

Gilbertie's Herb Gardens

GILBERTIE'S HERB GUIDE

Adonis

Adonis aestivalis

Annual-Sun

Ht. 24", Space 24"

Uses: Red dye plant; medicinal

Adonis – According to Greek legends, this herb sprang from the blood of Adonis. Bright crimson flowers bloom in June or July. Once used as a cardiac stimulant similar to digitalis, but said to be much stronger.

Aloe

Aloe barbadensis

Tender Perennial-Sun.

Ht. 1' – 3', Space as needed

Uses: Medicinal, cosmetic

Aloe Vera is a native of South and East Africa with a long medicinal history. Known to the Greeks in the 4th century for its purgative properties, it is currently valued most for the juice of its leaves which soothes and heals burns and sores. The yellow and orange flowers of Aloe Vera are borne on a spike above the grey-green succulent leaves. Aloe Vera produces new plants at the base which are easily separated for potting.

Ambrosia

Chenopodium botrys

Annual-Sun.

Ht. 18", Space 12"

Uses: Flavoring teas, cool drinks, fruit salads, potpourri

Ambrosia is a member of the "goosefoot" family, so called for the shape of its leaves. Ambrosia grows easily from its long-lasting seed. Plumes of foliage (feather geranium is another common name) produce a sweet and spicy scent when touched, due to glandular hairs. Plants are grown primarily for its flowering stems which add quite a pleasant aroma to floral arrangements. Pick the stems

green, with their grape-like clusters of green flowers and bend into wreath shapes. Leaves and flower commonly used in potpourri.

Angelica – (Archangel)

Angelica archangelica

Biennial-Shade, Damp Area

Ht. 6', Space 30"

Uses, Seeds: Oil, custards, bread and wine
Uses, Leaves: Fish, teas and candied stalks

Angelica is native to Lapland and Northern Europe. It prefers local moist conditions and will reseed under good conditions. The Lapps use the leaves as a preservative for fish and all parts of the plant for medicinal and magical purposes. These tall plants produce stately umbels of whitish flowers in the 2nd and 3rd year, making a striking background in semi-shade areas. Angelica is an ingredient in cordials and liqueurs such as Benedictine. The young leaves and shoots may be eaten in salads and the green stems candied or preserved in syrup.

Anise

Pimpinella anisum

Annual-Sun.

Ht. 24", Space 18"

Uses, Seeds: Cakes, cookies

Uses, Leaves: Fruit salads, soups and stew

Anise has been used for many centuries as an aid to digestion and as an appetite stimulant. The seeds may be chewed to sweeten the breath and a pack of the leaves is said to remove freckles. Anise is a confectionary herb, a flavoring for liqueurs, a salad herb and an ingredient in perfume. Harvest the seeds as the tips turn grey and dry carefully. Use in vegetable curries, stews, cookies, candy and bread.

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Anise Hyssop

Agastache foeniculum

Perennial-Sun.

Ht. 30", Space 18"

Uses: Fruit, honey, teas, soup and fragrances

Anise Hyssop makes a bold garden accent, with its tall spikes of purple flowers which attract bees and from which they make a mild honey. The anise-scented leaves are dried for tea and potpourri. They were used by Northern Plains Indians for a sweetener and they are a staple in Cree medicine bundles. The roots were used by Chippewas for coughs and respiratory ailments.

Artemisia

Artemisia annua

Annual-Sun.

Ht. 36", Space 24"

Uses: Fragrant, herb wreaths and decorations

Artemisia has been grown primarily for its aromatic foliage and its use in dried arrangements, wreaths and potpourri. Commonly called "Sweet Annie". Bend the green stems with yellow flowers into wreath forms and dry for further decoration. *Artemisia annua* reseeds freely and tolerates even poor growing conditions. Currently, *Artemisia annua* is under investigation for its potential use in the treatment of malaria.

Artemisia – "Powis Castle"

aborescens

Perennial-Sun.

Ht. 24-30", Space 24"

Uses: Herbal wreaths and garden accents

Powis Castle features lacy, glowing silver foliage and a tidy, compact growth habit. Often remains silver throughout the winter. Requires good drainage. Grows taller in warmer places.

Artemisia – "Silver Brocade"

Stellariana var

Perennial-Sun.

Ht. 12", Space 24"

Uses: Herbal wreaths and garden accents

Silver Brocade is more compact and serrated form of the native seaside plant. Ghostly silver foliage with prostrate habit. Needs excellent drainage. Great for hanging baskets, window boxes and tub planters.

Artemisia – "Silver Frost"

pontica var

Perennial-Sun

Ht. 15", Space 18"

Uses: Decorative herb used in herbal wreaths

Silver King *Artemisia* or cudweed, is a staple of the grey garden is used in dried arrangements and wreath making. It prefers full sun, excellent drainage and benefits in part shared from some support like a fence or a wall. This variety dries very white and should be cut before the heavy flower heads of yellow to brownish blooms opens. *Silver King* spreads easily from the roots.

Artemisia – "Silver Mound"

Schmidtiana 'Nana'

Perennial-Sun.

Ht. 6", Space 18"

Uses: Decorative silver herb

Silver Mound makes a wonderful border plant for perennial beds, herb gardens and particularly for grey gardens. Each plant forms a small, round clump of silky grey leaves, and remains less than one foot high. Trim in mid-summer and cut off flowering stems to maintain shape. *Silver Mound* thrives in lean soil and dry conditions.

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Artemisia – “Silver Queen”

Artemisia var

Perennial-Sun.

Ht. 24”, Space 18”

Uses: Decorative silver herb

Silver Queen Artemisia shares the same general form with its more famous relative, Silver King, but it remains somewhat smaller and is less invasive. The leaves are finely cut and resemble those of ludoviciana. This airy, delicate plant thrives on full sun and dry soil. Stems should be cut before the flowers open to maintain the grey-white color. Lovely in dried arrangements and frequently used as a wreath base.

Artemisia – “Valerie Finnis”

Ludoviciana var

Perennial-Sun

Ht. 18”, Space 24”

Uses: Herbal wreaths and garden accents

Valerie Finnis has very showy silver-grey leaves. One of the best silver leaved perennials.

Artemisia – “Versicolor”

Artemisia var

Perennial-Sun

Ht. 15”, Space 18”

Uses: Decorative, attractive in rock gardens

Versicolor is a low-growing border plant with extremely slender and delicate silver foliage. Like all artemisias, it prefers a sunny, well-drained spot in the garden.

Artemisia – “Wormwood”

absinthium

Perennial-Sun

Ht. 3’, Space 24”

Wormwood is a very bitter herb, used to make the liqueur Absinthe, now outlawed, as thought to produce brain damage. A bitter tonic used to stimulate appetite and aid digestion. Dried grey foliage repels moths in the linen closet. Remedy for

worms. Leaves secrete bitter substance which inhibits growth of other plants. Spreads by root runners.

Arugula – Roquette

Eruca vesicaria sativa

Annual-Sun

Ht. 10”, Space 10”

Uses: salads, stews, soups

Arugula (Roquette) – the young leaves add a pungent taste to salad and is described by some as like peanuts or horseradish. Young leaves may be served as cooked greens.

Aztec Sweet Herb

Lippia dulcis

Tender Perennial-Sun

Ht. 8”, Space 24”

Uses: Sweetener, sugar substitute, medicinal

Aztec Sweet Herb is a Mexican herb used since at least the time of the Aztecs for coughs, colds, bronchitis, asthma and colic. Aztec Sweet Herb is a vining tropical plant, now being investigated as a natural sugar substitute. The leaves have an intense sweetness much more than cane sugar. An extract from them is used in South America as a sweetener. The plant does nicely in a hanging basket and is almost always in flower with white blooms.

Balloon Flower

Platycodon grandifloras

Perennial-Sun

Ht. 24”, Space 24”

Uses: Young foliage in salad

Roots: Medicinal

Balloon Flower – Platycodon comes from the Greek words meaning “broad bell” and “bell flower” is another common name for this hardy perennial. The clear blue flowers appear in mid-summer and often last until fall. Grow in full sun. Requires no special soil or attention. In the

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language of flowers, "bell flower" speaks of gratitude. A cough remedy in the Orient.

Balm – "Golden Lemon"

Melissa officinalis aurea

Perennial-Sun

Ht. 18", Space 30"

Uses: Flavoring teas and cool drinks, fish and salads

Golden Lemon Balm in its variegated form is a very decorative plant in the perennial border. The word 'balm' is an abbreviated form of 'balsam' and refers to the sweet scent of the leaves. Carmalite water, a combination of balm, lemon peel, nutmeg and angelica root, was a suggested cure for nervous headaches. Plant with other variegated plants for an unusual effect.

Balm – "Lemon"

Melissa officinalis

Perennial-Sun

Ht. 18", Space 30"

Uses: Teas, cold drinks, salads, stuffing

Lemon Balm is the strongest lemon scented plant. Hardy in the North, lemon balm has been prescribed for nervous disorders and for relief of fevers associated with colds. Steep the leaves for a lemon tea which is refreshing hot or cold. Lemon balm prefers a cool, moist location in partial shade. The leaves are most flavorful just before the white flowers bloom in May, but if the flowers are allowed to remain, they attract bees to the garden.

Balm – "Lime"

Melissa officinalis var

Perennial-Sun

Ht. 18", Space 30"

Uses: Teas, cold drinks, fruit salads, fish

Lime Balm grows exactly like lemon balm but has a lime scent.

Balm of Gilead

Cedronella canariensis (triphylla)

Tender Perennial-Sun

Ht. 3-4', Space 24"

Uses: Insect repellent - Strong balsam/menthol scent

Balm of Gilead is a handsome herb from the Canary Islands, with a compact habit and palmate leaves emitting a strong menthol fragrance. This is not the Balm of Gilead mentioned in the Bible.

Basil – Sweetbush

Ocimum basilicum

Annual-Sun

Ht. 24", Space 18"

Uses: Meats, salads, stews and sauces

Sweetbush Basil – the basil has always attracted the attention of herb fanciers and rightly so, for they offer an amazing array of flavors and scents. The traditional culinary basil with smooth green leaves are used in pesto, tomato sauces, salads and any dish that would benefit from its clove-like taste.

Basil – "African Blue"

Ocimum basilicum "African Blue"

Tender Perennial-Sun

Ht. 2-3', Space 2'

Uses: Decorative and culinary

African Blue Basil is rapidly gaining devotees in the United States who are intrigued by its attractive purplish-blue cast, strong growth habit and sweet camphor scent. The leaf veins, flower spikes and stems are purple while the rest is green.

Basil – "Anise (Persian)"

Ocimum basilicum var

Annual-Sun

Ht. 18", Space 12"

Uses: Fragrances, fruits, fish, poultry

Anise Basil (Persian) An ancient basil, native to Persia (Iran), with a long history of medicinal and preservative uses. The

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foliage has a purplish cast, and the flavor leans toward the anise end of the basil spectrum. Grow it in full sun with good drainage and keep the flowers pinched for continuous leaf production. The Oriental basil was placed in amulets to protect the body and used as a disinfectant against malaria.

Basil – “Camphor”

Ocimum kilimandscharicum

Annual-Sun

Ht. 5', Space 30"

Uses: Medicinal

Camphor Basil is a native of East Africa with strong camphor odor. Commercial source of camphor. Tea made from Camphor Basil is said to alleviate stomach aches and help colds. Very stately plant in the herb garden, reaching 5 feet in height. Too strong of a flavor for culinary use.

Basil – “Cinnamon”

Ocimum basilicum var

Annual-Sun

Ht. 24", Space 18"

Uses: Salads, soups, sauces, fragrances

Cinnamon Basil is a native of India, basil found its way to Europe in the 16th century, where it was valued medicinally. It has a natural affinity for tomatoes and seems to belong with salads, either fresh or in oils or vinegars. Cinnamon basil combines the traditional clove flavor of basil with cinnamon for a unique, spicy taste. Set out plants after the last danger of frost and grow in full sun. Keep from flowering by pinching off flower spikes and enjoy a harvest of leaves all summer.

Basil – “Dark Opal”

Ocimum basilicum purpurea

Annual-Sun

Ht. 18", Space 18"

Uses: Meats, salads, sauces and garnishes

Dark Opal Basil is a spectacular cultivar developed at the University of Connecticut in the 1950's and it is grown not only for its culinary value, but for its intense decorative effect. The deep purple, sometimes mottled leaves, make a very dramatic contrast with green leaved plants. Allow this variety to flower and enjoy the lavender blooms in mid-summer. Dark Opal Basil lends color as well as flavor to vinegar.

Basil – “Dwarf Dark Opal”

Ocimum basilicum 'Minimum

Purpurascens'

Annual-Sun. Good pot plant

Ht. 12", Space 8"

Uses: Meats, salads, sauces, stews, garnish

Dwarf Dark Opal is a small-leaved variety of Dark Opal Basil. Sensational border plant forming dark purple clumps. Basil grown in a pot on a windowsill repels flies and the crushed leaves are said to relieve the pain of bee and scorpion stings. Steep the leaves in vinegar for a lavender-colored, clove tasting salad dressing.

Basil “Dwarf – Small Leaf”

Ocimum minimum

Annual-Sun

Ht. 12", Space 12"

Uses: Meats, salads, stews, sauces and pesto

Dwarf Basil (Small Leaf) is a small leaf, bush-type variety, perfect for pots or containers. Since its introduction to Europe in the 16th century, basil has been the subject of very intense medical controversy. Culpepper said “This is the herb which all authors are together by the ears about, and rail at one another like lawyers”. As for its value in cooking, there is no argument. It combines naturally with any tomato dish and its colve-like flavor enhances both Italian and Oriental cuisine.

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Basil – “Lemon-Sweet Dani”

Ocimum Americanum

Annual-Sun

Ht. 18”, Space 12”

Uses: Flavoring teas and cool drinks, fish, potpourri

Lemon Basil is an All-American winner for 1998. High in essential oil and citral content. Developed by Dr. Jim Simon at Purdue University. Has small leaves and a delightful lemony fragrance that forms a base for some lemon potpourri. It makes a fresh, light tea and is a traditional seasoning in pea soup. In Asia, Basil is used to relieve stomach spasms, kidney ailments, and tea from leaves is said to calm nerves.

Basil – “Lettuce Leaf”

Ocimum basilicum ‘Crispum’

Annual-Sun

Ht. 24”, Space 24”

Uses: Meats, poultry, salads and sauces

Lettuce Leaf Basil so called for its large, wrinkled leaves. A highly productive variety which insures a continuous supply of this clove flavored herb for the entire season. Chop the leaves in a blender with a small amount of water and freeze in ice cube trays for winter use. The Romans believed that railing and abuse were necessary in sowing basil in order for it prosper. In the early days of the US, possession of a basil plant was sufficient proof of witchcraft.

Basil – “Licorice”

Ocimum basilicum var

Annual-Sun

Ht. 24”, Space 18”

Uses: Salads, soups, sauces, fragrances

Licorice Basil tends more toward the anise end. Its fragrance is useful in potpourri and it adds a sweetish taste to tomato sauces. Basil has a varied history in folklore. In Roman times it was said to breed scorpions, to cure their stings, or to

incite romantic passion. In Crete, it symbolized love washed with tears.

Basil – “Lime”

Ocimum Americanum var

Annual-Sun

Ht. 18”, Space 12”

Uses: Flavoring teas and cool drinks, fish, potpourri

Lime Basil is the wonderful lime-scented version of Lemon Basil from Thailand. Ideal for potpourri and Thai cooking. Compact bush habit. It makes a fresh, light tea and is a traditional seasoning in pea soup. In Asia, Lime Basil is used to relieve stomach spasms, kidney ailments, and tea from leaves is said to calm nerves.

Basil – “Napoletano”

Ocimum basilicum var

Annual-Sun

Ht. 24”, Space 24”

Uses: Sauces, gravies

Pesto – Best Italian variety

Napoletano Basil is an arresting basil from Southern Italy with very large, uniquely rounded and deeply crinkled leaves. The softly draped, leafy plants form a dense heavy canopy that is almost tropical in appearance. Luxuriant leaves are light green in color, and have a sweet fragrance and mellow rich flavor. Great for pasta or rice, and excellent over freshly picked tomatoes.

Basil – “Perfume”

Ocimum basilicum profumatissima

‘Genova’

Annual-Sun

Ht. 24”, Space 18”

Uses: Sauces, best pesto, chicken, fish

Perfume Basil – the long and pointed leaves of Genova basil are thus distinguished by their intense, almost perfumed flavor, which is quite haunting to the taste. It may be used in a variety of ways including salad dressings and with

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chicken or fish. Plants are very productive and branch vigorously, so that the deep green elongated leaves can be harvested in abundance throughout an exceptionally long season.

Basil – “Peruvian”

Ocimum basilicum var

Annual-Sun

Ht. 18", Space 15"

Uses: As a condiment in Peru

Peruvian Basil is a Latin American basil with a bitter-sweet fragrance and taste. Basil is very tender and should not be planted outside until all danger of frost is past. Keep the flowers pinched for continuous supply of leaves. Basil is said to repel flies and a pot of it on a windowsill may be as effective as a screen. It was also thought to increase sympathy between human beings.

Basil – “Purple Ruffles”

Ocimum basilicum 'Purple Ruffles'

Annual-Sun

Ht. 16", Space 18"

Uses: Pasta dishes, ornamental

Purple Ruffles Basil is one of the All-American Selection Winners in 1985. Large heavily ruffled and fringed dark purple leaves and pinkish-purple flowers, make this a striking new addition to the herb garden or flower border. This strain has deteriorated from its original award-winning all purple form; up to 25% of leaf area is now green.

Basil – “Rubin”

Ocimum basilicum

Annual-Sun

Ht. 30", Space 24"

Uses: Sauces, gravies, salads

Rubin Basil is a significant improvement over Dark Opal variety. Leaves nearly purple-bronze very little green. Fine flavors and aroma. The deep purple sometimes mottled leaves, make a dramatic contrast

with the green leaved plants. Allow Rubin Basil to flower and enjoy the lavender blooms in mid-summer. Rubin basil lends color as well as flavor to vinegar.

Basil – “Sacred”

Ocimum basilicum sanctum

Annual-Sun

Ht. 30", Space 24"

Uses: Sauces, gravies, salads

Sacred Basil is called Tulasi or Tulsi in India and Malaysia. This plant is venerated by the Hindus as a holy herb. Its aroma is extremely pungent and the dried leaves will retain their sweet and fruity scent for years. Sacred basil is used as a fixative in potpourri and as a disinfectant against malaria. Give sacred basil full sun and plenty of space as it grows larger than other basils.

Basil – “Spice”

Ocimum var

Annual-Sun

Ht. 24", Space 18"

Uses: Salads, fruits, teas, fragrances

Spice Basil is a close relative of the sacred basil. It is very pungent, adding a fruity scent to its natural clove/anise base. The scent of spice basil is extremely long-lasting and is used as a fixative in potpourri. Try it in fruit salad and tea and dry some leaves for drawer sachets which will repel moths.

Basil – “Spicy Globe”

Ocimum minimum 'Spicy Globe'

Annual-Sun

Ht. 12", Space 8"; Excellent pot plant

Uses: sauces, salads, stews, and garnish

Spicy Globe Basil is the best variety of dwarf basil for pot plants. A very strong grower for a dwarf plant – grows more uniform than other bush varieties. Dense globular little pushes will retain their compact round shape throughout the season.

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Basil – “Sweet Fine”

Ocimum basilicum feinum

Annual-Sun

Ht. 24", Space 18"

Uses: sauces, gravies, salads

Sweet Fine Basil is a tall, small leaved variety of sweet basil with a compact growing habit. Sometimes call “French basil”. Use it for pesto, tomato dishes and sauces, salads and vinegars. The clove/anise taste of basil makes it a unique seasoning herb and it has a long medicinal history, used for stomach cramps, kidney ailments, nervous disorders and bee stings. Keep flowers pinched off to insure continuous leaf production.

Basil – Sweet Thai ‘Siam Queen’

Ocimum basilicum

Annual-Sun

Ht. 18", Space 18"

Uses: fragrances and Thai cooking

Sweet Thai ‘Siam Queen’ Basil – All American winner for 1997. Major improvement on standard variety. A very regal looking plant. Spicy anise-licorice aroma and flavor. “Hun Que” in Vietnam. Small green leaves, purple stems and blossoms, delicate and attractive. This is a true strain used in Vietnamese and Thai cooking including *pho*, a famous beef or chicken noodle soup.

Bay

Laurus Nobilis

Tender Perennial-Sun

Ht. Up to 10". Grows as a tub plant north of Georgia. Must be protected in cool.

Light places during winter months.

Uses: Soups, stews, meats and sauces.

Bay – Leaves of this ever-green tree formed the ancient laurel wreath, which crowned scholars and poets. Dedicated to Apollo and considered a powerful disinfectant, bay grows naturally to a height of 40 feet, but must be grown in a

tub and brought indoors in the winter in Northern climates. The flavor of bay is a staple in French food and is released slowly in cooking. Add whole leaves to soups, stews, sauces and remove before serving.

Bear's Breech

Acanthus mollis

Tender Perennial-Sun

Ht. 4', Space 2'

Bear's Breech are stately plants with large, dark green leaves and showy white or purplish flowers. They present a dramatic accent in the garden, but are not reliably hardy in the North. The leaves inspired the decoration of wall friezes and Corinthian columns in Greek architecture and this decorative motif persists throughout Western Art. Bear's Breech prefers a rich, well-drained soil.

Bedstraw Yellow

Gallium verum

Perennial-Sun/Partial Shade

Ht. 24", Space 18"

Uses: Dyes – Flower yellow

Uses: Medicinal

Bedstraw Yellow – the leaves (hay scent) and flowers (honey scent) or bedstraw, sometimes called lady's bedstraw, were prized as a mattress stuffing, usually combined with a flea repellent herb. A strong concoction will curdle milk, earning it the name cheese rennet herb. Leaves and flowers both provide dyes. Bedstraw was prescribed for bladder and kidney complaints.

Bee Balm – “Adam Red”

Monarda Didyma var

Perennial-Sun

Ht. 24"-30", Space 24"

Adam Red Bee Balm is a member of the mint family, *Monarda dyidyma* is sometimes called bergamot, as the scent of the flowers resembles that of the

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tropical bergamot orange. The flowers make a welcome addition to salads and the dried leaves are useful in teas (taken for nausea) or in potpourri. Flowers are clear red and look very impressive in mass plantings.

Bee Balm – “Cambridge Scarlet”

Monarda didyma var
Perennial-Semi-Shade
Ht. 24"-30"

Uses: Perfumes, teas, decorative, medicinal

Cambridge Scarlet Bee Balm – the leaves of the wild variety of bee balm (so called for its attractiveness to bees) were employed by patriotic American women after the Boston Tea Party as a substitute for imported tea. The flowers of this cultivar are a bright, vivid red. The plant blooms in mid-summer and remains colorful well into fall. Crushed leaves smell of mint and are helpful in rose potpourri. Grow in moist, rich, slightly acid soil.

Bee Balm – “Croftway Pink”

Monarda didyma var
Perennial-Semi-Shade
Ht. 24"-30", Space 24"

Uses: Perfumes, teas, decorative, medicinal

Croftway Pink Bee Balm is a North American native, and a member of the mint family. It is particularly handsome in mass plantings and grows quite tall in partial shade and spreads by root runners. Called Oswego tea and used by the Indians and later by early colonists as a substitute for imported tea. This variety has delicate, soft rose-pink flowers that may be eaten in salads imparting a lemony taste. Essential oil is important in the perfume industry.

Bee Balm – Lemon (Lemon Bergamot)

Monarda citriodora

Perennial-Semi-Sun
Ht. 30", Space 24"

Uses: Medicinal, teas and perfume

Lemon Bee Balm is sometimes wrongly called “Lemon Mint”. This attractive native of the American Southwest has lavender flowers. Young foliage is strongly lemon-scented and excellent in tea. Leaves used by Hopi Indians to flavor wild game.

Bee Balm – “Mahogany”

Monarda didyma var
Perennial-Sun
Ht. 30", Space 24"

Uses: Perfumes, teas, decorative, medicinal

Mahogany Bee Balm has decorative, very deep maroon-purple blooms. Very effective in mass plantings. The leaves make a delicious, minty tea and are a valuable ingredient in potpourri. The blooms attract bees and hummingbirds and possess a lemony taste appealing in salad. *Monarda* is said to relieve nausea. The essential oil is important in the perfume industry.

Bee Balm – “Marshall's Delight”

Monarda 'Marshall's Delight'
Perennial-Partial Shade
Ht. 30", Space 30"

Uses: only true mildew resistant bee balm

Marshall's Delight Bee Balm was developed in Canada. It has pink blooms and citrus-scented leaves. The fragrance resembles that of the tropical tree orange bergamot. The leaves make a soothing herbal tea.

Bee Balm – “Snow White”

Monarda didyma var
Perennial-Sun
Ht. 24", Space 24"

Uses: Perfume, tea, decorative, medicinal

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Snow White Bee Balm has pure white flowers that add a decorative and tangy citrus-like accent to salads. Their scent reminiscent of the tropical bergamot orange, combines nicely with the mint scent of the crushed leaves. Both are valuable in potpourri. A mass planting in semi-shade adds drama to the perennial bed. Plants spread by root runners.

Bee Balm – “Violet Queen”

Monarda didyma var

Perennial-Sun

Ht. 24", Space 24"

Uses: perfumes, teas decorative, medicinal

Violet Queen Bee Balm has pale, lavender-blue flowers which are decorative in mass plantings. The crushed leaves produce a minty aroma valuable in potpourri and delicious in teas. Flowers add a tangy, citrus taste to salad. This North American native herb spreads by root runners and likes a rich, moist, slightly acid soil.

Borage

Borago officinalis

Annual-Sun

Ht. 30", Space 24"

Uses: salads, teas; attracts bees for honey

Borage is traditionally thought to make man joyful and called the 'herb of gladness', borage in tea has a cooling effect. The star-shaped clear blue flowers may be candied for cake decoration and the copped leaves add a cucumber taste to salads. Borage is said to aid kidney and pulmonary ailments, fevers and is used as a poultice for external inflammation.

Attracts bees.

Broom-Dyer's

Genista tinctoria

Perennial-Sun

Ht. 3'-4', Space 2'

Uses: bright yellow dye, medicinal

Dyer's Broom occasionally occurs wild in sandy places in the Northeast and its yellow pea-like flowers make it an attractive garden shrub as well. For centuries, it has been used to dye wool bright yellow and, in conjunction with woad or indigo, makes green. Pickle the young buds for a caper substitute. Formerly thought of as cure for gout and rheumatism.

Burnet (Salad Burnet)

Poterium sanguisorba

Perennial-Semi-Shade

Ht. 8", Space 15"

Uses: salads, vinegars, teas

Salad Burnet leaves provide a light cucumber taste in salads. Low-growing plants, suitable for edgings on borders. Remove the nondescript flowers in order to encourage leaf production. Chewing burnet leaves helps digestion. Added to facial cream, it is thought to improve the skin. In folklore it was considered to be of benefit to menopause.

Calamint

Calamint grandiflora var., 'Bert's Beauty'

Tender Perennial-Filtered Sun

Ht. 8", Space 15"

Uses: decorative flowers for garden accents, teas

Calamint (Bert's Beauty) has fragrant, decorative lilac flowers and the leaves are irregularly scattered with cream. This showy calamint is a minty-scented southern European perennial. Easy to grow and prefers good drainage. This plant complements rockeries and borders.

Calendula – Kablouna

Calendula officinalis (Pot Marigold)

Annual-Sun

Ht. 15", Space 12"

Uses: edible flowers, salads, saffron substitute

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Calendula (Pot Marigold) has brilliant sunny-gold and deep orange flower petals that give delicate flavor and strong color to salads, omelettes and cheese and is used as a saffron substitute for rice. The big vibrant flowers of mildew resistant Kablouna calendulas are singularly attractive with dense crested centers that show no dark eyes. Bloom well in cooler weather before many annuals.

Caper Bush

Capparis Spinosa

Tender Perennial-Sun

Ht. 3', Tub Plant

Uses: pickled flower buds in cooking

Caper Bush grows wild in the Mediterranean region. The capers, unopened flower buds pickled in wine vinegar, are difficult to gather, due to the prickly nature of the plant. Grown as an annual or greenhouse subject in the North. The large, dramatic, white-yellowish flowers tempt the grower, by their sheer beauty, to forgo the capers. Good drainage, dry soil.

Caraway

Carum Carvi

Biennial-Sun

Ht. 24", Space 18"

Uses, leaves: cheeses, meats, soups and salad

Uses, seeds: soups, breads, cakes

Caraway is grown primarily for its seed, which ripen from June to August of the second year. Useful in all cabbage dishes, traditional rye breads, buns and cakes. A bath of the seeds may be used as an eyewash or the seeds may be chewed to relieve toothache. Fresh leaves often used as a garnish.

Cardamon

Elettaria cardamomum

Tender Perennial-Sun

Ht. 2-3', Tub plant

Uses: cakes, cookies, breads, medicinal

Cardamon is a member of the ginger family and native to south and west India. A key ingredient in curry and pickles, cardamom seeds are also added to mulled wine and coffee (particularly Persian coffee). Medicinally, cardamom seeds are said to relieve intestinal problems and they are frequently employed to flavor other medication. Plants will not produce seeds in northern climates.

Carob

Ceratonia siliqua

Tender Perennial-Sun

Ht. to 3', pot plant

Uses: source of commercial chocolate substitute

Carob – interest in health food prompted the growing popularity of carob as a chocolate substitute. The fruit of the carob tree, native to the Mediterranean, is a flat, leathery legume, filled with sweet pulp and seed, often used as a livestock feed. Carob flour is made from the fruit, carob gum from the seed. The dark green leaves make carob an attractive plant for a sunny window. Plants will not produce seed in northern climates.

Catnip

Nepeta cataria

Perennial-Sun or Semi-Sun

Ht. 3', Space 24"

Uses: teas, medicinal and for cats

Catnip – Cats have been known to destroy these plants in exuberance, eating them, rolling in them, knocking them over. A lovely, tall, grey foliage plant with strongly aromatic minty leaves. Catnip tea is a traditional cold remedy and induces sleep. Flowers are whitish in spring and summer.

Catnip – "Japanese"

Schizonepeta tenuifolia

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Annual-Sun
Ht. 18", Space 18"
Uses: medicinal

Japanese Catnip is a Chinese herb used to treat the common cold and its symptoms; chills, sore throat, and headaches. Helps to lower temperature and promote sweating. Japanese Catnip also has an antibacterial action. Chinese herbalists say this herb expels 'wind' and promotes 'eruption'.

Catnip – Lemon

Nepeta cataria citriodora
Perennial-Sun
Ht. 36", Space 24"

Uses: teas, medicinal and for cats

Lemon Catnip – the lemon scent of this catnip variety doesn't seem to alter its attractiveness to cats. Dried leaves are used to stuff catnip toys and cats revel in the scent either fresh or dry. Catnip is said to deter fleas and ants and the blooms attract bees to the garden. Tea made from the leaves is a traditional cold and fever remedy.

Catnip – Mussini

Nepeta mussini
Perennial-Sun
Ht. 12", Space 18"

Uses: teas, decorative, medicinal and fragrance

Mussinii Catnip a low growing, grey foliage catnip, flowers in spring with a rich blue bloom. Catnip tea is helpful for headaches, sleeplessness and menstrual disorders. Mussinii Catnip was named for a Russian count and botanist. The flowers attract bees to the garden. This variety is not as attractive to cats.

Catnip – Mussini 'Dropmore Blue'

Nepeta mussini 'Dropmore'
Perennial-Sun
Ht. 15", Space 18"

Uses: teas, decorative and fragrance

Dropmore Blue plants bear rich deep-blue flowers, that are larger than species form. They take the sun and heat well, and are lovely on top of a rock wall. Catnip tea is helpful for headaches, sleeplessness and menstrual disorders. This variety is not as attractive to cats.

Catnip – Mussini 'Six Hills Giant'

Nepeta cataria
Perennial-Sun
Ht. 24", Space 24"

Uses: teas, decoration and fragrance

Six Hills Giant catnip with larger foliage and larger violet-blue flowers than the species forms. Catnip Mussini takes the sun and heat well and are lovely on top of rock walls. This variety is not as attractive to cats.

Catnip – Mussini 'White Nepeta'

Mussini 'Alba'
Perennial-Sun
Ht. 15", Space 18"

Uses: teas, decorative and fragrance

White Nepeta plants bear small, pure-white flowers. Excellent massed in ground covers or rock gardens. Medicinally, Catnip tea is a traditional cold remedy and induces sleep. This variety is not as attractive to cats.

Catsfoot

Antennaria dioica
Perennial-Sun
Ht. 3", Space 15"

Uses: Medicinal; lovely rock gardens

Catsfoot, also called "pussytoes", is grown primarily as a decorative grey-white foliage plant for rock gardens or borders. The small wooly rosettes of leaves resemble a cat's foot and the flowers (white male and pink female) are used in dried arrangements. Catsfoot is used as a weak diuretic, an astringent, and a treatment for bronchitis and bilious disorders.

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Cat Thyme

Teucrium marum

Tender Perennial-Sun

Ht. 8", Space 8"

Uses: Fragrances, edging herb

Cat Thyme has a very strong camphor-like aroma which is even more irresistible to cats than catnip. Plant may need to be protected. Grown as a tender annual in the North, this Mediterranean native has grey foliage, purplish blooms, and makes an attractive border or rock garden plant. Known medicinally as a tonic, diuretic, stimulant and expectorant.

Dyer's Chamomile

Anthemis tinctoria

Perennial-Sun

Ht. 30", Space 24"

Uses: Dye plant, decorative

Dyer's Chamomile, tinctoria in the botanical name of the plant indicated its early use as a dye plant. The yellow, daisy-like flowers of 'golden marguerite' yield a yellow, khaki or gold dye depending on the mordant (fixative) used. This plant blooms all summer long, has aromatic, greyish foliage and is an asset in the perennial border.

Chamomile – German

Matricaria recutita

Annual-Sun

Ht. 24", Space 15"

Uses: Medicinal, teas

German Chamomile is taken from the Greek words meaning 'apple of the ground', German chamomile with its apple fragrance is a most versatile and popular herb. Tea made from the daisy-like flower heads aids in digestion, soothes the nerves and lessens cramps. It was the tea given to Peter Rabbit in Beatrix Potter's famous tale. Use the flowers for a rinse for blonde hair. This annual variety produces the most flowers.

Chamomile – Roman

Chamaemelum nobile

Perennial-Sun

Ht. 3", Space 8"

Uses: teas, medicinal, cosmetics, decorative ground cover

Roman Chamomile is a perennial, low-growing herb, often an aromatic lawn substitute in England. A tea made by steeping the yellow flower centers is used for stomach ailments, hair rinse, skin wash, and even cancer treatment. Essential oils provide a fragrance used in soap, perfume and lotions. Chamomile tea is a traditional tonic, and it is said that a cup in the evening guarantees a good night's sleep. Also called English Chamomile.

Chamomile – Silver

Anthemis Marschalliana

Perennial-Sun

Ht. 12", Space 18"

Uses: beautiful decorative herb

Silver Chamomile is a native to Caucasus and is an excellent rock garden specimen. Silver chamomile is grown primarily for its fine-cut, silver-white, much-branched foliage. Yellow flowers in mid-summer.

Chervil

Anthriscus cerefolium

Annual-Semi-Sun

Ht. 24", Space 18"

Uses: vegetables, soups, salad and garnish

Chervil is most widely known in French cooking where its anise-tarragon flavor is a substitute for parsley. Chervil combines particularly well with eggs, vegetables and salads. It prefers a cool season and goes to seed quickly in summer heat. Use fresh as leaves lose their mild taste rapidly in drying. The fresh juice may be used to treat fevers.

Chives

Allium Schoenoprasum

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Perennial-Sun

Ht. 10", Space 15"

Uses: soups, salads, sauces and herb salt

Chives have a delicate onion flavor, essential to vichyssoise. Mix chopped leaves with cream cheese or butter or use in salads. Large rose or purple blooms are decorative in the garden, fresh in salads, dried for winter bouquets or steep in vinegar for rose-colored chive vinegar.

Chives are high in vitamins C and A.

Flowers attract bees.

Chives – Curled

Allium var.

Perennial-Sun

Ht. 4", Space 8"

Uses: soups, salads

Curled Chives are a small, decorative, grey leaved variety, which functions well as a border plant for the grey or herb garden. Broad, lightly curling leaves and lavender flowers. Also used in cooking, leaves chopped in salads or soups. Mild flavor.

Chives – Garlic

Allium tuberosum

Perennial-Sun

Ht. 9", Space 15"

Uses: salads, dressings, meats, fish and soup

Garlic Chives, known as Chinese chives or Nira in Japan, has flat leaves whose taste combines garlic and chives. Used chopped leaves in salads or wherever a touch of garlic is desired. White blooms in August/September may be steeped in wine vinegar for quick, easy garlic vinegar.

Cicely

Myrrhis odorata

Perennial-Semi-Shade

Ht. 20", Space 18"

Uses: salads, medicinal, industrial

Cicely (Sweet) has anise scented leaves and foliage and beautiful white flowers borne on umbels in May. Treat as a wood plant, part shade and humus. Used to flavor cabbage, carrot, parsnip and fruit dishes. Roots may be boiled, cooled and eaten in salads or used as a cough remedy. Chop leaves fine for salads. A sugar substitute for diabetics.

Clove

Dianthus caryophyllus

Perennial-Sun

Ht. 24", Space 12"

Uses: Grenadine flavor for ales, wines, syrup, fruit salads and stewed fruits

Clove pink, the true gillyflower, is grown for its clove-like scent and used in perfume making in Europe. The petals are added to potpourri and sachets and a syrup may be made by infusing the petals in hot sugar syrup. Also called Divine Flower and used as a flavoring for wine, ale and cordials.

Comfrey

Synphytum officinale

Perennial-Sun

Ht. 36", Space 24"

Uses: medicinal, compost builder

Comfrey, or knit bone, contains allantoin, which stimulates cell division, thus promoting the healing of wounds and broken bones. Used in teas and poultices for centuries, it has now been found to contain substances which could conceivably damage the liver, so internal use is no longer recommended. Comfrey makes an excellent green manure crop and the high protein leaves speed the composting process when added to the pile.

Conradina – 'Dixie Rosemary'

Conradina verticillata

Tender Perennial-Sun

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Ht. 18", Space 15"

Uses: fragrant, decorative

Conradina – 'Dixie Rosemary' is a small, very fragrant shrub, native to the southeastern United States. Silver-grey, needle-like foliage resembles that of rosemary. It has tiny, jewel-like, purplish flowers. A good candidate for the grey garden. Winder indoors in the north.

Coriander

Coriandrum sativum

Annual-Sun

Ht. 24", Space 15"

Uses, leaves: salsa, soups, salads

Uses, seeds: cookies, soups, sausages, salads

Coriander's name comes from the Greek word *koris*, which means bed bug, referring to the unpleasant buggy odor of the foliage. The leaves are used extensively in Chinese, Vietnamese, Indian and Mexican (as cilantro), cooking. Seeds are an ingredient in curry and are used to flavor bread, cookies and cakes. Known for 3,000 years medicinally, coriander quiets stomach aches and relieves nausea. Goes to seed quickly in summer so sow fresh seed every 3 weeks for constant crop.

Coriander – Vietnamese (Rau Ram)

Polygonum odoratum

Ht. 8", Space 24"

Uses: substitute for cilantro; easy to grow

Coriander (Vietnamese) - Tired of growing coriander from seed several times a year? This is your answer; this remarkable herb from Vietnam has excellent flavor. The leaves are used extensively in cooking. Medicinally, coriander quiets stomach aches and relieves nausea. Makes a great hanging basket.

Costmary

Chrysanthemum balsamita

Perennial-Shade

Ht. 3', Space 30"

Uses: beer, medicinal and decorative

Costmary, often called Bible leaf, as a leaf pressed in the family Bible, with its sweet mint/balsam scent, deters insects. Used as a flavoring for ale in the Middle Ages and called Alecost. Leaves were gathered for nosegays called Tussie-Mussies and an ointment made a salve for burns and stings. A fresh leaf in read tea replaces mint. Pale yellow button flowers open in summer.

Cress – Garden

Lepidium sativum

Annual-Sun or partial shade

Ht. 6", Space 4"

Uses: salads, medicinal

Garden Cress, often called Upland Cress to distinguish it from watercress, which resembles its peppery flavor. A piquant salad herb, which grows best in cool weather, flowering and setting seed quickly in mid-summer. Garden cress may be grown indoors easily for fresh winter greens. Use as a garnish for eggs and soups.

Watercress

Nasturtium officinale

Biennial-Shade

Ht. 6", Space 24" – grows in wet soil or running brooks

Uses: breads, salads, soups, fish and meats

Watercress grows best in running water but may be grown in the garden, provided the soil is kept moist. Eaten in salads and sandwiches and used as a garnish. Watercress is a good source of vitamin C (it is also called scurvy grass), vitamin E, minerals and trace elements. It is said to clear the skin of pimples and mixed with honey, to relieve coughs. A cool weather plant – harvest in spring and fall.

Curry Plant

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Helichrysum angustifolium

Tender Perennial-Sun

Ht. 15", Space 12"

Uses: garnish, decorative potpourri

Curry Plant is a lovely grey foliage with a strong, sweet, curry scent, when grown in warm sun, but do not use in cooking, as the taste is quite bitter. It produces tall tufts of golden flowers suitable for drying. Put dry leaves among woolens to repel moths or use in spice based potpourri. The delicate silver foliage, resembling that of rosemary, makes it welcome in the grey garden.

Curry – Dwarf

Helichrysum angustifolium nana

Tender Perennial-Sun

Ht. 12", Space 12"

Uses: potpourri, garnish for curry dishes

Curry Plant (Dwarf) is a smaller, attractive version of curry plant, with tiny fragrant heather-like foliage. This is not to be confused with the cooking spice, which is a combination of herbs such as coriander, cumin and cardamom. Use dry leaves in spice based potpourri.

Dill

Anethum graveolens

Annual-Sun

Ht. 30", Space 8"

Uses, leaves: cheese, eggs, meat, salad and pickles

Uses, seeds: pie, soup, stew

Dill – the word dill is derived from the Indo-European word meaning blossom. Dill prefers a rich soil and will self-sow under these conditions. For a continuous summer harvest, sow seeds every three weeks. Adds zest to otherwise bland foods such as eggs, potatoes, cucumbers. Drink dill tea or chew seeds for digestive gas, upset stomach or to sweeten the breath. Likes hot, sunny spot in rich well-drained soil.

Dill – Bouquet

Anethum graveolens var

Annual-Sun

Ht. 24", Space 8"

Uses: cheeses, fish, eggs, pickles, soup

Dill Bouquet is a shorter, bushy variety of dill. Seeds used in pickles, chopped leaves in sour cream, cucumbers, eggs and cheese dishes. Dill is mentioned in the Bible and has been used medicinally since earliest times for digestion. Harvest leaves just before the yellow umbels bloom or allow the seeds to ripen.

Dill – Fernleaf

Anethum graveolens var

Annual-Sun

Ht. 24", Space 8"

Uses: cheeses, fish, eggs, pickles, soup

Dill Fernleaf is a gorgeous variety of dwarf dill. These unique dwarf plants have dark green leaves. Excellent for dillweed production. Dill is also mentioned in the Bible and has been used medicinally since earliest times for digestion.

Echinacea

Echinacea angustifolia

Perennial-Sun

Ht. 30", Space 24"

Uses: medicinal, decorative

Echinacea is a Native American with beauty that is more than petal deep. An 'herbal flu-shot' that's more than substantiated by medical studies in Europe. It is said to increase bodily resistance to infection by strengthening the immune system.

Echinacea – White Swan

Echinacea purpurea 'White Swan'

Perennial-Sun

Ht. 30", Space 24"

Uses: medicinal, decorative

Echinacea White Swan is a white version of the cone flower, more compact, blooming the first year from seed if started

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early. Germination is speeded by stratification. The striking flowers contrast wonderfully with dark green leaves. The cones are good for dry arrangements.

Edelweiss

Leontopodium alpinum

Perennial-Sun

Ht. 6", Space 10"

Uses: decorative alpine flower

Edelweiss needs deep gritty or sandy loam as the roots spread far. White, woolly foliage and yellow disc flowers which bloom in July and August. The silver bracts are much showier than the flowers themselves.

Egyptian Onion

Allium Cepa-Proliforum Group

Perennial-Sun

Ht. 24", Space 8"

Uses: soups, sauces and salads

Egyptian Onion, a fascinating, mild onion, propagated by small bulbs which develop at the top of its hollow leaves. These bulbils are excellent for pickling and the entire plant may be used for seasoning eggs, salads, soups and sauces. It is one of the perennial onions.

Elecampane

Inula helenium

Perennial-Sun

Ht. 4', Space 30"

Uses: candy, puddings, tobacco, medicinal

Elecampane is a tall, dramatic background plant for the herb or perennial garden. The showy, large, gold flowers bloom all summer. Harvest the root in the fall of the second year for medicinal uses or for candying. Elecampane treats all lung ailments, pneumonia, asthma, bronchitis, as well as skin affliction. Tea is said to be a sedative.

Elfin Herb – Pink

Cuphea hyssopifolia

Annual-Sun

Ht. 12", Space 12"

Uses: neat decorative herb; flowers year-round indoors

Elfin Herb (Pink), or false heather, is a grown as an indoor plant and valued for its dark green foliage and bright, prolific flowers. May be planted in the garden in summer, and makes a good edging plant. Currently being investigated for its unusual fatty acids, which have potential economic importance.

Elfin Herb – White

Cuphea hyssopifolia alba

Annual-Sun

Ht. 12", Space 12"

Uses: neat decorative herb; flowers year-round indoors

Elfin Herb – White is a white blooming variety of Elfin herb, or false heather, or Mexican heather, has the same dark green foliage and prolific bloom habit. Plant outdoors during summer and treat as a houseplant in the north in winter. Research indicated the unusual fatty acids contained in this plant may be of economic importance.

Epazote

Chenopodium ambrosioides

Annual-Sun

Ht. 3', Space 15"

Uses: Mexican seasoning for fish, beans and used as a medicinal oil

Epazote is an aromatic seasoning in Mexican cooking. Leaves are used fresh. Also called Mexican tea and used externally in that form to repel insects. Another name, wormseed, refers to its internal use, ridding the system of parasites. Strong, weedy habit and leaves are heavily scented. Self-sows readily in the garden.

Eucalyptus

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Eucalyptus globulus

Tender Perennial-Sun

Ht. 6' and up

Prune occasionally to keep a manageable size

Uses: essential oils, perfumes, potpourri

Eucalyptus, a tree native to Australia, naturalized in some parts of California, but grown as a houseplant or in a greenhouse in the north. Globulus refers to the globe shape of the fruit. Source of timber, oil and used as a means of soil drainage. The essential oils are an ingredient in cough medicine, and grown indoors, the plants function as air deodorizers.

Eucalyptus – Apple

Eucalyptus bridgesiana

Tender Perennial-Sun

Ht. 6', tub plant

Uses: essential oils, perfumes, medicinal

Apple Eucalyptus is a native Australian tree with ripe, apple-scented foliage. Some of its medicinal uses are as an antiseptic, deodorant stimulant and counter irritant. The leaves are added to fruit and spice base potpourri. Essential oil is used in perfumery and veterinary medicine. Repels fleas.

Eucalyptus – Heart Shaped

Eucalyptus cordata

Tender Perennial-Sun

Ht. 6 – 8', tub plant

Uses: medicinal and decorative

Heart Shaped Eucalyptus is a native Australian tree with strong-scented foliage. The essential oil is used in cough remedies and in soaps and cosmetics. Repels fleas. Medicinally, eucalyptus is regarded as an antiseptic and stimulant and is applied externally to cuts and burns. Grow as a houseplant or in a greenhouse.

Eucalyptus – Honey

Eucalyptus melliodora

Tender Perennial-Sun

Ht. 6' and up, tub plant

Uses: essential oils, perfumes, medicinal

Honey Eucalyptus – the leaves of this plant are delightfully honey-scented, making this a very important bee plant in Australia. It is a source of essential oils used in perfumery and medicine. Despite the enormous height they normally attain, they can be grown indoors with occasional pruning to maintain a manageable size.

Eucalyptus – Lemon

Eucalyptus citriodora

Tender Perennial-Sun

Ht. 6' and up, tub plant

Uses: essential oils, perfumes, medicinal

Lemon Eucalyptus is a tree that is native to Australia, with lemon scented foliage. The essential oil is used in cough remedies and in soaps and cosmetics. It is known to repel fleas. Medicinally, eucalyptus is regarded as an antiseptic and stimulant and is applied externally to cuts and burns. Grow as a houseplant or in a greenhouse.

Eucalyptus – Peppermint

Eucalyptus radiata

Tender Perennial-Sun

Ht. 6' and up, Space as needed

Uses: medicinal

Peppermint Eucalyptus is a native of Australia. This plant yields an oil with a very strong peppermint odor and flavor. Despite the enormous height they normally attain, they can be grown indoors with occasional pruning to maintain a manageable size.

Eucalyptus – Spiral

Eucalyptus cinerea

Tender Perennial-Sun

Ht. 36", Space 30"

Uses: essential oils, perfumes, medicinal

Spiral Eucalyptus is also called silver dollar plant and used primarily by florists for

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arrangements. Large, round, silver leaves add a decorative touch to dried arrangements as well. Grow indoors and enjoy its air deodorizing effects or use externally on burns and cuts. The vapor of eucalyptus is inhaled for colds.

Evening Primrose

Oenothera erythrosepaia

Annual-Sun

Ht. 36", Space 24"

Uses: citrus fragrance, medicinal

Evening Primrose is an American native.

This plant is valued in the garden for its creamy, yellow, fragrant flowers, which bloom from mid-summer to autumn.

Currently being studied, as it contains a compound which is capable of reducing the rate of clotting, and so may be of use in treating heart attacks. The young roots may be boiled or pickled, and all parts of the plant are edible.

Fennel – Bronze

Foeniculum vulgare rubrum

Annual-Sun

Ht. 3-4', Space 12"

Uses: vegetable dishes, fish, soups, stews, salad

Fennel – Bronze is a dark brown, metallic, decorative foliage variety. Leaves used with oily fish and said to improve digestibility of food. Anise flavor of leaves and seeds makes a nice addition to salads. Watch plants for aphids in mid-summer. Excellent background plant for herb gardens. Fennel was traditionally used to combat digestive gas and colic in infants.

Fennel – Sweet

Foeniculum vulgare dulce

Annual-Sun

Ht. 30", Space 12"

Uses, leaves: fish, salad, soup

Uses, seeds: cakes, cookies, cheeses, fish and eggs

Fennel – Sweet the leaves and seeds are sweet, anise-flavored and are particularly tasty with fish and pork dishes. The seeds are also used in Swedish Limpa rye bread. Traditionally, a treatment for baby's colic. Swallowtail caterpillars feed on the foliage and Winston Churchill grew it for that purpose. In China, a poultice of powdered seed is a cure for snake bite.

Feverfew – Golden

Chrysanthemum parthenium aureum

Annual-Sun

Ht. 24", Space 15"

Uses: medicinal

Feverfew – Golden has foliage which is gold-green color and white daisy flowers. In folklore it is said 'Plant around the house to purify the atmosphere and ward off disease'. Dried leaves and flowers repel moths in the linen closet. A traditional tonic and headache remedy. Also called featherfew, due to its delicate foliage.

Feverfew – White Stars

Chrysanthemum parthenium

Perennial-Sun

Ht. 24", Space 15"

Uses: medicinal, decorative

Feverfew - White Stars is the common name of this robust plant comes from the Latin word febrifuge, meaning fever reducer. Both the foliage and daisy-like flowers are fragrant, and dried, are said to repel moths. Once thought to cure headaches, and used as a general tonic.

Flax-Blue

Linum perenne

Perennial-Sun

Ht. 24", Space 18"

Uses: seeds contain linseed oil, medicinal

Flax-Blue has been grown since 5000 BC as a source of fiber and used to produce a linen-like cloth. The Egyptians wrapped

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their mummies in cloth made from flax. The seeds are used medicinally as a laxative and applied externally in poultice form to wounds. Linseed oil, used in the manufacture of paints and varnishes, comes from its seeds. Lovely, clear blue flowers.

Foxglove

Digitalis purpurea

Biennial-Sun

Ht. 3', Space 18"

Uses: medicinal, decorative

Foxglove – although this plant contains digitalis, the medicine used to stimulate and regulate the heart, foxglove should not be taken internally without the consent of a physician. **The entire plant is toxic.** In India, an ointment made from the leaves is used to treat wounds and burns. It has tall, finger-shaped, spotted flowers that make a dramatic background display.

Garlic

Allium Sativum

Perennial-Sun

Ht. 30", Space 6", Bulbous

Remove from pot and plant entire cluster

Uses: salads, dressings, fish, meat, sauces

Garlic is said to cure nearly everything: colds, fever, high blood pressure and arteriosclerosis. It is employed as a general health tonic. Garlic is best planted in the fall and harvested in July. If started in the spring, garlic will produce a full bulb the following spring. Requires rich, well-drained soil. Harvest when the leaves turn brown and fall over.

Garlic – Society

Tulbaghia violacea

Tender Perennial-Sun

Ht. 8", Space 10"

Uses: soup, salad

Society Garlic – the leaves are bluish green and narrow, growing from corn. Flowers are very decorative and rosy-lavender in color. Both the leaves and flowering stems have a mild onion/garlic scent and flavor and may be used as a seasoning. Native to South Africa and named or Rykk Tulbagh, a Dutch governor of South Africa.

Goldenseal

Hydratis Canadensis

Perennial-Shade

Wooded area

Ht. 12", Space 24"

Uses: medicinal

Goldenseal, a native to Canada and the eastern United States, now occurs only rarely, due to over collecting. A woods plant, requiring moist, humus-rich soil and shade. American Indians used goldenseal for eye ailments, skin diseases and as a dye (also called orange root). Treats bronchitis, any disorders of the mucous membranes and ulcers. Poisonous in large doses. Harvest after four to five years.

Hollyhock – Black

Alcea rosea nigra

Biennial-Sun

Ht. 6', Space 8"

Uses: medicinal, teas

Black Hollyhocks – grown and admired by master horticulturist Thomas Jefferson at Monticello, this rare, antique variety has been re-propagated by the Dutch. Black Hollyhocks classically shaped, single blossoms unfurl on tall, sturdy 4-7' stalks. The big 3-4" chalice shaped flowers are a deep dark maroon that is almost black, with extremely silky petals. These singular flowers are striking in any garden, setting off all flowers around them. Medicinally, helps to soothe mucus membranes.

Hops

Humulus lupulus

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Perennial-Sun

Ht. to 20', Space 6'

Uses: decorative, flavoring for beer

Hops – this energetic vine with its distinct pinecone-like blossoms is a well-known flavoring for beer, and has a known calming effect. A pillow stuffed with hop flowers will overcome insomnia. This tall growing vine is ideal for covering antenna towers, trellis and arbors.

Horseradish

Amoracia lapathifolia rusticana

Perennial-Sun

Ht. 24", Space 24"

Horseradish has deep, fleshy roots that are grated for a pungent relish or condiment with meat or fish. Harvest the roots in the fall of the second year. Propagate by root division. A teaspoon of this root in water, with honey, is a cough remedy.

Hyssop – Blue

Hyssopus officinalis

Perennial-Sun

Ht. 24", Space 18"

Uses: fruit cocktail, game, soup, fish, medicinal

Blue Hyssop is a traditional border hedge for herb or knot gardens. May be clipped to maintain form, or allowed to bloom. Long-lasting blue flowers good for drying. The young leaves and shoots may flavor tomato soup and sauces, but use sparingly. It is used medicinally to treat coughs, colds and bronchitis.

Hyssop – Pink

Hyssopus officinalis Rosea

Perennial-Sun

Ht. 24", Space 18"

Uses: fruit cocktail, game, soup, fish, medicinal

Pink Hyssop – the pink flowers last all summer or keep plants clipped to a neat hedge shape. Hyssop is little used in the kitchen now, but the slightly bitter leaves

may be added to salad or used to flavor strong meats. Said to deter cabbage moth in the garden. A tea from the leaves reduces perspiration and, applied externally, calms the pain of rheumatism.

Hyssop – White

Hyssopus officinalis Alba

Perennial-Sun

Ht. 18", Space 18"

Uses: fruit cocktail, game, soup, fish, medicinal

White Hyssop has a very neat growing habit and makes a fine small hedge for borders. Chopped leaves used to garnish meat dishes and aid digestion. Tea made from leaves may be used as a gargle for sore throat and is a general treatment for colds and bronchitis. The essential oil is an ingredient in chartreuse and is used in the perfume industry.

Indigo

Indigofera tinctoria

Annual-Sun

Ht. 3', Space 18"

Uses: blue dye, decorative

Blue Indigo – ancient dyeplant known for the clarity and fastness of the blue produced. Fresh herbage is steeped in water for 12-48 hours with frequent stirring. A blue sediment will form which is the dye. Needs long growing season.

Indigo – False

Baptisia australis

Perennial-Sun

Ht. 3', Space 18"

Uses: decorative, medicinal

Indigo – False is a cousin of indigo, but much more attractive in the garden. Used medicinally by the American Indians as it is a native North American plant. Presently under study with potential benefits to the immune system.

Jasmine

Jasminum officinale

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Tender Perennial-Sun

Ht. up to 8', pot plant

Uses: fragrances and decorative

Jasmine, also called 'Poet's Jessamine'. The scent has inspired writing and is said to help one relax, sleep, or to facilitate childbirth. Normally a vine, but easily kept bushy through pinching. As a houseplant, may bloom all year indoors. The white petals are a mainstay of the perfume industry.

Jasmine – Yellow Flowering

Jasminum humile revolutum

Tender Perennial-Sun

Ht. 2', pot plant

Uses: fragrances, decorative

Yellow Flowering Jasmine is native to Kashmir, is a highly fragrant form of jasmine, with lovely yellow flowers. Pinch to keep bushy and enjoy the intoxicating scent all year long indoors. Dreaming of jasmine means good news for lovers and prophecy of an early marriage.

Lavender – Fringed

Lavandula dentata

Tender Perennial-Sun

Ht. 18", Space 18"

Uses: decorative, sachets, potpourri

Fringed Lavender (French Lavender), has very indented green leaves and hop-like blooms with a rich fragrance. Lavender comes from the Latin word to wash, and was used to scent baths in Rome and to fumigate rooms for childbirth. French lavender is not hardy in the north, but makes an excellent houseplant if given five or more hours of sun.

Lavender – Silver Fringed

Lavandula dentata var

Tender Perennial-Sun

Ht. 18", Space 15"

Uses: potpourri, sachets, perfumes, soaps

Silver Fringed Lavender (French Lavender) has silvery, indented, fuzzy foliage and

hop-like purple blooms. Must be brought indoors in winter. It has very fragrant foliage and the flowers are useful in dried sachets and as a moth repellent. Oil of lavender is used to perfume cosmetics, soap and aromatic tobaccos. Lavender salts are stimulant and prevent fainting.

Lavender – Goodwin Creek

Lavandula denata

Tender Perennial-Sun

Ht. 24", Space 18"

Uses: sachets and fragrances

Goodwin Creek Lavender has softly scalloped leaf edges produces a deep beautiful purple flower on a long stem. Blooms on and off throughout the summer. An excellent addition to the fragrant herb garden.

Lavender – Grosso

Lavandula x intermedia 'Grosso' Lavandin

Tender Perennial-Sun

Ht. 2-3', Space 18"

Uses: perfumes, herbal tobacco, sachets

Grosso Lavender has a strong scent and violet flowers on long stems.

Lavender – Hidcote

Lavandula angustifolia var

Perennial-Sun

Ht. 12", Space 15"

Uses: sachets, potpourri, cosmetics

Hidcote Lavender (English Lavender) is a slow growing variety with dark purple blooms. It is thought that the Romans brought lavender to England where it found its most suitable home. Churches are decorated with lavender on St. Barnabas Day and the branches are burned on St. John's Eve at mid-summer, to drive away evil spirits. Oil used as an insect repellent.

Lavender – Multifida

Lavandula multifida

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Tender Perennial-Sun

Ht. 24", Space 24"

Uses: potpourri, cosmetics, dried flowers, culinary

Multifida Lavender is a very unique lavender with pungently scented, very lacy, blue-green foliage, topped by purple flowers. Excellent culinary substitute for savory. For centuries the fragrant flowers have been used in dried sachets, scented soaps, perfumes and potpourri. In the garden, lavenders make sweet smelling border plants along pathways.

Lavender – Munstead

Lavandula angustifolia var

Perennial-Sun

Ht. 12", Space 15"

Uses: perfumes, sachets

Munstead Lavender (English Lavender) is the earliest blooming English Lavender with very lovely lavender-blue flowers. Used medicinally since the time of the Greek herbalist Dioscorides as a sedative, tonic, diuretic, antispasmodic and stimulant. It was also used as a strewing herb in the 12th century. Inhale the oil for headache, neuralgia and migraine.

Lavender – Spanish – 'Kew Red'

Lavandula stoechas

Tender Perennial-Sun

Ht. 18", Space 15"

Uses: potpourri, essential oils, decorative, medicinal

Spanish Lavender (Kew Red) has very delicate, airy grey foliage with dark purple blooms. Lavender is grown for its highly aromatic foliage and flowers which are dried for sachets and potpourri, giving any room a spicy, clean scent. Used as a strewing herb in the 12th century and to purify bathing water.

Lavender – Spike

Lavandula Spica

Perennial-Sun

Ht. 15", stems to 24", Space 24"

Uses: perfumes, sachets

Spike Lavender has coarse, broad, greyish leaves. Taller than other varieties. The flowers of this variety yield a camphor-like oil, somewhat milder than other lavender oils, used for soap. Lavender tea is used as a stimulant and antispasmodic and the oils are inhaled for relief of headache, neuralgia and migraine.

Lavender – Sweet

Lavandula heterophylla

Tender Perennial-Sun

Ht. 3', Space 24"

Uses: potpourri, essential oils, perfumes, soaps, moth repellent

Sweet Lavender has highly scented foliage and spikes of pale flowers all summer long. Most fragrant of the indoor varieties. Long-lasting clean fragrance of leaves and flowers make them useful for sachets, potpourri and aromatic tobaccos. Oils used for purifying baths, as an insect repellent, cosmetics, and soaps. Lavender is a symbol of cleanliness, purity and virtue and is sacred to the Virgin Mary.

Lavender – Variegated Fringed

Lavandula dentata var

Tender Perennial-Sun

Ht. 18", Space 18"

Uses: potpourri, sachets, perfumes, soaps

Variegated Fringed Lavender has very indented, green and cream colored variegated leaves, rich fragrance, hop-like purple blooms. Lavender comes from the word to wash, and was used to scent baths in Rome and to fumigate rooms for childbirth.

Lavender – Vera

Lavandula angustifolia var

Perennial-Sun

Ht. 20", Space 24"

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Uses: perfumes, decorative, sachets

Vera Lavender, an English Lavender, is a shrubby herb with narrow, aromatic, grey foliage and lavender blooms in spikes. Prefers a light, slightly alkaline soil. It was brought to England by the Romans and burned on St. John's Day at mid-summer to drive away evil spirits.

Lavender – White

Lavandula 'Alba'

Tender Perennial-Sun

Ht. 24", Space 24"

Uses: oils, soap, perfumes, sachets

White Lavender is a vigorous grower and throws long spikes of pure white, extremely fragrant flowers above silvery gray foliage. 'Alba' is not as hardy as other angustifolia species and should be grown with protection in colder climates.

Lavender – Woolly

Lavendula lanata

Tender Perennial-Sun

Ht. 15", Space 24"

Uses: oils, soap, perfumes, sachets

Woolly Lavender is a small, white shrubby plant with woolly leaves. Makes a good houseplant if given five or more hours of sunlight. The Romans used the sweet, clean smelling oils to perfume baths and fumigate rooms in preparation for childbirth. Used as a strewing herb in the 12th century for moth repellent and to ward off plague.

Leek

Allium Ampeloprasum

Biennial-Sun

Ht. 24", Space 6"

Uses: soups, vegetables, salad

Leek was first cultivated by the Greeks and Romans. Leeks are a versatile and popular vegetable. They prefer a deep, rich loam and benefit from the addition of organic matter. Hill soil up around the plants to blanch.

Lemon Grass

Cymbopogon citratus

Annual-Sun

Ht. 3', Space 18"

Uses: tea, fruit salad, fish, Asian cuisine

Lemon Grass, also known as Fever Grass, is native to southern India and Ceylon. It is a tropical, aromatic grass, which smells intensely of lemon drops. Forms dense, tall clumps of broad blades.

Lemon Verbena

Aloysia triphylla

Annual-Sun

Shrub growing to 6'

Uses: cool drinks, fruit salad, perfumes

Lemon Verbena is native to Argentina and Chile and was imported to Europe by the Spanish. Very strong, delightful, lemon scent which fills the air in the hot sun or when the plant is touched. A tea made from the leaves aids digestion and the dried leaves form a base for lemon potpourri.

Marigold – Lemon Gem

Tagetes signata

Annual-Sun

Yellow flowers

Ht. 12", Space 19"

Uses: edible flowers, salads, fruit drinks

Lemon Gem Marigold – the marigolds have surprising properties and uses. Most are familiar with their horticultural value as bedding plants, and their insect repelling properties are well known, but few would suspect their use as culinary and tea herbs in some Latin American countries. Lemon Gem has a lovely citrus-like flavor and odor. It's great for desserts, especially hot dessert sauces made with wine.

Marigold – Red Gem

Tagetes tennifolia

Annual-Sun

Rusty red flowers

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Ht. 12", Space 9"

Uses: edible flowers, salads, fruit drinks

Red Gem Marigold – the citrus marigolds have surprising properties and uses. Most are familiar with their horticultural value as bedding plants, and their insect repelling properties are well known, but few would suspect a role as culinary and tea herbs in Latin American countries. Red Gem has a lovely citrus-like odor and flavor. It's great for desserts, especially hot dessert sauces made with wine.

Marigold – Tangerine Gem

Tagetes tennifolia

Annual-Sun

Tangerine flowers

Ht. 12", Space 9"

Uses: edible flowers, salads, fruit drinks

Red Gem Marigold – the citrus marigolds have surprising properties and uses. Most are familiar with their horticultural value as bedding plants, and their insect repelling properties are well known, but few would suspect a role as culinary and tea herbs in Latin American countries. Tangerine Gem has a lovely citrus-like odor and flavor. It's great for desserts, especially hot dessert sauces made with wine.

Marjoram – Golden

Origanum vulgare 'aureum'

Perennial-Sun

Ht. 4", Space 12"

Uses: fish, meats, salads, sauces, decorative

Golden Marjoram grows in a hugging mat of round, golden leaves with an oregano like scent. Unlike sweet marjoram, it is hardy in the north and useful as a border plant in the herb garden. Used to flavor meat dishes and as an aid to digestion.

Marjoram

Origanum majoricum

Perennial-Sun

Ht. 24", Space 18"

Uses: fish, meats, salads, soups, sauces, stews

Marjoram – Hardy Sweet is a hardy substitute for sweet marjoram and used in cooking in similar ways. It is a good flavoring for tomato dishes, mushrooms, onions, salads, and beans. Sweeter, more pungent than oregano. Medicinally, it has an antispasmodic and diuretic effect.

Marjoram – Pot

Origanum onites

Perennial-Sun

Ht. 18", Space 24"

Uses: eggs, meats, salads, soups, stews

Pot Marjoram is called Rigani in Greece, where it grows wild, and is used to flavor tomato, eggplant and zucchini dishes and particularly grilled meat and fish. It also treats upset stomach. Grown where sweet marjoram is not hardy and known in England in the 16th century as a pot plant.

Marjoram – Showy

Origanum pulchelium

Perennial-Sun

Ht. 24", Space 15"

Uses: soups, salads, meats, fish, eggs, vinegar

Showy Marjoram is not as flavorful as other marjorams in cooking, but deserving of a place in the herb garden. It is a very hardy and decorative form of marjoram with dark green foliage and pink flowers. This marjoram is considered sturdy but delicate. Medicinally used as an expectorant, antiseptic and antispasmodic.

Marjoram – Sweet

Origanum majorana

Tender Perennial-Sun

Ht. 12", Space 18"

Uses: fish, meats, salads, stews

Sweet Marjoram is the marjoram most used in cooking for its sweet, pungent flavor. Rub roasts with the leaves or add

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to soups during the last 15 minutes of cooking. The flowers look like small, green knots and the leaves should be harvested just as the blooms begin. It is used medicinally as an expectorant and to treat gastrointestinal disorders. Oil may be used for toothache.

Marjoram – Variegated

Origanum vulgare 'Variegata'

Tender Perennial-Sun

Ht. 4", Space 12"

Uses: fish, meats, salads and medicinally

Variegated Marjoram is a bi-colored sport of "Wild marjoram", this plant has attractive white-yellow variegated leaves; low prostrate habit. Flavor similar to wild marjoram. It thrives well in limestone soils. Although its scent is minimal, it has many medicinal effects for indigestion, headaches and coughs. Used externally in baths and poultices. Makes pretty pot plant or hanging basket.

Marjoram – Wild

Origanum vulgare

Perennial-Sun

Ht. 18", Space 24"

Uses: soups, sauces, poultry, fish, medicinal and decorative

Wild Marjoram is very often sold incorrectly as oregano. It grows wild in New England and thrives in limestone soils. The handsome pink-purple flowers attract bees to the garden. It has minimal scent and flavor, but used to treat colic, nervous headaches, indigestion, coughs and has a mild sedative effect. Used externally in baths and poultices. Flowers dry well.

Mint – Apple

Mentha Suaveolens

Perennial-Semi-Sun

Ht. 24", Space 24"

Uses: teas, cold drinks, soups, jellies, fruit salad

Apple Mint is used fresh or dried. The soft, downy, grey-green foliage has a distinct apple/camphor fragrance. It tolerates hot, dry conditions better than other mints. Leaves were candied in the past and are still used in fruit compote. One of the best mint to grow indoors.

Mint – Chocolate

Mentha piperita var

Perennial – Semi-Sun

Ht. 18", Space 24"

Uses: best tea mint, jellies, soups, desserts

Chocolate Mint (Blue Balsam Mint)

Peppermint is divided into two types: black and white, referring to the coloration of the stem. Blue balsam is a black peppermint with excellent potent flavor, but use in moderation. Used externally to treat cuts and rashes. A traditional cooking mint, which aids digestion and has a general tonic effect on the system.

Mint – Corsican

Mentha requienii

Perennial – Semi-Sun

Ht. 1", Space 12"

Uses: teas, insect repellent; Crème de Menthe Plant

Corsican Mint is used to flavor crème de menthe. The tiny, round green leaves and low mossy appearance make it an excellent ground cover for shady, moist areas. It has minute, delicate lavender flowers. This plant is not reliably hardy in the north. Mulch after ground freeze. Intense deep mint scent makes it useful as a garnish.

Mint – Curly

Mentha spicata, var

Perennial – Semi-Sun

Ht. 24", Space 18"

Uses: teas, jellies, soups, garnish

Curly Mint is a curled-leaf variety of spearmint. The Romans are responsible for

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wide distribution of spearmint throughout Europe. It was traditionally used in cooking and the fresh leaves added to baths. "True mint" taste makes it a fine tea plant and flavoring agent for fruit and tossed salad.

Mint – Ginger

Mentha arvensis 'variegata'

Perennial – Semi-Sun

Ht. 15", Space 24"

Uses: teas, jellies, garnish, iced drinks

Ginger Mint (Golden Mint) has smooth, dark green leaves with splashes of gold along the leaf veins. It is a handsome garden mint, with excellent flavor. One variety of *mentha arvensis* is grown in Japan as a source of menthol. The variegation is caused by a virus influenced by temperature and in the full sun of mid-summer, it may lose its variegation, though it returns with good autumn days.

Mint – Grapefruit

Mentha suevedens x piperita

Perennial – Semi-Sun

Ht. 24", Space 24"

Uses: cooking and tea

Grapefruit Mint has crinkled green leaves with good grapefruit scent and flavor.

Mint – Jamaican

Micromeria viminea

Tender Perennial – Semi-Sun

Ht. 14", Space 24"

Uses: teas, drinks, medicinal

Jamaican Mint is a delightful bushy plant with small bright green leaves having a strong peppermint aroma. A favorite in Jamaica for teas and to relieve indigestion. Although not of the 'Mentha' family, it is highly regarded in Jamaica and grown for its mint-like properties.

Mint – Kentucky

Mentha spicata var

Perennial – Semi-Shade

Ht. 24", Space 24"

Uses: culinary, teas, Mint Juleps

Kentucky Mint – this spearmint variety is used in the south to flavor mint juleps. The English use spearmint to make mint sauce for lamb and to flavor peas, carrots and potatoes. The smooth, pointed leaves make this a handsome garden plant. Mint varieties should be kept separated in the garden.

Mint – Mountain Broadleaf

Pycnanthemum muticum

Perennial-Sun

Ht. 24", Space 24"

Uses: teas, jellies, flea and tick repellent

Mountain Broadleaf Mint has leaves that have a pungent, mint-like scent and may be used like peppermint. The botanical name comes from the Greek words meaning dense blossom, and describes the tight, terminal clusters of blooms. An excellent bee plant. Very decorative in the garden.

Mint – Pepper (Black)

Mentha piperita var

Perennial – Semi-Sun

Ht. 24", Space 24"

Uses: medicinal, industrial

Black Pepper Mint, also called Black English Peppermint and Brandy Mint. It has very dark leaves and stems with excellent peppermint flavor. Peppermint has been grown commercially in Surrey since 1750, for its essential oil, which has many traditional and medicinal uses. Engineers use peppermint oil to test pipe joints, as the pungent odor indicates the leak. Rat catchers plug rat tunnels with rags soaked in peppermint oil.

Mint – Peppermint

Mentha piperita var

Perennial – Semi-Sun

Ht. 15", Space 18"

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Uses: medicinal, cosmetics, cooking, teas
Peppermint is probably the most popular mint for teas and cooking and widely grown for its oil, which is used in cosmetics, medicines and toothpaste. A stimulant and antiseptic but employed primarily as an aid to digestion, and an appetite promoter. Also helps insomnia and nervous tension. Externally used to heal cuts and rashes. Attractive lavender blooms.

Mint – Pineapple

Mentha suaveolens variegata

Perennial – Semi-Sun

Ht. 15", Space 12"

Uses: teas, soups, jellies, decorative

Pineapple Mint is a striking variety of apple mint. The soft, downy leaves are cream and green colored. Shorter than apple mint, with a rich fruity fragrance. It prefers a moist, semi-shade area and blends well with other variegated plants. A decorative garnish in teas, drinks and salads. Keep mint varieties separate in the garden.

Mint – Spear Smooth Leaved

Mentha spicata var

Perennial – Semi-Sun

Ht. 24", Space 24"

Uses: teas, jellies, desserts, soups

Smooth Leaves Spear Mint, has large, smooth, dark leaves with rich spearmint flavor.

Spearmint

Mentha spicata

Perennial – Semi-Sun

Ht. 18", Space 18"

Uses: teas, jellies, desserts, soups

Spearmint has bright green leaves that are used to add fragrance to baths and grown commercially for the oils which flavor medicines and toothpaste. The leaves make a delicious, refreshing tea, a deep, minty sauce for lamb and a flavoring for mint jelly. Use the leaves as a

garnish with meat dishes, in salads and to add pleasant taste to peas, carrots, potatoes. Keep mints separate in the garden.

Mint – "The Best"

Mentha spicata var

Perennial – Semi-Sun

Ht. 24", Space 24"

Uses: teas, jellies, fruits, fragrances

"The Best" Mint, is so called because it is the most vigorous growing form of spearmint. The green, wrinkled leaves make a soothing and refreshing tea and may be used to scent linen closets and woolen chests and to repel moths. The Romans distributed spearmint throughout Europe and it has been popular for centuries in salads, cold drinks and with fruit.

Mint – Vietnamese

Mentha x gracilis

Perennial – Semi-Sun

Ht. 24", Space 24"

Uses: teas, fruit cups, drinks and sauces

Vietnamese Mint has a terrific sweet spearmint flavor and is the particular strain featured in Vietnamese dishes. Excellent with carrots, peas, potatoes and in making mint sauces.

Mole Plant – (Gopher Purge)

Euphorbia lathyris

Annual-Sun

Ht. 4', Space 40' apart

Uses: to eliminate moles from the garden

Mole Plant (Gopher Purge) has stems that contain sap which is poisonous and caustic and is said to deter moles and gophers. Grows as a single stem and bears yellow flowers in clusters. When spaced 40 feet apart as a border plant around flower, herb or vegetable gardens, it is extremely effective in deterring moles.

Morning Glory – Heavenly Blue

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Ipomoea 'Heavenly Blue'

Annual-Sun

Ht. 9-12', Space 15"

Uses: hedges, ground cover, hanging baskets

Heavenly Blue Morning Glory was used by the Aztecs as a hallucinogen in religious ceremonies. This lovely, fast growing vine with sky-blue flowers is ideal for walls, tall fences or trellises.

Mustard

Brassica Sinapis

Annual-Sun

Ht. 18", Space 12"

Uses, leaves: salads, soups, cooked greens

Uses, seeds: salad oil, soups and liniments

Mustard seeds are ground to make the condiment mustard. Medicinally a stimulant, irritant and emetic. Used as a poultice for rheumatism, local pain and chilblain. Added to hot water as a foot bath. Young leaves used in salads and as cooked greens.

Nasturtium

Tropaeolum majus

Annual-Sun

Ht. 8", Space 12"

Uses: decorative, canapes and salads

Nasturtium also called Indian Cress. It is native to Mexico, Chile and Argentina, where it was eaten like cress, hence the common name, which is the botanical name for water cress. The leaves and flowers are spicy and fragrant in salads. Nasturtium has an unusually high vitamin C content. Gorgeous mix of colors. The buds are often used as a caper substitute.

Oregano – Cuban

Plectranthus var

Tender Perennial-Sun

Ht. 12", Space 24"

Uses: medicinal

Cuban Oregano has fleshy, small almost round leaves with small, shallow rounded teeth on the edges. Scent reminiscent of

oregano, but is not commonly used in cooking. An attractive houseplant that releases a pleasant odor when brushed against.

Oregano – Cuban Variegated

Plectranthus variegated

Tender Perennial-Sun

Ht. 12", Space 24"

Uses: Mexican and Spanish cuisine, medicinal

Cuban-Variegated Oregano has fleshy oval leaves with small, shallow rounded teeth on the edges. Scent reminiscent of oregano.

Oregano – Golden

Origanum aurea

Perennial-Sun

Ht. 8", Space 12"

Uses: decorative ground cover, soups, salads, stews

Golden Oregano is a low growing plant with lovely golden yellow foliage. An excellent border plant for the herb garden. Less intense flavor than other oregano, but useful in seasoning soups and tomato dishes. Also a decorative garnish in salads, pasta and meat dishes.

Oregano – Greek

Origanum var

Perennial-Sun

Ht. 18", Space 18"

Uses: fish, meats, salads, stews

Greek Oregano has a great variation in leaf size, shape, color and growth habit, as the seed is collected from plants in the mountains of Greece. Many have grey foliage. A very spicy oregano, the strongest of all. It is an excellent seasoning with meats, tomato dishes and sauces.

Oregano – Maru

Origanum 'Maru' aegypticum

Perennial-Sun

Ht. 24", Space 16"

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Uses: seasonings, sauces, soups, fish, game
Maru Oregano, also called Bible Hyssop, has grey-green leaves with excellent oregano flavor.

Oregano – Silver Greek

Origanium 'Kaliteri'

Perennial-Sun

Ht. 8", Space 24"

Uses: fish, meat, salads, sauces, stews

Silver Greek Oregano has a very strong flavor. 'Kaliteri' means 'The Best' in Greek. Specifically selected for its high oil content. White flowers, very hardy and excellent flavor. Very spicy.

Oregano True

Origanum var

Perennial-Sun

Ht. 24", Space 18"

Uses: fish, meats, salads, sauces, stews

True Oregano is a flavoring for all Italian food, pasta, meats and tomato sauces. This plant is distinguished by its small, white flowers. Harvest leaves just as bloom begins and dry in oven at a very low temperature or hang upside down in a dark, warm, dry place. Store dried leaves in opaque glass containers.

Paprika

Capsicum annum

Annual-Sun

Ht. 24", Space 24"

Uses: culinary

Paprika is made from the ground seeds and walls of the paprika pepper. Unlike the rather insipid power available in stores, paprika should have a pronounced sweet or pungent flavor. Culture is much the same as bell pepper. It's great to have your own home-grown!

Parsley – Curled

Petroselinum crispum

Biennial-Sun

Ht. 8", Space 12"

Uses: fish, meats, salads, sauces, eggs

Curled Parsley is preferred as a garnish and is widely used in cooking. Finely cut, tight curly leaves may be harvested when 6 to 8 inches high.

Parsley – Plain

Petroselinum neapolitanum

Biennial-Sun

Ht. 12", Space 12"

Uses: fish, meats, poultry, eggs, sauces

Plain Parsley is also called Italian parsley and preferred in cooking.

Patchouli

Pogostemon patchouli

Tender Perennial-Sun

Ht. 30", Space 24"

Uses: perfumes and soaps

Patchouli is one of the many definitive perfumes of Asia. Leaves are excellent in potpourris and sachets. Likes hot sun.

Perilla – Green

Perilla frutescens 'Crispa'

Annual-Sun

Ht. 30", Space 18"

Uses: Japanese cooking, fish, fruit, tempura

Green Perilla – this variety of Perilla has green leaves and a lemony taste. Native to Asia, and a feature in Japanese cooking, it is the preferred choice for sushi. The cinnamon-scented leaves are popular in Japan for flavoring raw fish, bean curd, pickles and tempura.

Perilla – Purple

Perilla frutescens var

Annual-Sun

Ht. 30", Space 18"

Uses: Japanese cooking, fish, fruit, tempura, akashiho

Purple Perilla is considered a handsome plant with wrinkled dark purple leaves and pink flowers. The leaves have a nice fruity cinnamon scent and are used in flower

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arrangements. Native to Asia, and a feature in Japanese cooking, as a flavoring for raw fish, bean curd, pickles and tempura. The seeds are the base for a type of Japanese candy.

Poppy – California

Exchscholzia californica

Annual-Sun

Ht. 24", Space 8"

Uses: medicinal

California Poppy is a colorful, decorative annual with solitary, showy, yellow, orange or red flowers. It tolerates poor soil and dry conditions. The plant contains a colorless juice, which is mildly narcotic and was used by California Indians to treat toothache.

Pyrethrum

Chrysanthemum, cinerifolium

Perennial-Sun

Ht. 30", Space 24"

Uses: source of insecticide

Pyrethrum (Dalmation Insect Flower) is a source of pyrethrins, a non-toxic (to mammals) insecticide, used against flies, mites, bedbugs, aphids, mosquitoes and cockroaches. To test the strength of your plant, place a small amount of the dried herb or flowers under a glass with flies. Flies should be stupefied in one minute if you have the right variety.

Red Valerian

Centranthus ruber (Jupiter's Beard)

Perennial-Sun

Ht. 24", Space 18"

Uses, leaves: salads

Uses, roots: soups

Red Valerian, also known as Fox's Brush and Red Cow Basil. It is grown primarily as an ornamental plant, because of its attractive clusters of fragrant, scarlet to pale red flowers, which last a long time. Young leaves may be eaten in salad or cooked as greens.

Rose Campion – "Alpine"

Lychnis Alpina

Perennial-Sun

Ht. 6", Space 8"

Uses: dwarf alpine plant

Alpine Rose Campion – The Alpines, some of which are the most beautiful in cultivation, are suited to the climate of Canada. Their diminutive stature creates a charming effect in rockeries or any other well-drained location. This is a tuft-forming plant with thick deep-green leaves bearing rounded heads of deep pink flowers from May to June.

Rose Campion – White Leaf

Lychnis Flos-Jovis

Perennial-Sun

Ht. 36", Space 24"

Uses: dried arrangements, decorative

White Leaf Rose Campion is similar to 'Pink Mullein' except the leaves are more silver-white when in bright sun. This variety is also like 'coronaria' but with white flowers. Their stature creates a charming effect in rockeries or in any well-drained soil. Excellent in dried arrangements.

Rosemary

Rosmarinus officinalis

Tender Perennial-Sun

Ht. 1' – 4', Space as needed

Uses: fish, game, poultry, meat, soups, shampoos, hair and skin rinses

Rosemary is an attractive evergreen with pale blue flowers.

Rosemary – Arp

Rosmarinum officinalis 'Arp'

Tender Perennial-Sun

Ht. 1" – 4", Space 18"

Uses: fish, game, meat, soup, poultry

Arp Rosemary is a hardy rosemary; probable hardiness is currently rate Zone 7.

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Rosemary – “Foresteri”

Rosmarinus officinalis 'Lockwood de Forest'

Tender Perennial-Sun

Ht. 3', tub plant

Uses: fish, meat, poultry, gram, soup

Foresteri Rosemary is also known as Santa Barbara Rosemary, for the garden at Lockwood de Forest, where it originated. Boil rosemary and inhale the steam to clear a stuffy head.

Rosemary – “Golden” or “Gilded”

Rosmarinus officinalis var 'Golden Rain'

Tender Perennial-Sun

Ht. up to 4', Space 18"

Uses: fish, game, poultry, meat, soups, vegetables

Golden or Gilded Rosemary is a fine, vigorous culinary herb with gold streaked foliage, a rich feature that combines well with the forest-green background and blue blossoms.

Rosemary – “Hill Hardy”

Rosmarinus officinalis 'Hill Hardy'

Tender Perennial-Sun

Ht. 2' – 3', Space 2'

Uses: fish, game, meat, poultry

Hill Hardy Rosemary has leaves which are very dark green, and the fragrance from this herb is reminiscent of the pines.

Rosemary – “Ingram”

Rosmarinus officinalis var

Tender Perennial-Sun

Ht. 12", Space as needed

Uses: fish, game, meat, poultry

Ingram Rosemary has a semi-prostrate growing habit. This variety has lovely bright blue flowers and a pleasing fragrance.

Rosemary – “Pine-Scented”

Rosmarinus officinalis *augustifolia*

Tender Perennial-Sun

Ht. 24", Space 15"

Uses: fish, game, potpourri, miniature Christmas Tree

Pine-Scented Rosemary is a small needled, particularly piney rosemary. It requires light soil, excellent drainage and care in avoiding over watering. This pine-fragranced variety makes a very decorative, miniature “Christmas Tree”, so begin shaping in July.

Rosemary – “Pink Flowering”

Rosmarinus officinalis *roseus* 'Majorca'

Tender Perennial-Sun

Ht. 1' – 4', Space as needed

Uses: fish, game, meat, poultry, soups

Pink Flowering Rosemary is native to Majorca and has pale pink blossoms. It is used to flavor lamb and pork and used medicinally for stuffy nasal passages, headaches, to aid digestion, and calm nerves. This oil is an effective insect repellent and a sachet of the dried leaves is traditional in linen closets.

Rosemary – ‘Salem’

Rosmarinus officinalis 'Salem'

Tender Perennial-Sun

Ht. 30", tub plant

Uses: meat, game poultry, stews, soups

Salem Rosemary is a wonderful variety, great for shaping into topiary standards.

Rosemary – ‘Tuscan Blue’

Rosmarinus officinalis *rigidus*

Tender Perennial-Sun

Ht. 1' – 4', Space as needed

Uses: fish, game, meat, pork, poultry

Tuscan Blue Rosemary is a very strong growing upright rosemary with beautiful dark blue flowers. Faster growing than most rosemary varieties with large leaves. Very easily trimmed into topiary Christmas Tree form. Tuscan Blue Rosemary is a wonderful flavor in poultry recipes when mixed with thyme, sage and garlic.

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Rue

Ruta graveolens

Perennial-Sun

Ht. 24", Space 18"

Uses: cheeses, decorative, medicinal

Rue is known as the herb of grace. Potent grey foliage may cause dermatitis on sensitive skin, especially just as yellow blooms appear. A lovely hedge or border plant.

Safflower – False Saffron

Carthamus tinctorius

Annual-Sun

Ht. 24", Space 15"

Uses: dye, medicinal, oil

Safflower, also known as Dyer's Thistle, is grown primarily as an oil seed crop, producing a low cholesterol cooking and salad oil. The flower heads yield an excellent long-lasting yellow dye used primarily on silk. Young shoots are edible and flower petals color and flavor rice and are a saffron substitute.

Sage

Salvia officinalis

Perennial-Sun

Ht. 24", Space 24"

Uses: fish, game, meat, sauces, stuffing

Sage, also called grey sage or garden sage, was used to aid digestion, to soothe and calm nerves and to treat hysteria. It is also used to strengthen gums, whiten teeth, darken and thicken hair. Use with strong fatty meats and stuffing.

Sage – "Berggarten"

Salvia officinalis 'Berggarten'

Perennial-Partial Shade

Ht. 18", Space 18"

Uses: culinary, decorative

Berggarten Sage originated at the Berggarten Mansion in Germany. This beautiful compact bush has lovely foliage with rounded silvery leaves and lilac-blue flowers and is mildew resistant.

Sage – "Clary"

Salvia sclarea

Biennial-Sun

Ht. 4', Space 2'

Uses: fish, meat, medicine

Clary Sage (Vatican Sage), also known as 'Clear eye' sage, is said to take the specks out of eyes and restore sight. This variety has large pebbly leaves and very decorative white/lilac flowers.

Sage – "Cleveland"

Salvia clevelandi

Perennial-Sun

Ht. 18", Space 18"

Uses: decorative, fish, game, meat, sauces

Cleveland Sage is the most aromatic of the sages. It has grey, hairy leaves, blue flowers and a sweet scent.

Sage – "Dwarf"

Salvia officinalis compacta

Perennial-Sun

Ht. 8", Space 15"

Uses: fish, game, meat, sauce, stuffing

Dwarf Sage is a small-leaved variety of a compact form of grey sage. Its strong flavor accompanies meats and it is a traditional ingredient in stuffing and sausages.

Sage – "Fruity"

Salvia dorsinana

Annual-Sun

Ht. 48", Space 36"

Uses: decorative, potpourri

Fruity Sage has a strong aroma of mixed fruits making this plant an ideal ingredient for potpourris and other fragrant concoctions. This variety has large velvety leaves and shocking pink flowers.

Sage – Golden

Salvia officinalis aurea

Perennial-Sun

Ht. 15", Space 15"

Uses: decorative, fish game, meat, sauces

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Golden Sage is a very decorative sage with green leaves edged with gold. It has compact, dense growth habit, that makes it an excellent border plant.

Sage – Honeymelon

Salvia Elegans var

Tender Perennial-Sun

Ht. 24", Space 24"

Uses: drinks, fruit salads, potpourri, teas

Honeymelon Sage is a close relative of pineapple sage, with smaller, heart-shaped leaves and the distinct fragrance of the honeydew melon. The long, scarlet flowers are very dramatic looking. Though it has little flavor, it makes a delightful and fragrant garnish for fruit cup, iced tea, fruit juices and salads. It attracts bees, butterflies and hummingbirds.

Sage – Painted

Salvia viridis

Annual-Sun

Ht. 24", Space 12"

Uses: decorative, medicinal

Painted Sage is a lovely addition to the herb garden. It has white bracts with rose or purple flowers. Requires full sun and good drainage. Do not over water.

Sage – Pineapple

Salvia elegans

Very Tender Perennial-Sun

Ht. 30", Space 24"

Uses: decorative, drinks, fruit salad potpourri, teas

Pineapple Sage is a highly decorative sage with pointed green leaves and very stunning narrow, tubular, scarlet blooms. The leaves have a very strong pineapple scent.

Sage – Purple

Salvia officinalis purpurea

Perennial-Sun

Ht. 15", Space 18"

Uses: fish, game, meat, sauces

Purple Sage has very stunning dark purple foliage and a compact habit. It is an excellent border plant when mixed with grey or green foliage plants. This sage is preferred for tea. Try it in combination with mint, lemon verbena and chamomile.

Sage – Scarlet

Salvia coccinea

Tender Perennial-Sun

Ht. 24", Space 18"

Uses: decorative

Scarlet Sage (Texas Sage) is a dramatic, decorative, garden sage, with bright red flowers. Attractive to bees, butterflies and hummingbirds. Sage honey is highly valued and expensive. Requires good drainage and full sun.

Sage – Silver

Salvia argentea

Perennial-Sun

Ht. 8", Space 24"

Uses: decorative, fish, game, meat, sauces

Silver Sage has very showy, wooly, silver foliage and white flowers. Extremely decorative in the grey or herb garden. It is native to Southern Europe and Bulgaria.

Sage – Tri-Color

Salvia officinalis

Perennial-Sun

Ht. 15", Space 15"

Uses: decorative, fish, game, meat, sauces

Tri-Colored Sage, also known as Silver Edge, is an extremely attractive sage with variegated leaves of cream, purple and green. It requires excellent drainage and full sun.

Sage – White

Salvia piana

Perennial-Sun

Ht. 24", Space 24"

Uses: decorative and medicinal

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White Sage has very white foliage with whitish-blue flowers. The leaves are resinous and very heavily scented.

St. John's Wort

Hypericum perforatum

Perennial-Sun

Ht. 10", Space 24"

Uses: medicinal

St. John's Wort – tea made from this plant works as a sedative and as an antidepressant.

Santolina

Santolina ericoides

Perennial-Sun

Ht. 12", Space 12"

Uses: decorative, insect repellent

Santolina has dense, compact, knobby, green foliage. Use as an insect repellent in the garden and home.

Santolina Green

Santolina viridis

Perennial-Sun

Ht. 12", Space 10"

Uses: decorative, insect repellent

Green Santolina has dark jade-green leaves and fern-like foliage. Leaves and flowers used to repel moths and medicinally to expel worms and relieve stomach ache.

Santolina Grey

Santolina chamaecyparissus

Perennial-Sun

Ht. 12", Space 10"

Uses: decorative, insect repellent

Gray Santolina is a traditional hedge or edging plant in formal or knot gardens. The leaves and foliage are used to repel moths.

Savory – Lemon

Satureja figlora

Tender Perennial-Sun

Ht. 6", Space 8"

Uses: fish, poultry, tea

Lemon Savory known for its intense lemon scent and flavor. Easy to grow, requires well-drained soil.

Savory – Summer

Satureja hortensis

Annual-Sun

Ht. 18", Space 12"

Uses: fish, game, meat, sauce, soup

Summer Savory is a hardy annual with lavender flowers. Fresh leaves may be rubbed on insect bites to relieve sting.

Savory – Winter

Satureja montana

Annual-Sun

Ht. 12", Space 15"

Uses: fish, game, meat, medicinal, sauce, soup, vegetables

Winter Savory is also known as Mountain Savory and it has a coarser, stronger flavor than Summer Savory.

Scented Geranium – Apple

Pelargonium odoratissimum

Annual-Sun

Ht. 12", Space 12"

Uses: fruit salad, jelly, potpourri, tea

Apple Scented Geranium is a compact plant with vine-like flower branches and has light green, oval, ornate velvety leaves.

Scented Geranium – Apricot

Pelargonium scabrum

Annual-Sun

Ht. 24", Space 24"

Uses: fruit salad, jelly, potpourri, tea

Apricot Scented Geranium is very beautiful with deeply cut glossy leaves and dark pink blossoms.

Scented Geranium – Chocolate Mint

Pelargonium quer

Annual-Sun

Ht. 24", Space 30"

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Uses: fruit salad, jelly, potpourri, tea
Chocolate Mint Scented Geranium
fragrance is just like an after-dinner mint.

Scented Geranium – Cinnamon

Pelargonium x limoneum

Annual-Sun

Ht. 24", Space 30"

Uses: fruit salad, jelly, potpourri, tea
Cinnamon Scented Geranium has fine toothed, fan-shaped leaves and small lavender flowers. In winter it has a spicy cinnamon scent and in summer it has a lemon scent, with an overtone of citronella.

Scented Geranium – Citrosa

Pelargonium 'Citrosa'

Annual-Sun

Ht. 24", Space 24"

Citrosa Scented Geranium is also known as the mosquito fighter. This plant is a hybrid cross between lemon and rose resulting in a citronella scent.

Scented Geranium – Gooseberry

Pelargonium var

Annual-Sun

Ht. 15", Space 15"

Uses: decorative, fruit salad, jelly, potpourri, tea

Gooseberry Scented Geranium has small, delicate leaves with crinkled edges. The leaves are a deep green with lots of creamy yellow variegation and the flowers are pink with deep pink center.

Scented Geranium – Grey Lady Plymouth

Pelargonium graveolens var

Annual-Sun

Ht. 24", Space 24"

Uses: fruit salad, jelly, potpourri, tea
Grey Lady Plymouth Scented Geranium has a faint rose scent with attractive silvery-grey leaves and lovely pink flowers.

Scented Geranium – Lemon

Pelargonium crispum

Annual-Sun

Ht. 24" – 36", Space 12" – 15"

Uses: fruit salad, jelly, potpourri, tea
Lemon Scented Geranium has a lemon and citronella scent.

Scented Geranium – Lime

Pelargonium nervosum

Annual-Sun

Ht. 18", Space 15"

Uses: fruit salad, jelly, potpourri, tea
Lime Scented Geranium has small, smooth, deep green, sharp-toothed leaves and the flowers are a deeply marked lavender.

Scented Geranium – Nutmeg

Pelargonium x fragrans

Annual-Sun

Ht. 12", Space 18"

Uses: fruit salad, jelly, potpourri, tea
Nutmeg Scented Geranium has small, slightly lobed, round, crinkled grey leaves with clusters of tiny white flowers. The scent is sweet and spicy and is a bushy grower.

Scented Geranium – Orange

Pelargonium citrosum

Annual-Sun

Ht. 24-30", Space 24"

Uses: fruit salad, jelly, potpourri, tea
Orange Scented Geranium has soft, round, light green leaves with very pronounced citrus fragrance. It has exceptional blooms of lavender and maroon.