cured root (TWM, TCM): Laxative. Source of anthraquinones. Taste mild. It is amazing how quickly usable quantities of this herb can be grown—a reasonable harvest can be made in the fall of the first year’s growth. Dig the roots, wash thoroughly, slice, pierce, and hang to dry and cure. Plant prefers part shade to full sun, well-drained soils of raised bed or hillside. Leaves generally have an entire margin in the first year and demonstrate palmate structure in the second year. Sometimes, fast-growing and healthy individuals will start making palmate leaves in the first year. Space plants 2 to 3 feet apart.
Rock Rose - see Cistus					
Rhodiola or Rose Root - or Russian Rock Rose - Rhodiola rosea	perennial - super hardy			sun	Adaptogenic like ginseng. Fascinating new medicinal herb first studied by the Russians decades ago. Roseroot is only the second North American herb after ginseng to be recognized as an ‘adaptogen’, a herb with the ability to restore the body and mind after physical and mental exertion and stress. Its rose-scented roots contain unique compounds that are thought to account for the adaptogenic properties. Research also shows the roots improve learning and memory, and act as a tonic. In folkloric medicine, the leaves were used like aloe to treat cuts and burns, and the Inuit used a decoction of the flowers for stomach and intestinal discomfort, and for tuberculosis. The colour of the flowers is greenish yellow with reddish and purplish tones competing for attention. Roseroot is one of the hardiest medicinal plants known: it survives Arctic areas without difficulty. Perennial growing to 5-40cm/2-16in high.
Rosemary					
Rosemary - BBQ	tender perennial			sun	A rosemary with very long and strong branches - perfect for using as skewers
Rosemary - Hill Hardy	tender perennial			sun	a new rosemary variety we're trying

Rosemary - Shady Acres	tender perennial			sun	a new rosemary variety we're trying
Rosemary - Tuscan Blue	tender perennial			sun	a wonderfully flavored and oil rich Rosemary with wider leaves than Arp...
Rosemary- Pink Majorca	tender perennial			sun	Lovely pink-flowered version of 'Majorca'. Upright growth habit; prolific bloomer.
Rosemary - Gorizia	tender perennial			sun	This is an outstanding variety from well-known herb grower and author Tom DeBaggio. It is tall, upright, with long straight branches, and large luscious leaves, and it produces showy clusters of light blue flowers in summer. It gives the overall impression of strength and robust health, a kind of inspiring vigour that gardeners and cooks like to have around. DeBaggio describes the aroma as "gentle, sweet, and a bit gingery." Can reach up to 150cm/5ft.
Rosemary- Spice Island	tender perennial			sun	Some have suggested that this variety was developed for the Spice Islands company for production of dried rosemary; but we don't believe there is any connection. It has a full-bodied aroma with a warm woody note and less camphor than other varieties. Strong upright growth habit. Covered with dark blue flowers in spring or late winter.
Rosemary officinalis 'Arp'	tender perennial			sun	Considered the hardiest of all rosemaries. We have it make through the winter outside here a couple times. But it is always best to bring your rosemary plant inside for the winter. They can take a frost, but they can't take alternating temperatures and deep cold.
Rue - Ruta graveolens	perennial			sun	Pungent bitter leaves used sparingly in stews, salads, sandwiches and vegetable juice. Two chewed will quickly relieve nervous headache. In early times judges relied on fresh sprigs of rue to repel fleas brought into court by prisoners.
Russian Sage - Perovskia atriplicifolia	perennial			sun	Pollinator friendly, silvery almost glowing airy stems and leaves topped with purple arches of flowers. Not a salvia.
Sages - Salvias					
Sage, Berggarten (Salvia officinalis) Berggarten (wide leaf)	perennial			sun	Wide Leaf shape. Leaves are thick and meaty. "German" style sage - rounded leaves. Great fried. Even better fried with anchovy paste between two leaves.

Sage, Common (Salvia officinalis) "Italian" Style	perennial			sun	Thinner and narrower leaves than the German sage. Great flavor. Very hardy.
Sage, Clary - see Clary				sun	
Sage, Grape-Scented (Salvia melissodora)	tender perennial	very limited		sun	Tarahumara indian sage. Leaves and seeds are used medicinally by the Tarahumara Indians of Mexico. Thought to contain the same psychotropic compound found in divinens sage (S. divinorum). Foliage is pleasantly aromatic but it is the lavender flowers that possess the remarkable grape scent. In bloom from late spring until frost, it is a perpetual magnet for bees, butterflies and hummingbirds
Sage, Lowry's Peach (Salvia greggii 'Lowry's Peach')	tender perennial	very limited		sun	This smells like Peach Snapps - overwinters with glory inside the house or greenhouse. Mine kept blooming all winter. Outstanding ornamentals from Mexico and Texas with small, fruit-scented leaves and wonderful bright coloured flowers. Called autumn sage because the hot days and cool nights of early fall bring on a glorious spurt of autumn flowers to cap off a continuous display that begins in June. The aromatic leaves are used as a seasoning in Mexico, and the edible nectar-filled flowers are excellent in salads, even adding to the 'crunch'! Magnet for hummingbirds. Does well in full or half sun
Sage, Peruvian (Salvia discolor)	tender perennial	very limited		sun	A very strongly medicinal sage. Ceremonial. Scent is a rather pleasant complex of fruit, eucalyptus and resin. Striking deep purple flowers. Very limited availability this year.
Sage, Tangerine	tender perennial	very limited		sun	Hummingbirds love this plant - very similar habit as Pineapple Sage but with a melon scent.
Sage, Pineapple	tender perennial			sun	Hummingbirds love the red flowers. Sweet fruity scented leaves.
Sage, Purple	tender perennial	very limited		sun	A Narrow leaf style culinary sage -pointy, soft leaves. The purple is a beautiful contrast.

Sage, Cherry Chief (Salvia greggii 'Cherry Chief')	tender perennial	very limited		sun	Salvia collector Richard Dufresne discovered this growing in his sage garden. It turned out to be one of his best releases, dishing out an abundance of bright red cherry scented colour spring, summer and fall
Sage, Red Root (Salvia miltiorrhiza)	tender perennial	TCM		sun	A superb tonic herb. (Dan-shen; Tan shen; Chinese sage; Red-rooted sage) A most important herb in Chinese medicine. Traditionally used to stabilize the heart and calm the nerves, and to lighten or to remove stagnant blood. Clinical experience shows that the roots are effective against angina pectoris, cerebral atherosclerosis, intravascular clotting and phlebitis. Reduces blood pressure, improves circulation by dilating the blood vessels, and reduces blood cholesterol. Useful for palpitations, irritability and insomnia. Also effective against hepatitis, infections, and many skin diseases such as shingles, dermatitis and psoriasis. Dan-shen (Salvia miltiorrhiza) is Chinese Red Sage. Traditional usage (TCM): tonifies the vascular system, helps prevent strokes.
Sage, Tibetan	tender perennial / TCM	very limited			a very strongly medicinal sage. Ceremonial. (Gansu danshen) Native to the high mountains of Western China and Tibet where it grows along the edges of forests, streams and ditches. It is a beautiful species with strongly aromatic grey-green foliage and purple-red flowers arranged in spikes rising up to 60cm/2ft. The root is used like Chinese red sage or dan shen to treat heart conditions and to prevent heart disease. Its effect on the heart is probably related to its proven ability to prevent blood clots. Very limited availability this year.
Sage, White (Salvia Apiana)	tender perennial			sun	Ceremonial. Indigenous sage used ceremonially by native people, tied into bundles and burned as incense "smudge sticks". Likes a well-drained, dry, sunny spot. Perennial in zones 7 and above, grown as annual where winters are cold. Gray-white foliage and white or pale blue flowers

Sage, White Dalamation or Old Grey Spice	perennial	NA 2018			Not to be confused with White Sage (<i>S. apiana</i>), White Dalamtion Sage is considered by many to be the top culinary sage. I love to throw a leaf or two with green beans as they steam. A little sea salt, and it is a breathtaking dish! A superior selection for commercial field production. Has a very desirable clean aroma and flavour, with little of the bitterness found in other sage varieties. If you have turned your nose up to sage in the past, this cultivar may change your mind. Leaves are smaller and have a whiter appearance compared to standard garden sage.
Saint John's Wort - Hypericum perforatum 'Topas'	perennial			sun	Improved strain for commercial production. Up to 0.5% hypericin; yields 2.5 tonnes/ha (1 ton/acre).
St. John's Wort - Hypericum perforatum 'Topas' perennial Improved strain for commercial production. Up to 0.5% hypericin; yields 2.5 tonnes/ha (1 ton/acre).	perennial			sun	Another variety of St John's Wort - more ornamental than medicinal Larger leaves - more of a ground cover in habit.
Salad Burnet - Poterium sanguisorba	perennial			sun / part shade	Everyone needs to have a salad burnet plant. Very hardy. One of the first green things to eat. And it has a lovely cucumber flavor. I put a handful in a pitcher of ice water and let it seep about an hour - it makes very tasty cucumber-flavored water months before you'll harvest any cucumbers!
Samphire - Crithmum maritimum	tender perennial / bog			sun / part shade	(Sea fennel) Aromatic herb found growing along European seashores. Succulent leaves are delicious boiled with salt and pickled in vinegar and spices. Herbalists have long extolled the beneficial effects of pickled samphire on the digestive system. Has potential in the treatment of obesity. Good diuretic. Does best in sandy or gravelly soil. Height 30-60cm/1-2ft.
Santolina - Grey - "Cotton Lavender"	perennial			sun	A beautiful hardy clumping plant. Not used so much for herbal reasons; more ornamental. I struggle to find a reason to grow this, but it is very pretty and deer-resistant.

Sassafras - see separate Berries, Shrubs List					
Savory, Summer (Satureja hortensis)	annual	NA 2018		sun	Plant with bean plants - perfect companion plant for growing and for cooking. Makes a delightful tea. Adds "savor" to any main dish, vegetable, or soup. Cook with beans to add flavor and reduce flatulence.
Savory - Winter Creeping (Satureja montana)	perennial	NA 2019		sun	Same flavor as upright Winter Savory but with a creeping habit. Light green leaves bring brightness to the herb garden. Pretty Sprawling Style.
Savory - Winter (Satureja montana)	perennial			sun	Similar in flavor to the Summer Savory, but hardy and bush-like. Can be used as a small herb garden herdge row. Easy-to-grow multi-purpose plant that is perennial, even in very cold climates. Culinary herb that sparks the flavors of cheeses, beans, meats, and makes them easier to digest. Traditionally known as a warming herb for muscular tension, chest problems, and digestion. A beautiful and reliable herbal groundcover or landscape plant with shiny green leaves and spikes of white flowers. Because it has an extremely long blooming period and is reliably perennial, we have found winter savory to be one of the easiest ways to attract beneficial pest-fighting insects and pollinator.
Schisandra chinensis	perennial	COMING 2020		sun	Wu-wei-zi (Schisandra chinensis) is a perennial vine that makes the bright tasting "many flavored" fruits, Traditional usage (TCM): Adaptogen, stomachic. Weakens the heat feeling of hot pepper.
Scullcap - see Skullcap					
Seaholly Eryngium planum	perennial	NA 2019		sun	
Seaholly Eryngium campestre	perennial	NA 2019		sun	

Self Heal or All-Heal - Allheal Prunella vulgaris	perennial			sun / part shade	The medicinal Self Heal or Heal-All. Can be naturalized in any yard. Can even compete with grass to fancy up your lawn - add color, beneficial nector for pollinators, etc. This has a long tradition as a wound-healing herb all over the world. Has been used to stop bleeding, close wounds, as a throat gargle, for hemorrhoids, coughs and colds. Robust low groundcover with sandpaper leaves, copper-purple flowers
Self Heal / Prunella - Xia Ku Cao	perennial - this self heal is from Chinese Medicinal Herb Farm - being grown this year for genetic variety and as a test	new 2018		sun / part shade	The medicinal Self Heal or Heal-All. Can be naturalized in any yard. Can even compete with grass to fancy up your lawn - add color, beneficial nector for pollinators, etc. This has a long tradition as a wound-healing herb all over the world. Has been used to stop bleeding, close wounds, as a throat gargle, for hemorrhoids, coughs and colds. Robust low groundcover with sandpaper leaves, copper-purple flowers
Shatavari	tender perennial	NEW 2018		part shade	Adaptogen for designed for female stress and energy - a relative of the asparagus/fern family.
Shepherd's Purse - Capsella bursa-pastoris	self seeding spreading annual			sun	Infusion is excellent for stopping internal and external hemorrhages. Recommended for excessive menstruation.
Shiso, Green (Perilla or Beefsteak Plant)	annual - self seeding			sun	That little green piece of plastic in sushi is supposed to be a shiso leaf! I love the flavor, which is lost if cooked. But great chiffonaded over cooked rice. Nice in salads. Really fun mixed with mint, cilantro, vietnamese coriander, mitsuba on a platter during a barbeque. Green (Aoshiso) Great flavour; preferred variety for sushi.

Shiso, Purple or Red	annual - self seeding			sun	This is the herb responsible for the color and flavor of umeboshi plums. Very cool flavor. Beautiful plant. The purple and green shiso tend to mix and seeds saved will be pink and lose some flavor, so plant them apart from one another if you plan to save seeds. Purple (Akashisho) Purplish red leaves; preferred for pickling.
Skullcap, American (Scutellaria lateriflora) - also spelled 'scullcap'	perennial		native	part shade	North American rhizomatous perennial to 2', with spires of pink-to-blue tubular flowers. Tolerates semi-shade. Prized as the nerve tonic that has the "deepest" action on the nervous system, nourishing the nerves, and calming anxiety. Contains scutellarin, a sedative and antispasmodic. Effective, reliable remedy for headache and neuralgia. Good sedative for insomnia, restlessness, hysteria and convulsions. Once dried, American Skullcap loses much of its medicinal qualities. Grow it and use it fresh as a tea or tincture it.
Skullcap, Baikal (Scutellaria baicalensis) - Huang-qin	perennial	TCM - prefers dry soil		sun	Huang-qin - This Asian skullcap has completely different uses from the North American variety. Important anti-allergy and immune-strengthening herb. The root is used for flu. Important Chinese medicinal herb: prescribed for fevers, colds, hypertension, insomnia, headaches, hepatitis, diphtheria, shingles, and other ailments. Many of its traditional uses are supported by clinical studies. Very showy blue flowers. Must have good drainage, and does not transplant well otherwise easy to grow and very hardy.
Skullcap, Barbat (Scutellaria barbata)	perennial	TCM		sun	Ban zhi lian - An important restorative remedy for the nervous system used in Chinese medicine to treat anxiety, depression, migraines and insomnia. It is also commonly used to reduce inflammation. It has been shown to have powerful anticancer properties with great promise. It attacks cancer cells without damaging healthy cells, quite unlike most chemotherapy drugs in use today. The American company, Bionova, is developing a drug derived from this herb for the treatment of advanced breast cancer and pancreatic cancer and the company has already completed early clinical trials. Attractive purple flowers.

Soap wort - Saponaria officinalis	perennial			sun	<p>(Bouncing bet) Native to eastern Europe, Soapwort is often found growing in the woods, on grassy slopes, and along wild riverbanks. You can easily make an effective shampoo, skin rinse, or delicate fabric wash by steeping roots and leaves in hot water. The substance that collects on the top lathers like soap when agitated. "Bouncing bet" is an old Elizabethan term for laundry woman. Soapwort is well known to the Mahuna and Cherokee, who used it to make poultices and rinses for a variety of skin ailments, pain relief, and as a soap. Soapwort is easy to establish in the garden. Attractive pale pink flowers appear in dense clusters. Attracts bees, butterflies and hummingbird moths. Ht 24in (60cm).</p>
Society Garlic - see Garlic					
Solomon's Seal, Giant Polygonatum biflorum	perennial woodland native		native	part shade / shade	<p>An elegant relative of the Lily of the Valley, this woodland native produces arched stems with hanging clusters of fragrant white-green coloured flowers that bloom from April through June. Flowers transition to blue colored poisonous berries later in the fall. In fact, every part of this plant is poisonous except for the root and young shoots. Some say its name originates from its ancient seal like markings on its roots placed there by King Solomon himself after obtaining wisdom of its value. Interestingly enough, you can estimate the age of the plant by counting the root seal markings that appear every year. Knowledge of its medicinal value has been well established since ancient times. Solomons seal is mainly praised for its wound healing properties, used in traditional medicine to repair joint, ligaments and other connective tissues as well as offer pain relief when applied topically. It also helps repair gastrointestinal inflammation and is believed to regulate feminine conditions such as excessive bleeding during menstruation. The young shoots are eaten as a vegetable in Turkey. Must be planted in the shade with room to spread its creeping rootstocks. Prefers moist, rich, well draining soils. Deer resistant. Ht 30-90cm.</p>
Solomon's Seal - varigated	perennial woodland native		native	part shade / shade	

Spicebush - see Native Shrub and Tree List					
Spikenard, Eastern (Aralia racemosa)	native perennial	COMING 2020	native	part shade	Menominee Blood Medicine, Life-of-Man, Petty Morel, American Spikenard Family: Ginseng (Araliaceae) Herbaceous perennial native to the Eastern US and hardy to -30 degrees F. A comely plant, with large compound leaves and upright clusters of red berries. Much used by the Native Americans, the root was considered a blood purifying spring tonic. Native lore indicates use as an antidote to blood poisoning; stomachic, analgesic and antitussive; also effective as a poultice to treat wounds, lesions and swellings. Plant prefers rich, moist soils and part to full shade.
Spilanthes, official - Toothache Plant)	annual				This is a beautiful and very unusual plant to grow. Easy and fast growing, part sun. Grows in a cross shape, with eye-ball like pom pom flowers in red and yellow. Light numbing effect when leaves are chewed. Immune-enhancing tonic, dentifrice, anesthetic. Chewing on a leaf or bud causes a tingling in the mouth, used in small amounts to give interest to salads and cold drinks, and in larger quantities to kill pain. Also used against candida. Low, spreading plants bearing yellow button flowers with bright red centers are easy to grow. Nice for edging herb and vegetable beds, tucked into odd spots around the garden, or in a pot.
Stachys - see Betony					
Stevia	tender perennial			sun	The sweet herb. Contains stevioside, hundreds of times sweeter than sugar but without the calories. Leaf powder can be used in place of sugar in drinks, baked goods, desserts, preserves, etc. Has a pleasant flavour of its own that never dominates or overwhelms to which it is added.
Stinging Nettles - see Nettles					

Stoneroot - Collinsonia canadensis	perennial / woodland native		native	part shade / shade	Forest dwelling native medicinal herb - Endangered. Should be planted in a guild with other native shade-loving medicinals. Collinsonia is known as the go-to herb for building the strength and vitality of veins. Great for any weakened veins like varicose veins, hemorrhoids, etc. Stoneroot is a member of the mint family, but unlike other mints, the leaves are strongly emetic in action. From July to October the plant will bloom with small lemon-scented flowers. The root is harvested in autumn, and is very hard; hence the name, stoneroot. It is commonly used in traditional remedies for indigestion, diarrhea and dysentery.
Strawberry - Alpine (Wild) Fragaria vesca 'Ruegen'	perennial / naturalizing			sun / part shade	Sweet, tangy berries about twice the size of the wild ones on compact, runnerless plants. Bears fruit from June till frost. Can even be grown indoors in direct sun. Very productive; will bear first year.
Summersweet - see Native Shrub and Tree List					
Sushni - Marsilea minuta	tender perennial / bog	TCM		sun / part shade	Waterclover; Fern Clover; Sak - Brain food! Gotu kola, bacopa, and sushni make a trinity of top South Asian herbs used to enhance brain function. In Bangladesh and West Bengal sushni is commonly sold in vegetable markets as a medicinal leafy green, mainly to help overcome insomnia. It is cheaper and more readily available than prescription drugs. The fresh leaves are ground into a paste and eaten as chutney, or the whole leaves are eaten in salads or cooked like spinach. The plant contains marsiline, a substance with sedative and anticonvulsant properties. In clinical trials sushni was shown to reduce the incidence of epileptic seizures and increased the duration of sleep, with no withdrawal symptoms. Sushni has a powerful anti-cholesterol effect also: in one study it reduced blood cholesterol by 31% and liver cholesterol by 71% when fed to animals. The plant looks like clover, and forms beautiful mats like clover, but is actually a type of miniature fern. Like mimosa the leaves fold up at night. Prefers full sun.
Sweet Woodruff - Galium odoratum	perennial - cleavers family			part shade / shade	Gorgeous ground cover - white flowers on top of mounds of bright green star-shaped leaves. Leaves smell like vanilla when dried. Like shade. Vanilla-scented leaves are essential in Maybowl, a traditional German punch. Helpful for migraine, nervous conditions, stomach pain.
Sweet Cicely - see Cicely					

Sweet Fern Shrub - see Native Shrub and Tree List					
Sweetshrub - see Native Shrub and Tree List					
Tansy - <i>Tanacetum vulgare</i>	perennial			sun / part shade	Spreads like crazy! Pretty yellow button flowers were once used by the Indians to induce abortion. Now used in cosmetic preparations. Repels ants from counters or around baseboard. Repels cockroaches as well. Blooming flower heads and leafy shoots produce yellow and green fabric dyes. Attracts Ladybugs like crazy!
Tansy, Silver - <i>Tanacetum niveum</i> 'Jackpot'	perennial	basically an ornamental		sun / part shade	Jackpot tansy - Sensational variety from England. Soft downy woolly-grey leaves are soon overwhelmed by a shroud of white flowers -- so much so that you almost cannot see the leaves. Has the same insect-repelling properties as other tansies. Not invasive
Tarragon - <i>Artemisia dracunculus</i>	perennial			sun	This is actual Tarragon - sometimes referred to as "French." Other tarragons are related to marigolds - they are in the tagetes species group.
Tea - See Red Root					
Teasel, Fuller's (<i>Zxu-duan</i>) - <i>Dipsacus sativus</i>	annual	TCM / Lyme Collection	we have 1 year old plants in pots ready to go	sun	Comb-like flowerheads were once used for raising nap on woolen cloth or carding fleece. Excellent in dried arrangements. Water trapped in leaf basins is valued as an eyewash
Also see Sea Holly					

Globe Thistle Echinops ritro	perennial			sun	Native of Tibet with showy masses of violet-blue globe-like flowers from July to August. The roots are anti-inflammatory and are used as a galactagogue -- an agent that increases milk flow in nursing mothers. It is also used for mastitis and for distension of the breast. Excellent cut or dried flower.
Thistle, Blessed - Cnicus benedictus	perennial			sun	One of the main herbs in the liquor, Benedictine! Main value is a tonic, particularly for the digestive system. Said to improve circulation and blood, thereby strengthening the brain and memory.
Thistle, Milk - Milk Thistle Silybum marianum	perennial			sun	Beautiful, dramatic plant - Huge dark shiny leaves with white spots. Creates a huge thistle flower in the center, that finches love! Large, glossy, spined plant with intricate white pattern on the leaves. Solitary 2" purple flowers. All parts are edible. Medicinal: spring tonic, increases mothers' milk, anti-depressant. Seeds detoxify the liver, and even help renew its cells.
Thymes					
Thyme, Highland Cream	perennial	a very low dwarf thyme - with bright yellow highlights		sun	Low mat-forming lemon-scented variety with delicate dark green leaves edged with cream. Excellent between paving stones in pathways, along borders and in rock gardens. Ht. 2.5cm/1"
Thyme, French or 'Summer'	perennial	pollinator-friendly		sun	Narrow leaves, distinctly greyer and sweeter than English. Preferred by the French. May need some winter protection as it is not as hardy as the other thymes in my opinion.
Thyme, English	perennial	pollinator-friendly		sun	A very traditional thyme flavor and scent - upright and easy to harvest. So with many herbs, the more you harvest and prune, the better the plant will produce. These thyme plants may get stringy if not harvested continually. Thyme dries and freezes well.

Thyme, Lemon Varigated	perennial	pollinator-friendly		sun	Lemon Thyme definitely smells like lemon and tastes like lemon. It can be used in any recipe calling for lemon juice, lemon zest or lemon flavoring. Lemon Thyme added to marinade is great with fish or chicken. Lemon Thyme's glossy green and yellow foliage can be sheared to form one of the knots in a traditional knot garden
Thyme, Mother of (Coccineus) Red Flower T. serphyllum	perennial	pollinator-friendly		sun	With its strong thyme flavor, high thymol content, Mother of Thyme is actually one of the original classic thymes.
Thyme, Red Creeping	perennial	pollinator-friendly		sun	A dark leaved thyme with dark magenta-red flowers. Very low to the ground.
Thyme, Rose Petal	perennial	pollinator-friendly		sun	A beautiful new creeping thyme that comes up smelling like roses! Forms dense mats that emit a scent very similar to the scent of rose geranium when stepped upon. Excellent for walkways and rockeries. Foliage is dark grey-green.
Thyme, Silver	perennial	pollinator-friendly		sun	Same flavor and fragrance as English thyme, but taller in style and silvery variagted foliage. Lovely accent plant. For hanging baskets and as garden edging.
Thyme, Wedgewood English	perennial	pollinator-friendly		sun	a new favorite for flavor and looks - each leaf is outlined in a subtle lighter green color.
Thyme, White Creeping	perennial	pollinator-friendly		sun	white thyme gets white flowers but also has bright chartreause green foliage
Thyme, Wooly	perennial	pollinator-friendly		sun	Soft and silvery, Woolly Thyme is in a class by itself. Tightly knit, it makes a great filler for in between pavers or along borders. It rarely flowers.

Tobacco - Midsummer Farm variety	annual	pollinator friendly	we always have a cool assortment of heirloom tobaccos	sun	Annual plant - big and gregarius - wonderful flowers that attract hummingbirds and all sorts of great pollinators. This variety I have been growing and saving seeds of for many years. We don't smoke it, generally, but we grow tobaccos throughout our vegetable garden for the drama and fun.
Trillium	perennial woodland ephemeral	new 2018	native	shade	Red trillium; Birthroot; Wakerobin) Important Native American herb. Tea made from the roots was used for menstrual problems, to induce labour, for menopause, and as an aphrodisiac. Also for coughs, bowel complaints, hemorrhages, asthma, lung disorders and for skin irritations. Woodland perennial, 15-40cm/6-16" high, with deep red flowers in spring.
Tulsi or Holy Basil - 5 different Indian varieties here, and See Basil for Thai Holy Basils					
Midsummer Farm saved Tulsi Seed Variety	annual / tender perennial			sun	Our own tulsi seed - very similar to Amrita, but we can't promise that there hasn't been some mixing ...

Tulsi, Holy Basil - KAPOOR or Temperate -	annual / tender perennial	may not be available 2019 - having trouble acquiring seed		sun	Tulsi is one of the best and most effective Adaptogens. Grown near homes and temples all over India, this basil is used in Ayurvedic medicine and is considered a Rasayana, an herb that nourishes a person's growth to perfection and long life. Maintains balance of chakras possesses energy of purity and brings on goodness, virtue, and joy. Needs warmth and sun. A great fresh tea can be made from leaves and flowers. Perfect to drink at night, before bed. Natural cortizone-leveling effect. Kapoor is a common holy basil in the United States, it is attractive with well-branched, large masses of flower heads and bright green leaves.
Tulsi, Holy Basil - AMRITA O. sanctum	annual / tender perennial			sun	A rama type - very colorful - from Amritapuri, India - Nectar of Immortality
Tulsi, Holy Basil - KRISHNA or SHYAMA - O. tenuiflorum	annual / tender perennial			sun	Dark green, purplish leaves.
Tulsi, Holy Basil - RAMA - O. sanctum	annual / tender perennial			sun	This is another more common bright green tulsi with a banana-clove like flavor.
Tulsi, Holy Basil - VANA - O.gratissimum	annual / tender perennial			sun	A pleasant tasting bright green leafed variety.
Tumeric - Curcuma longa	tender perennial	very limited quantities in 2019		part shade	Must come inside for winter. Familiar spice; essential in south Asian cuisine, especially curry powders. Gives yellow colour to prepared mustards. Recent evidence suggests turmeric possesses potent anticancer properties. Fine potplant for bright windows.
Uva Ursi	perennial small scrub - native			part shade	Arctostaphylos uva-ursi Uses: Medicinal (Bearberry; Kinnikinnik) Used for kidney and bladder infections on account of its diuretic and antiseptic properties. Likes damp, acidic soil. Attractive glossy green leaves and pink bell-shaped flowers.

Valerian (white, medicinal) - Valeriana officinalis	perennial			sun / part shade	Just draws in butterflies. Very heavy scent. A dynamic and important herb. Garden Heliotrope – Cat’s Valerian. Old-time favorite in the garden. A sun-loving perennial, bearing branched heads of small flowers in summer. Very hardy - sow in spring or fall in any well-drained soil in sun or part shade. Low germination, so start in flats. Leaves make the most tension relieving bath of all. Medicinal: Roots are perhaps the most effective herbal tranquilizer of all for both humans and small animals
Vietnamese Coriander - see Cilantro					
Vervain - Verbena officinalis	perennial			sun / part shade	“Vervain” means “sacred bough”: it was one of the sacred herbs of the Druids. A perennial with tall thin wands of lavender flowers from a carpet of dense evergreen leaves. Easiest to grow of perennial herbs, sprouting with no special care, though it takes 2-3 weeks. Sun-loving, drought-resistant, adaptable, with spreading roots that hold and protect the soil. Medicinal: Restorative for nervous system, digestion, convalescence, menopause, and headaches.
Vervain, Blue - Verbena hastata	perennial			sun / part shade	Native North American wildflower and nervine growing in damp areas. Has a balancing and anti-anxiety effect; useful for insomnia and other nervous conditions.
Vipers Bugloss - Echium vulgare	perennial			sun / part shade	(Blueweed) Bristly native of Europe with brilliant blue flowers from June til frost. Thrives in dry, poor soils. Infusion of leaves is helpful for fevers, headaches and nervous complaints.
Virgina Blue Bells - Mertensia virginica	perennial	ephemeral	native ?	shade	
Virgin’s Bower - Clematis virginiana	perennial - vine	New 2019			
Violets					

Violets (Heart's Ease) - wild	perennial			part shade / shade	Bright green leaves and dark purple flowers
Violet, Laborador Viola labradorica	perennial			part shade / shade	Dark purple leaves and light purple to white flowers - this is a stunning addition to any violet collection.
Violet - Viola odorata - Sweet Violet (Sweet or Parma Violet)	tender perennial	I always have some of these available - different colors.		part shade / shade	Most amazingly lovely scent. Puffy White blooms. Watch for slugs!
Violet - Viola rotundifolia - Yellow flowered	perennial	NEW 2019		part shade / shade	Most amazingly lovely scent. Reddish purple traditional violet blooms.
Violet - Viola sororia (DeWint House)	perennial			part shade / shade	I found these in the woods behind the DeWint House as a child. They are gorgeous light violets with very pale violet striping. Great leaves for using medicinally and in salves.
Violet - Viola sororia "Freckles"	perennial			part shade / shade	Super adorable violet completely spotted in tiny polkadots.
Visnaga or Bishop's Weed (Ammi visnaga)	annual				A strong and powerful member of the umbelliferae family - use carefully but full of potential for skin conditions. Usually sold as a cutflower called "Ammi"
Weld (Reseda luteola)	biennial / dye plant			sun	Known since antiquity as a yellow dye source of great importance. For wool, cotton or silk.
Wintergreen	perennial small scrub - native	NA 2019			Gaultheria procumbens - Uses: Culinary/Medicinal/Industrial Wintergreen-scented woodland shrub, only 15 cm/6 high. Used for headaches and other aches and pains, inflammations and acute rheumatism. Common flavouring for chewing gum, toothpaste, mouthwash.
Witchhazel - see separate Berries, Shrubs List					

Woad (Isatis tinctoria)	biennial / dye plant			sun	For ages the main source of blue dye in Europe, until the introduction of indigo in the 17th century. Contains the same dyestuff as indigo, though in lower concentration. Because it is hardy (unlike indigo) woad is still grown for natural dyeing.
Woodruff - see Sweet Woodruff					
Wormwood - see Artemisia					
Woundwort - see Betony					
Yarrow, White	perennial			sun	Sometimes flowers have a touch of pink on them. Ancient healing herb, used by many cultures worldwide for stopping headaches, colds, and flu. A handful of leaves in the bath soaks out aches and pains. Excellent butterfly and beneficial insect plant, with big flat clusters of small flowers--the shape butterflies prefer for landing and nectar-gathering. Forms a mat of roots and lacy leaves that holds soil and allows moisture to penetrate; good for sloped beds and edges of perennial plantings. Also makes a good low soil-holding understory for spring bulbs, before the yarrow sends up flowerstalks. I add yarrow blossoms to many of my skin salves.
Yarrow -"Blue" Danish	a standardized and strong medicinal yarrow			sun	
Yarrow, Red	perennial	NA 2019			This variety of colored yarrow may have potential medicially as well aswith working with the I Ching
Yarrow, Yellow	perennial				This variety of colored yarrow may have potential medicially as well aswith working with the I Ching
Yarrow, Other Colors - see Achillea on separate list for Natives and Perennials					
Yellow Dock or Curly Dock - Rumex crispus	perennial			part shade	The root is a bright yellow color from high levels of berberine, a wonderful medicinal healer and anti-microbial. A substitute for using the endangered Goldenseal. The root is also dried and extracted as tea or tincture and used as a gentle laxative and a good source of bioavailable iron.

Yellow Root - Xanthorhiza apiifolia	perennial / shrub	NEW 2019	native	part shade / shade	
Yerba Mate - Ilex paraguariensis	tender perennial - small tree	Very limited for 2019		sun	In Latin America, Yerba Mate is the beverage of choice and has a smoother taste than green tea, plus it's loaded with antioxidants. The plant itself makes a wonderful potted plant for its graceful full-leafed branches. Under warm temperatures, it grows throughout the year, even in the north as a potted plant with flowers arriving during the winter and spring months. The leaves can be harvested once the plant is established. Can be grown in a pot like eucalyptus and brought into house or greenhouse for winter.
Yerba Mansa - Anemopsis californica	tender perennial / bog	NEW 2018	native	sun / part sun	Lizard Tail and Swamp Root; Creeping herbaceous perennial. Native to the Southwestern US and California. Hardy to 10 degrees F. Does well in pots. The succulent, ovate leaves give rise to white, sometimes rose-tinged cone-flowers. The entire plant smells good--spicy and warm. It is often found in association with geothermal springs. As might be expected, the plant is a heat dependent germinator, and high temperatures (up to 100 degrees F) and long germination times (about 3 months) are usually required to get results. A major Native American medicinal - being compared to goldenseal and echinacea.
Yerba Santa					
Yomogi - see Artemisia					
Zaatar -real zaatar - or see Oregano	tender perennial			sun	Origanum manu
Zhi Mu Anemarrhena asphodeloides	perennial	TCM		sun / part shade	Chinese medicinal herb that looks and grows like a tall grass but isn't. It spreads by underground rhizome like grasses, but unlike grasses it has fragrant yellow-white or light purple flowers that open in the evening late summer and autumn. Used in China for 2000 years. The rhizomes are noted for their antidiabetic and antibacterial properties, and are used for pneumonia, bronchitis, high fever, irritability and insomnia.