

Herb Variety Plant List 2015			
Herbs - Culinary and Medicinal in Alphabetical order by most used name (mostly common, but sometimes under latin...)			
name/variety	perennial/ annual/ten der perennial	special category	DESCRIPTION
Aconitum napellus (Monk's Hood) album (white)	perennial	poison / deer resistant	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	poison / deer resistant	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.
Agastache - Anise Hyssop	perennial	pollinator plant / deer resistant	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	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.
Korean Hyssop (Korean Mint) - Agastache rugosa	perennial	TCM	Oriental 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.
Agrimony	perennial		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.
Ajmod Indian celery - Carum roxburgianum	annual		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, ajmod is traditionally used against intestinal upset, asthma and bronchitis
Ajowan - Trachyspermum ammi	annual		Traditional ingredient and hard- to-substitute flavor in Indian cuisine. Strong skin-healing associations.

Alchemilla (Lady's Mantle) 'moliis thriller'	perennial		A beautiful traditional herb garden plant. Leaves are stunning - and hold droplets of water like lotus. Clusters of puffy yellow flowers.
Alkanet	perennial / dye plant		Roots make dark wine-red dye. Doesn't like wet feet. Limited numbers available.
Aloe vera	tender perennial		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.
Andrographis	annual		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.
Angelica archangel (Common) Zhi	biennial or triennial		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	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	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 pubescens - Du hu	perennial	TCM	Another important and useful TCM angelica.
Anise (Pimpinella anisum)	annual		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.
Anise Hyssop - See Agastache			

Arnica chamissonis (American)	perennial		Not for internal use - but absolutely fabulous for external uses, especially bumps and bruises. Very limited number available.
Arnica montana (European)	perennial		Not for internal use - but absolutely fabulous for external uses, especially bumps and bruises. Very limited number available.
Artemisia abrotanum	perennial		Such a wonderful, easy to grow, amazing smelling plant!
Artemisia absinthium - Wormwood	perennial		Wonderful smelling - beautiful soft grey-green leaves. A must in the herb garden
Artemisia dracunculus - see Tarragon			
Artemisia lagocephala - Hakusan Wormwood	perennial	TCM	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 princeps - Yomogi or Japanese Mugwort -	perennial		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 vulgaris - Mugwort	perennial		An intense member of the artemisia family - spreads very willingly. Not as strongly scented as the others listed here. Mugwort is a super food, and a macro-biotic food staple.
Artemisia - White Mugwort	perennial		Really an ornamental - but gets big white drooping plumes of flowers. Very attractive.
Asafoetida - Ferula asafoetida	tender perennial		(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.
Ashwaganda	annual		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 - New York and New England - See separate list for Natives and Perennials			
Astragalus	perennial	TCM	A solid immune system balancer 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.
Atractylodes macrocephala - Bai Zhu	annual	TCM	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		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	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	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.
BASIL (Ocimum basilicum) - over 25 varieties			
Basil - African Blue	tender perennial		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		A purple blushed basil with sweet and mild flavor
Basil - Anise	annual		A hint of middle-eastern flavor
Basil - Cinnamon	annual		A warm cinnamon like flavor
Basil - Corsican	annual		A mild and very pretty purple-green basil
Basil - Dark Opal	annual		One of the original dark purple basil. Almost black, shiney leaves.
Basil - Dolly	annual		A basil for serious makers of pesto - this is of the heaviest yiedling commercialbasil 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 - Genevese	annual		For basil purists - the traditional heirloom basil
Basil - Herblea Harlekin	annual	New for 2015	Herblea is an excellent new series of basil cultivars. Harlekinis a sturdy upright basil. Foliage is colored bright green with a purple nearly black center on each leaf. Good heat and tempertuare tolerance. Solid culinary flavor a bit flowery and interesting.

Basil - Herblea Super Globe	annual	New for 2015	Herblea is an excellent new series of basil cultivars. For anyone who loves globe style basil, Super Globe is the ultimate! Foliage is colored bright green. Good heat and temperature tolerance. Solid culinary flavor; a great pesto basil.
Basil - Holy - See Tulsi			
Basil - Large Leaf Italian	annual		A bit smoother and sweeter than Genevese, but solid basil pesto flavor
Basil - Lemon 'Sweet Dani'	annual		The cottage garden sweet lemon basil.
Basil - Lettuce Leaf	annual		Good flavor and Giant Leaves. Sometimes I like this flavor best in pestos. No heat in it at all. The large leaves are great used as wraps. Just a shrimp and a small scoop of guacamole wrapped in a basil leaf is sublime.
Basil - Lime	annual		The cottage garden sweet lime basil. Makes a superb summer tea.
Basil - Magical Michael	annual		Sometimes referred to as witch's basil. A very pretty purple-green basil with mild flavor.
Basil - Napoletano	annual		Standard lettuce-leaf type grown in Italy. Large ribbed leaves, strong basil flavor.
Basil - Pesto perpetuo (O x citrodorum)	tender perennial	NA 2015- sorry!	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 variegated leaves make this a sort-after basil.
Basil - Purple Ruffles	annual		A basil variety I've been growing since childhood - good flavor with very dark purple, ruffled leaves.
Basil - Red Rubin	annual		A red leafed basil - quite a different shade from dark Opal and Purple Ruffles
Basil - Serrata	annual		A relatively new variety and style of basil - leaves are heavily scalloped and bright green. Great flavor too.
Basil - Spicy Globe	annual		One of the most whimsical of basil - Spicy globe forms a large globe head of medium sized basil leaves.
Basil - Sweet Thai	annual		Solid Thai Basil Flavor.
Basil - Thai 'Langkuri'	annual		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		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		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		

Basil - Thai 'Siam Queen'	annual		A solid choice for traditional Thai Basil flavor. Easy and prolific grower.
Bay or Bay Laurel	tender perennial / scrub		Limited number available. 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
Bean- Hyacinth Bean or LabLab Bean - Murasakirohana	annual	TCM	Highly Ornamental vining bean - NEVER EAT RAW. Contains cyanide!!
Belledonna	annual	NA 2015- sorry!	Poisonous member of the Nightshades family.
Bergamot / Bee Balm - See Monarda on separate list for Natives and Perennials			
Betony or Wood Betony - Stachys officinalis	perennial		Similar to Lamb's Ears. 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, Wood - Stachys betonia or Betonica officinalis	perennial		Bishop's wort
Bitter Gourd or Balsam Pear - Momordica charantia	annual	TCM	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.
Bloodroot (Sanguinaria canadensis)	perennial / ephemeral / woodland native	endangered	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.
Borage - Classic Blue	annual		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		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		A great lawn herb - these can compete with grass and add color and texture to the lawn. Bee-friendly. A history of herbal usage.
Burdock (Arctium lappa) - Chiko	annual		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	annual		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	annual		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.
Burdock (Arctium lappa) - Watanabe	annual		A great production and solid medicinal burdock; great grown in double-high straw bales for long straight roots and easy harvest.
Butcher's Broom - Ruscus aculeatus	perennial shrub	NA 2015- sorry!	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.
Calamint - Nepitella - Calamintha nepeta	perennial		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. Sauteed zucchini or mushrooms with fresh nepitella, tomatoes, and garlic is served with roast or boiled meat dishes. Traditionally sold with fresh porcini mushrooms during Porchini festivals in Italy.
Calendula officinalis	annual		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		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		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		Put in a large container.
Cardinal Flower - see Lobelia on separate Natives and Perennials List			
Cat Grass - see Oats			
Catnip - Nepeta cataria	perennial		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 humans 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 - 'Walker's low'	perennial	deer resistant	Not very catnipy - cats usually ignore it. But Walker's Low is a great perennial that bees love.
Catmint - Nepeta subsessilis 'Pink Dreams'	perennial		Catmint is milder than catnip in general. This one has attractive pink flowers.
Celandine	perennial		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
Chamomile, Bodegold Strain - Strong German - Matricaria recutita 'Bodegold'	perennial		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	perennial		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	perennial		Very similar to Dyer's Chamomile and some people refer to these two interchangeably.
Chamomile, Roman - Chamaemelum nobile	perennial		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'	perennial		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.
Chervil	annual		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)	annual		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 Trichosanthes kirilowii	annual	TCM	Usually roots are used rather than fruit. The flowers are amazing. Very limited number available
Chives - 9 varieties			
Chives, Common Purple, Traditional European - Allium schoenoprasum	perennial		A staple of a dooryard herb garden. Leaves are round and hollow. Produces best when cut continuously.
Chives, Garlic - Allium tuberosum	perennial		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 - Allium schoenoprasum	perennial		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 - Allium tuberosum	perennial		Kobold is a more compact, more uniform variety of garlic chives. White flowers. Produces best when cut continuously.
Chives, Niro (Chinese Leek or Hiro Haba)	perennial		Broad, flat leaved chive. Great flavor. Sweet.

Chive, Flowering Chinese Leek	perennial		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 - Allium schoenoprasum	perennial		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		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 - Allium canadense var. lavendulare	perennial		Showy Wild Garlic is a late-spring bloomer - a few steps above the onion grass that appears in your yard!
Cicely or Sweet Cicely	perennial		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.
Cilantro, Vietnamese (Rau Ram) or Vietnamese Coriander	tender perennial / bog		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, Calypso - Coriandrum sativum	annual		Classic cilantro; bolt resistant. Makes great coriander seeds as well
Cilantro, Defino - Coriandrum sativum	annual		Classic cilantro flavor, but with very fine, dill-like leaf shape. A beauty. Makes great coriander seeds as well
Cilantro, Santo - Coriandrum sativum	annual		Classic cilantro; bolt resistant. Makes great coriander seeds as well
Cleavers - Galium aparine (white flowers) Note Lady's Bedstraw, G. verum, has yellow	annual		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.
Clover, Red	annual		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 flowers are lovely in salads. They soak up the dressing and have a wonderful mild crunch. Dry flowers for use as a healing tea.
Clover, Sweet	annual		Grow along fences, etc. A great pollinator- friendly plant
Cohosh, Blue - Caulophyllum thalictroides	perennial / woodland native	endangered	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	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.
Comfrey, purple flowering	perennial		A great and easy plant to grow. Big dark green leaves topped with enthralling flowers. 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.
Comfrey, pink flowering	perennial		
Couch Grass - Elymus repens	annual	New for 2015	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 - see Primrose on separate list for Natives and Perennials.			
Cranesbill Geranium - see separate list for Natives and Perennials.			
Culantro or Mexican Coriander	annual		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		Needs protection in winter. Can be tricky to grow - use very well drained soil

Curry Leaf Scrub - Murraya koenigii	tender perennial		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, Lao, 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		This plant looks similar to lavender or santolina but has a curry mix scent.
Coriander - see Cilantro			
Dandelion, true - Taraxacum officinale	perennial		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.
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.
Dill, Mammoth	annual		A tall dill with huge umbels of yellow flowers. I grow dill all around my brassica and bean plants. Like Cosmos, the dill attracts the beneficial insects and hides the vegetable plants from the pests. It also tastes great cooked with cabbages and beans so it just feels great to plant them all together.
Dittany of Crete - see Oregano			
Echinacea, angustifolia	perennial	endangered	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		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		A white version - very pretty. Can hybridize with other Echinaceas. If you have a good stand of the endangered E. angustifolia, I would plant any other echinaceas nearby.
Edelweiss (Leontopodium alpinum)	perennial		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.
Elecampane			A wonderful, tall plant - give it plenty of room. Roots make a super-effective tea for coughing and bronchial issues of all sorts.
Equisetum or Horsetail	perennial / bog	NA 2015- sorry!	Likes water - can be established in ponds or low spots or softly running streams. A prehistoric looking herb 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.
Eucalyptus	tender perennial		A wonderful smelling herb
Eupatorium maculatum - Joe Pye Weed or Queen of the Meadow or Gravel Root	perennial	native	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 pick up gravel within them.
Eupatorium perfoliatum - Boneset	perennial	native	Eastern North American native found in swampy areas and along streams. White flowers; 2 ft high. 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.
Evening Primrose, yellow (Oenothera biennis)	Biennial		A great shade plant, self seeds and spreads gently; source of GLA (gammalinolenic acid).
Evening Primrose, tall pink	Biennial		Considered the more medicinal of the Evening Primroses.

Fennels - 5 varieties			
Fennel, Bronze	tender perennial		Leafy Fronds are delicious and attractive added to salads.
Fennel, Calabrian Finocchio Sylvatico - Wild	tender perennial		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, Florence (Bulbing)	annual		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.
Fennel, Gigantia de Napoli (Bulbing)	annual		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		Indian spice and super food.
Ferula or Giant Anise Fennel - Ferula communis	biennial or triennial	poison	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		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.
Feverfew, White Stars	perennial		Masses of double white flowers on neat, compact plants 18cm/7" high. A pretty ornamental version of feverfew - makes a great cut flower. Lovely in fresh or dry bouquets and arrangements. Good container plant and for edging. Low parthenolide content.
Feverfew, Crown White	perennial		White Pom Poms - good cut flower looks very similar to pom pom mums.

Figwort - Scrophularia nodosa	perennial		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.
Fo Ti - Polygonum multiflorum	tender perennial	TCM	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.
Fumitory (Fumaria officinalis)	perennial	NA 2015- sorry!	Ancient legend had it that the plant was born of smoke rising out of the earth, hence its name. The Roman historian Pliny says its name refers to the sap of the ghostly pale grey-green annual which causes the eyes to water as if from smoke. Used medicinally in syrups and tinctures to cleanse the liver and kidneys, and to improve gall bladder function. Also used externally for conjunctivitis and skin disease. Some claim fumitory extends the lifespan. Excessive doses are said to cause drowsiness.
Galangal - Alpinia officinalis	tender perennial	NA 2015- sorry!	Khaa - different flavor than ginger.
Geranium, Scented	tender perennial	NA 2015- sorry!	

Germander	perennial		A beautiful scrub-like herb. Perfect for the apothecary herb garden.
Ginger			
Ginger - Zingiber mioga	tender perennial	New for 2015	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.
Goat's Rue (Galega officinalis)	perennial	New for 2015	Handsome herb with light-blue or white flower spikes. Mentioned in Culpepper as an alternative for rennet in cheese making. Has supportive action in lowering blood sugar in diabetics.
Goldenseal	perennial / woodland native	endangered	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.
Gotu Kola	tender perennial / bog		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		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	New for 2015	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.

Horehound (Marrubium vulgare)	perennial	deer resistant	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	New for 2015	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	New for 2015	Stinking horehound - Used to control nausea, vomiting, motion sickness and morning sickness. Stimulates the uterus, and has antispasmodic and expectorant properties.
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.
Hyssop - Blue Nectar	perennial	deer resistant	Highly fragrant, early flowering form of hyssop. Will flower the first season if sown early enough (Feb-Mar). Excellent dry flower arrangements
Indigo - real Indigofera tinctoria	tender perennial		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."			
Joe Pye Weed - see Eupatorium maculatum			
Korean Hyssop or Korean Mint) - see Agastache rugosa			
Lady's Bedstraw - Galium verum	perennial	New for 2015	

Lady's Mantle - see Alchemilla			
Lamb's Ear - Stachys byzantina	perennial		Fuzzy leaves with great staying power - used for bandaging. Leaves have a staying power that makes them ideal for crafting. A favorite children's plant. Hummingbirds love it.
Lavender angustifolium 'Coconut Ice'	perennial		An English Style lavender hardy to zone 6 with whitish-pink flowers.
Lavender angustifolium 'Hidcote Blue'	perennial		English style lavender. Very hardy lavender. Compact silver-grey; flowers deep purple
Lavender angustifolium 'Munstead'	perennial		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'	tender perennial		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'	tender perennial		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.
Lemon Balm (Melissa)	perennial		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		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 Verbena	tender perennia / scrub		Vanilla Lemon Scent and Flavor. A wonderful little tree. Excellent added to cool water in the summer.
Lobelia - See separate Natives and Perennials List			
Lovage	perennial		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			

Madder	perennial / dye plant	NA 2015- sorry!	Dye plant - after 3 years or so, roots can be harvested for dying.
Mallow, Chinese - Malva verticillata	annual	TCM	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.
Marjoram 'sweet' - Origanium majorana or Marjoram hortensis	perennial		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'	perennial		This herb has a similar flavor to oregano.
Marshmallow - Alcea	perennial		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		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		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 Thistle			
Milky Oat - see Oats	annual		A fabulous nervine; the milky pod of the oat plant.
Mints (Mentha) - over 10 varieties			
Mint, Asian or Vietnamese (Mentha x gracilis)	perennial		Featuring a unique, spicy spearmint flavour notable in Vietnamese cooking. Fresh herbs are essential in Vietnamese cuisine, and Vietnamese Mint is one of the primary herbs, lending its flavour to dishes like beef or chicken pho. Its beautiful delicate leaves are also used in salads and as garnishes. Recreating your favorite Vietnamese dishes at home will be easy with this mint. The plant is vigorous and fast-growing, preferring moist, well-drained soil and part shade or sun. Vietnamese mint is not as cold tolerant as some other varieties, and so will not be perennial in every locale, but it is well worth adding to your garden seasonally to enjoy the authentic flavour of Vietnamese cuisine.
Mint, apple	perennial		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, candy lime	perennial		A superb sweet lime aroma with all sorts of possibilities for the kitchen. Try it in candies, cookies, cakes, salads, seafood... anywhere where you need to create a new sensation. Interestingly, the sweet lime aroma of fresh-cut leaves actually gets stronger when stored overnight.
Mint, chocolate			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	perennial		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, curly	perennial		A Spearmint with curly curved leaves. Very pretty with the nice sweet spearmint flavor.
Mint, eau de cologne	perennial		One of the original archtypal mints
Mint, ginger - Mentha arvensis 'Variegata'	perennial		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.
Mint, Korean (See Korean Hyssop)			
Mint, peppermint	perennial		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, persian	perennial		A lovely mint with a mild flavor and elongated leaves.

Mint, pineapple variegated	perennial		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, spearmint 'Kentucky Colonel'	perennial		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	New for 2015	Strawberry Mint! Just think of the summer drink recipes possible using this wonder!
Mint, sweet pear	perennial		wonderful patented fruity mint hybrid
Mint, Swiss	perennial		Swiss mint is one of my two favorite spearmint varieties.
Mint, Mountain - see separate list for Natives and Perennials			
Monardas - see separate list for Natives and Perennials			
Monkshood - see Aconitum			
Motherwort	perennial		Magnificent plant. Large, rough palm-shaped leaves surround spires of pink flowers to 5'. Grows in any soil but needs drainage, sun. Medicinal: Strengthens heart function, reproductive tonic, emotional balancer. A nervine of great effect. Can spread aggressively.
Mountain Mint - see separate list for Natives and Perennials			

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	tender perennial / scrub		a traditional culinary herb of Sardinia
Nepitella - see Calamint			
Nettle, Dead - Lamium	perennial	NA 2015- sorry!	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 varigated colors.
Nettle, Roman - Urtica pilulifera	perennial	NA 2015- sorry!	Very similar qualities to Stinging Nettle.
Nettle, Stinging - Urtica Dioica	perennial		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!
Oat 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.
Onions, including Perennial Scallions - see separate list for Vegetables - Cold and Greens			
Oregano - Greek (Origanum vulgare hirtum)	perennial		This is the true oregano collected wild in the mountains of Greece. White flowers; very hardy. Excellent flavour.
Oregano - Italian (Origanum x majoricum)	perennial		Strong spicy flavor, wonderfully versatile herb in the kitchen. Strong medicinal value. White-pink flowers appear in summer.

Oregano - Dittany of Crete (<i>Origanum dictamnus</i>)	tender perennial		(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 (<i>Origanum 'Kent Beauty'</i>)	tender perennial		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 <i>O. rotundifolium</i> and <i>O. scabrum</i> .
Oregano - Hopley's Purple (<i>Origanum laevigatum 'Hopley's Purple'</i>)	tender perennial		Often grown as an annual. A very attractive oregano from England with dark purple-green leaves and purple flowers in summer and fall. It has a low semi-creeping habit but the flower stalks can rise up to 60cm/2ft high. The mildly spicy scent is almost costmary-like, and the leaves can be used in potpourris and in cooking. Does well in dry sunny places, and bees and butterflies are drawn to it.
Oregano - Syrian (<i>Origanum spp.</i>)	tender perennial		This is not <i>Origanum syriacum</i> , 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.
Oregano - Zaatar (<i>Origanum syriacum</i>)	tender perennial		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 - Zorba Red (<i>Origanum vulgare</i> 'Zorba Red')	perennial		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!
Papalo	annual		A flavor similar to cilantro but thrives in heat. Leaves have scent glands on them and emit cilantro like musk. Forms a bushy 3-4 foot high plant. Foliage is soft and pea-like. I made the best batch of guacamole using papalo last summer.
Parsley, Curly	biennial		
Parsley, Flat Leaf or Italian	biennial		
Parsley, Giant Leaf of Italy	biennial		
Patchouli	tender perennial	NA 2015- sorry!	
Pennyroyal	perennial		A beautiful and aromatic ground cover. Can take some walking even. Not for consumption. Creeping perennial with strong minty fragrance, said to repel mosquitoes, ants, fleas, and moths. Makes a great low edging plant along walks or walls, driveways. Good for pet beds to repel fleas. CAUTION: avoid if pregnant.
Perilla - See Shiso			
Plantain, Giant Turkish	annual	NA 2015- sorry!	A giant and non-hardy version of the plantain
Plantain, Narrow Leaf	annual		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	annual		My 'go-to' plant if I get a bee sting!
Plectranthus, Cuban Oregano	tender perennial		Plectranthus truly likes being a houseplant. This one has a oregano/thyme like flavor and scent.
Plectranthus, Vick's Plant	tender perennial		Plectranthus truly likes being a houseplant. This one has a eucalyptus/camphor like flavor and scent.
Pleurisy Root - See Asclepias on separate list for Natives and Perennials			
Pulmonaria - see separate Natives and Perennials List			

Pyrethrum	perennial	NA 2015- sorry!	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	perennial	NA 2015- sorry!	
Pyrethrum			
Ramps or Bear's Garlic	perennial / woodland native		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.
Rehmannia or Chinese Foxglove	perennial	TCM	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 - Victoria	perennial	NA 2015- sorry!	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 - Chinese (Rheum palmatum)	perennial	NA 2015- sorry!	
Rosemary - Tuscan Blue	tender perennial		a wonderfully flavored and oil rich Rosemary with wider leaves than Arp...
Rosemary officinalis 'Arp'	tender perennial		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.
Russian Sage - Perovskia atriplicifolia	perennial	NA 2015- sorry!	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		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		Thinner and narrower leaves than the German sage. Great flavor. Very hardy.
Sage, Clary	biennial		An apothecary garden necessity.

Sage, Grape-Scented (Salvia melissodora)	tender perennial		Tarahumara indian sage. Leaves and seeds are used medicinally by the Tarahumara Indians of Mexico. Thought to contain the same psychotropic compound found in divinors sage (<i>S. divinorum</i>). 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		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		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, Pineapple	tender perennial		Hummingbirds love the red flowers. Sweet fruity scented leaves.
Sage, Purple	tender perennial		A Narrow leaf style culinary sage -pointy, soft leaves. The purple is a beautiful contrast.
Sage, Raspberry Royal (Salvia greggii 'Raspberry Royale')	tender perennial		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 raspberry-purple colour spring, summer and fall
Sage, Red Root (Salvia miltiorrhiza)	tender perennial	TCM	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.

Sage, Tibetan	tender perennial	TCM	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		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 Dalmation (Salvia officinalis 'White Dalmation')	perennial		Not to be confused with White Sage (S. apiana), White Dalmation 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.
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).
Salad Burnet	perennial		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!
Santolina - Grey	perennial		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.
Savory, Summer (Satureja hortensis)	annual	NA 2015- sorry!	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 (Satureja montana)	perennial		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.
Self Heal / Prunella	perennial		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
Sesame, Black Seeded	annual		Leaves and seeds are called for in many recipes.
Shiso, Green (Perilla or Beefsteak Plant)	annual		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, Britton	annual	NA 2015- sorry!	Beautiful leaves with green on top and magenta underpinnings. Flavor not as great as the green and purple
Shiso, Purple or Red	annual		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 (Akashiso) Purplish red leaves; preferred for pickling.

Skullcap, American (Scutellaria lateriflora)	perennial	native	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)	perennial	TCM	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	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.
Society Garlic	perennial		Likes water - light shade is Ok. Umbrels of pinkish-violet flowers. Garlic flavor. Strong Scent.
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.

Stevia	tender perennial		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.
Sushni - Marsilea minuta	tender perennial / bog	TCM	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.
Stoneroot - Collinsonia canadensis	perennial / woodland native	native	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.
Sweet Woodruff - Galium odoratum	perennial		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			
Tansy - Tanacetum vulgare	perennial		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 - Tanacetum niveum 'Jackpot'	perennial		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 - Artemisia dracunculus	perennial		This is actual Tarragon - sometimes referred to as "French." Other tarragons are related to marigolds - they are in the tagetes species group.
Teasel, Fuller's	annual		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
Thistle, Blessed - Cnicus benedictus	annual		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	annual		Beautiful, dramatic plant - Huge dark shiney 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, 'Caborn wine and roses'	perennial	pollinator- friendly	Highly scented thyme. Low and compact with sprawling deep wine and rose colored flowers. Dark leaves. Very attractive.
Thyme, Caraway	perennial	pollinator- friendly	Delightful sweet and spicy caraway scent and flavor. Ideal in rock gardens. Lighter green pointed leaves and white flowers.
Thyme, Doone Valley	perennial	pollinator- friendly	Green throughout most of summer and fall, Doone Valley Thyme enters its variegated stage in the cool of Spring. Heavily scented of lemon, Doone Valley Thyme makes a nice little mat or mound for filling in and around taller plants. Doone Valley Thyme is not a cooking thyme. The Lemon scent does not hold up in cooking as regular Lemon Thyme does. However, both the leaves and the blossoms can be used as brilliantly colored, fragrant garnish.
Thyme, French or 'Summer'	perennial	pollinator- friendly	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	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, Lavender	perennial	pollinator-friendly	Lavender Thyme is one of the most unusual ground cover thymes. It has needle like leaves and a rich fragrance similar to Lavender. It cascades nicely down the sides of pots which makes it a good choice for hanging basket mixes. It is easy to see why at one time this plant was called Celery Thyme. The vibrant green leaves are offset by the multitudes of dainty pink flowers.
Thyme, Lemon Varigated	perennial	pollinator-friendly	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, Mastic	perennial	NA 2015-sorry!	
Thyme, Mother of	perennial	pollinator-friendly	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	A dark leaved thyme with dark magenta-red flowers. Very low to the ground.
Thyme, Rose Petal	perennial	NA 2015-sorry!	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 King	perennial	pollinator-friendly	Same flavor and fragrance as English thyme, but taller in style and silvery variegated foliage. Lovely accent plant. For hanging baskets and as garden edging.
Thyme, White Creeping	perennial	pollinator-friendly	
Thyme, Woolly	perennial	NA 2015-sorry!	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.
Tulsi or Holy Basil - 4 Indian here, and See Basil for Thai Holy Basils			
Tulsi, Holy Basil - KAPOOR	annual / tender perennial		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 - KRISHNA	annual / tender perennial		Dark green, purplish leaves.
Tulsi, Holy Basil - RAMA	annual / tender perennial		This is another more common bright green tulsi with a banana-clove like flavor.
Tulsi, Holy Basil - VANA	annual / tender perennial		A pleasant tasting bright green leafed variety.
Tumeric - Curcuma longa	tender perennial		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.
Valerian (white, medicinal) - Valeriana officinalis	perennial		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
Vervain - Verbena officinalis	perennial		“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		Native North American wildflower and nervine growing in damp areas. Has a balancing and anti-anxiety effect; useful for insomnia and other nervous conditions.
Violets (Heart's Ease)			
Violet, Laborador Viola labradorica	perennial		Dark purple leaves and light purple to white flowers - this is a stunning addition to any violet collection.
Violet - Viola odorata "double white" (Sweet or Parma Violet)	tender perennial	NA 2015- sorry!	Most amazingly lovely scent. Puffy White blooms.

Violet - Viola odorata "rosa" (Sweet or Parma Violet)	tender perennial	NA 2015- sorry!	Most amazingly lovely scent. Reddish purple traditional violet blooms.
Violet - Viola sororia (DeWint House)	perennial		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 - Fuji Dawn Violet (Viola Mandschurica)	perennial		Elongated arrow shaped leaves, variegated.
Violet - Viola sororia "Freckles"	perennial		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"
Wasabi	perennial		This is actual wasabi - very rare in the U.S. Likes cool conditions - it is a member of the brassica or turnip family. Particularly does well if planted in a running stream of cold water. We usually can only propagate a couple of these each spring.
Weld (Reseda luteola)	biennial / dye plant		Known since antiquity as a yellow dye source of great importance. For wool, cotton or silk.
Woad (Isatis tinctoria)	biennial / dye plant		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.
Yarrow, White	perennial		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, Other Colors - see Achillea on separate list for Natives and Perennials			

Yellow Dock or Curly Dock - <i>Rumex crispus</i>	perennial		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 - <i>Xanthorhiza apiifolia</i>	perennial / shrub	NA 2015- sorry!	Another member of the Berberidaceae family and possible substitute for Goldenseal.
Zaatar - see Oregano			

