



## Herb Selection Guide©

| <u>Common Name</u>               | <u>Botanical Name</u>       | <u>Key*</u> | <u>Comments</u>   |
|----------------------------------|-----------------------------|-------------|---|
| <b>Anise Hyssop</b>              | Agastache foeniculum        | <b>P</b>    | Drought resistant, aromatic leaves & flowers. Use for salads, teas & garnishes. Bees love it!       |
| <b>Artemisia 'Powis Castle'†</b> | Artemisia vulgaris          | <b>P</b>    | Aromatic herb with mild camphor aroma. Silver-gray, velvet-lacy textured foliage.                   |
| <b>Arugula</b>                   | Brassicaceae                | <b>A</b>    | Arugula adds a nutty zing to salads. Weedy Mediterranean native grows to 3 ft. tall.                |
| <b>Basil</b>                     | <b>Ocimum Basilicum Sp.</b> | <b>A</b>    | <b>Most plants of this species grow 18-24" tall.</b>  |
| African Blue                     |                             |             | Camphor/clove-like aroma, gray-green leaves with purple veins, light purple flowers.                |
| Anise                            |                             |             | Hard to find basil with anise fragrance & flavor. Use for salads, sauces & herb vinegars.           |
| Aussie Sweet                     |                             |             | Easy to grow basil reaches 18-36" in full sun and does well in both acid and alkaline soils.        |
| Cinnamon                         |                             |             | Called 'cinnamon' for its light aroma & flavor. Great in food recipes & also potpourri.             |
| Dark Opal                        |                             |             | Smooth, 2" leaves that range in color from light green to purple. Use for cooking, garnish.         |
| Genovese                         |                             |             | Traditional pesto variety. Large leaves, intensely scented, authentic Italian flavor.               |
| Greek                            |                             |             | Heirloom variety native to SE Asia brought to the Mediterranean. Thrives in full sun, fragrant.     |
| Holy                             |                             |             | Asian variety sacred to Hindus. Green leaves, light musky scent with a hint of mint and clove.      |
| Holy Red & Green                 |                             |             | Same as above, except leaves are red and green on purplish stems.                                   |
| Italian Large Leaf               |                             |             | Mild pesto variety, with a sweeter scent, flavor and less bite. Large 4" leaves.                    |
| Lemon 'Sweet Dani'               |                             |             | An AAS winner, 'Lemon Sweet Dani' has a pure, clean, citrus-lemon scent. Great fresh or dried.      |
| Lime                             |                             |             | With a zesty lime aroma, this adds a unique citrus flair to salads and fish recipes. 2" leaves.     |
| Mrs. Burns Lemon                 |                             |             | Sweet and tangy, intensely flavorful basil with 2 1/2" leaves. Attractive plant with white blooms.  |
| Napoletano                       |                             |             | Pesto variety with a spicy traditional basil flavor. Huge frilly leaves.                            |
| Osmin                            |                             |             | Dark purple, glossy, slightly ruffled 2" leaves. Pale lilac flowers. Sweet fruity aroma.            |
| Purple Ruffles                   |                             |             | 1987 AAS winner. Large ruffled leaves are great for garnishing. Beautiful as an ornamental.         |
| Red Rubin                        |                             |             | Fragrant burgundy leaves. Offers high yields as well as great flavor.                               |
| Spicy Bush                       |                             |             | Small, dome shaped plants with tiny leaves. Packed with spicy/sweet basil flavor.                   |
| Sweet                            |                             |             | Classic basil appearance, with glossy, dark green leaves. Spicy and sweet, wonderful aroma.         |
| Sweet Thai                       |                             |             | Asian variety with authentic Thai basil flavor-spicy with anise and clove accents.                  |
| Thai Magic                       |                             |             | Asian variety that has larger leaves than Sweet Thai with a mild, sweet flavor and a hint of anise. |
| Thai Siam Queen                  |                             |             | All America Winner 1997. Tender & intensely flavored, licorice/basil aroma. Thai recipes.           |

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| <b>Bayleaf</b>              | Laurus nobilis           | P    | Evergreen shrub. Slow growing. Used in soup, seafood, beef & tomato dishes. Grows to 15' tall.        |
| <b>Borage</b>               | Borago officinalis       | P    | Medicinal plant bearing profuse quantities of small, blue, edible flowers.                            |
| <b>Burnet (Salad)</b>       | Sanquisorba minor        | P    | Cucumber flavored leaves season salads, vinegars, egg & cheese dishes. Grows to 12" tall.             |
| <b>Catmint</b>              | Nepeta sp.               | P    | Medicinal, used in tea for sleeplessness, nervous tension. Cats are mildly attracted to it.           |
| <b>Catnip</b>               | Nepeta cataria           | P    | Catnip plants enjoy the sun & are drought tolerant. Strong scent. Cats go crazy for it!               |
| <b>Chamomile</b>            | Matricaria recutita      | A    | White, daisy-like flowers are used in teas and hair rinses. Historically used for digestive ailments. |
| <b>Chervil</b>              | Anthriscus cerefolium    | A    | Popular substitute for parsley with a mild, sweet anise flavor. Used to flavor soups, salads, etc.    |
| <b>Chives</b>               | <b>Allium sp.</b>        | P    |   |
| Onion                       | Allium schoenoprasum     | P    | Delicate, light onion flavor. Perfect for recipes where regular onion might be overbearing.           |
| Garlic                      | Allium tuberosum         | P    | Mild garlic flavor & aroma. Excellent in Asian cuisine, stir-fries, raw dishes, sauces, salads.       |
| <b>Cilantro (Coriander)</b> | Coriandrum sativum       | A    | Leaves used in Mexican and Asian dishes. Coriander seeds used for cakes, cookies, pastries.           |
| <b>Culantro</b>             | Eryngium foetidum        | A    | Culinary & medicinal widely used in the West Indies and Latin America. Use for sauces, meat.          |
| <b>Cumin</b>                | Cuminum cyminum          | A    | Fragrant, ferny foliage. Young leaves are good in salad. Seed used medicinally and as spice.          |
| <b>Curry</b>                | Helichrysum angustifolia | P    | Not the same as curry the spice. Beautiful silver, wooly foliage with strong curry scent.             |
| <b>Dill</b>                 | <b>Anethum sp.</b>       | A    | <b>Most varieties grow 18"-36" tall with a yellow flower head which develops into seed.</b>           |
| Bouquet                     |                          |      | Leaves have classic dill flavor for garnishing and culinary use. Good seed and leaf yields.           |
| Fernleaf                    |                          |      | 1992 AAS winner. Very slow to bolt. Abundant, dark blue-green foliage. Good for small spaces.         |
| Hercules                    |                          |      | Tall, extremely productive plant with high yields of fresh dill leaves. Very uniform growth.          |
| <b>Echinacea †</b>          | Echinacea angustifolia   | P    | Root used in teas and tonics to fortify the immune system against colds and flu.                      |
| <b>Epazote</b>              | Dysphania ambrosioides   | A    | Used in many Mexican recipes, especially beans both for its flavor & carminative properties.          |
| <b>Fennel</b>               | <b>Foeniculum sp.</b>    | A    | <b>Plants grow to 48", with flowering/fruitle umbels.</b>   |
| Regular                     |                          |      | Both varieties have licorice flavored fruits (mistakenly called seeds), used in tea, breads, meat,    |
| Bronze                      |                          |      | fish, and egg & cheese recipes. Carminative properties. Use bulb as a vegetable, raw or cooked.       |
| <b>Feverfew</b>             | Tanacetum parthenium     | P    | Small daisy-like flowers. Very aromatic. Used medicinally for fevers, migraines and cramps.           |
| <b>Garlic</b>               | <b>Allium sp.</b>        | P    | <b>Spherical clusters of pink flowers on tall stalks bloom early summer.</b>                          |
| Regular                     |                          |      | Mild garlic variety with medium sized head. Use in all recipes calling for garlic.                    |
| Elephant                    |                          |      | Mild garlic flavor with 4-6 enormous cloves in each clove. Cloves are very easy peeling.              |
| Society                     | Tulbaghia violaceae      | P    | Clusters of lilac flowers on tall stalk. Excellent aphid repellent, beautiful landscape plant.        |
| <b>Hyssop</b>               | Hyssopus officinalis     | P    | Used medicinally as a soothing tea for colds, flu, bronchitis, sore throat, bruises, burns.           |
| <b>Lavender †</b>           | <b>Lavandula sp.</b>     | P/TP | <b>Gray-green foliage, plants grow 8"-48",</b>  |
| Dutch                       |                          |      | Used in sachets, perfume, wands, etc. Thrives in full sun & loose, well-drained soil.                 |
| Hidcote                     |                          |      | Must have for creating the cottage garden look. Compact variety good for edging or hedging.           |
| Munstead                    |                          |      | One of the most popular varieties. Rich lavender flower spikes fill the air all summer long.          |
| Fat Spike                   |                          |      | Fine cultivar which offers dark purple flowers. Wide spreading habit. Flowers used in potpourri.      |
| Goodwin Creek               |                          |      | Blooms throughout the summer. Silvery toothed attractive foliage. Deep purple corollas.               |
| Grosso                      |                          |      | Heavy blooming, strong lavender fragrance with a hint of camphor. Good choice for crafts.             |
| Pinnata Buchii              |                          |      | Unlike the other varieties, blooms steadily from spring to frost. Bright blue blooms.                 |
| Provence                    |                          |      | Generally blooms twice a year. Spring and fall. Cultivated in France for perfume & essential oil.     |
| Quasti Spanish              |                          |      | Grown by the Ancient Romans. Early blooming with unique blossoms, excellent fragrance.                |
| Sweet                       |                          |      | Fast, easy grower with excellent fragrance. Blooms in spring and early summer.                        |
| <b>Lemon Balm</b>           | Melissa officinalis      | P    | Delightful lemon scent. Used medicinally as a calming herb & in a variety of culinary recipes.        |
| <b>Lemon Grass</b>          | Cymbopogon citratus      | TP   | Clumping grass with a strong lemon flavor. Used frequently in Indian & Asian cuisine.                 |
| <b>Lemon Verbena</b>        | Lippia citridora         | TP   | Semi-evergreen with strong lemon scent. Used in drinks, teas, perfumes, and potpourris.               |
| <b>Lovage</b>               | Levisticum officinalis   | P    | Celery flavored leaves used in soups, vegetable and meat dishes. Seed used in breads, candy.          |
| <b>Marjoram</b>             | Origanum marjorana       | A    | Used to flavor soup, meats, poultry, fish, stuffing, sauces. Great scent for sachets and soaps.       |

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| <b>Mint</b>           | <b>Mentha sp.</b>       | <b>P</b> | <b>Most plants are low growing, 4”6”. Some species reach 24”. Vigorous grower.</b>                    |
| Apple                 |                         |          | Good flavor & strong green-apple fragrance. Excellent in fruit salads and teas.                       |
| Chocolate             |                         |          | This variety has a refreshing chocolate/peppermint scent. Kids love it!                               |
| Cordifolia            |                         |          | Mint Julep variety. Use in recipes calling for spearmint, including mint sauce & jellies.             |
| Curly                 |                         |          | Broad, crinkled, green leaves. Sweet spearmint flavor is less pronounced than other varieties.        |
| Egyptian              |                         |          | Flavor similar to apple mint. Robust plant with sturdy upright stems & velvet gray leaves.            |
| Ginger                |                         |          | Mild spearmint flavor. Leaves used fresh in fruit salad, or with melon or tomatoes.                   |
| Grapefruit            |                         |          | Refreshing spearmint flavor with grapefruit overtone. Nice added to fruit salads & punch.             |
| Lemon                 |                         |          | Light-green leaves, lemon-spearmint flavor. Pink flowers. Good for teas.                              |
| Lime                  |                         |          | Rounded dark green leaves. Lime-like fragrance and flavor. Use in iced or hot teas.                   |
| Mojito                |                         |          | Classic flavor for the classic Cuban beverage.  |
| Orange                |                         |          | Purple-edged, dark green leaves. Strong citrus scent, wonderful in mint tea blends.                   |
| Peppermint            |                         |          | Traditional mint for tea. Vigorous, creeping, purple-tinged leaves & stems. Good for digestion.       |
| Pineapple             |                         |          | Wooly leaves with attractive creamy white & green variegation. Pineapple flavor & fragrance.          |
| Silver                |                         |          | Silver leaf mint with frosty-pink flowers. Used in Asian, Middle Eastern and Greek Cuisine.           |
| Spearmint             |                         |          | Strong spearmint flavor, traditional in lamb dishes and for mint juleps.                              |
| Pennyroyal            |                         |          | Strong mint flavor used in sauces, puddings, herb remedies. Natural insect repellent.                 |
| The Best              |                         |          | Lavender flowers & glossy, sharply-pointed leaves. Delicious in iced tea!                             |
| <b>Oregano</b>        | <b>Origanum sp.</b>     | <b>P</b> | <b>Varied species: some varieties grow 3” and trail; others are upright to 12”.</b>                   |
| Betty Rollins         |                         |          | Low growing, 6” tall dense mat. Deer resistant. Moderately drought tolerant.                          |
| Hot & Spicy           |                         |          | Hot, spicy & pungent. Good choice for Mexican dishes. Also used in Italian & Greek cuisine.           |
| Italian               |                         |          | Traditional oregano flavor. Great with tomato, egg, or cheese based foods. Also lamb, beef, pork.     |
| Greek                 |                         |          | Heavy oregano aroma; great for pizza and Italian cooking. Medicinally as a tea for indigestion.       |
| Hopley’s Purple       |                         |          | Beautiful but tough. Hopley’s Purple oregano takes heat, drought, and looks great in the garden.      |
| Mexican               |                         |          | Stronger & less sweet variety. Suited to spicy, hot, cumin flavored dishes of South America.          |
| <b>Parsley</b>        | <b>Petroselinum sp.</b> | <b>B</b> | <b>Grows to an average of 12” tall.</b>   |
| Curled leaf           |                         |          | Curled dark green leaves with celery scent. Use in soup, meat, fish, potato dishes & as garnish.      |
| Italian (Flat-leaf)   |                         |          | Same as above. All parsley contains high levels of beta-carotene and many other nutrients.            |
| <b>Rosemary †</b>     | <b>Rosmarinus sp.</b>   | <b>P</b> | <b>Both upright and prostrate varieties available.</b>  |
| Golden Rain           |                         |          | Golden-hued variety darkens to green in summer, returns with cooler weather. Weeping foliage.         |
| Huntington Carpet     |                         |          | Dwarf semi-prostrate variety to 1’. Full sun, does well in poor well-drained soil. Blue blooms.       |
| Pink                  |                         |          | Pale profusion of blooms resembles a cloud of pink! Grows quickly to 2’ tall.                         |
| Spice Island          |                         |          | Thick juicy leaves, upright growth, dark blue flowers. Makes a great barbecue skewer, dries well.     |
| Trailing (prostratus) |                         |          | Does well in poor or shallow soil. Tolerates blazing sun as well as cold. Great for arid regions.     |
| Tuscan Blue           |                         |          | Fast-growing upright variety. Dark blue flowers, light-green, glossy foliage. Grows to 6” tall.       |
| Upright               |                         |          | This variety requires little to no maintenance and compliments the native landscape perfectly.        |
| <b>Rue</b>            | <b>Ruta graveolens</b>  | <b>P</b> | <b>Shrubby, blue-green perennial herb with yellow flowers. Often used as disinfectant/antiseptic.</b> |
| <b>Sage †</b>         | <b>Salvia sp.</b>       | <b>P</b> | <b>Average height 18”-36”. Soft, velvety leaves. Leaf color depends on variety.</b>                   |
| Bergaarten            |                         |          | Gray-green leaf, purple bloom. Mounding growth habit. Great flavor, good for cooking.                 |
| Canary Island         |                         |          | Large growing variety, 4’x4’ or more. White wooly stems, lavender blooms, rosy-pink bracts.           |
| Cleveland             |                         |          | Large southwestern native with beautiful flower heads from late April to June. Drought resistant.     |
| Coral Pink            |                         |          | Fast growing annual variety. Dark green leaves, Coral-pink 4” flower spikes. Grows to 16” tall.       |
| Costa Rican           |                         |          | Grows to 6’x 6’. Bright blue flowers, black calyxes, bright green leaves. Frost tender annual.        |
| Dwarf Grey            |                         |          | Smaller mounding variety. Gray-green leaves, purple flowers. Great flavor, popular for cooking.       |

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| <b>Sage, continued†</b> | <b>Salvia sp.</b>            | <b>P</b>  | <b>Average height 18"-36". Soft, velvety leaves. Leaf color depends on variety.</b>               |
| Golden Icterina         |                              |           | Striking variegated foliage; yellow-green leaves with golden yellow edging. Classic sage flavor.  |
| Jerusalem               |                              |           | Mediterranean species native to Syria. Unusual whorls of yellow flowers & olive green leaves.     |
| Pineapple               |                              |           | Vivid red flowers, bright green foliage. Pineapple-like scent. Hummingbird & butterfly attractor. |
| Purple                  |                              |           | Compact aromatic purple foliage. Rarely flowers. Showy landscape plant also used in cooking.      |
| Tricolor                |                              |           | Showy red, green and white foliage. Stunning in the garden. Use in cooking & as a garnish!        |
| <b>Savory</b>           | <b>Satureja sp.</b>          |           | <b>Grows 12"-18". Bushy growth habit.</b>   |
| Summer                  |                              | <b>A</b>  | Peppery herb adds spice to beans, cabbage, meats. Use medicinally for sore throat, indigestion.   |
| Winter                  |                              | <b>P</b>  | Semi-evergreen. Sharper flavor than Summer Savory, with thicker, shinier leaves.                  |
| <b>Shallots</b>         | <b>Allium oschaninii</b>     | <b>A</b>  | <b>Mild flavor combines onion with garlic. Separate species of Allium mistaken for an onion.</b>  |
| <b>Sorrel</b>           | <b>Rumex acetosa</b>         | <b>P</b>  | <b>Delicious lemon-flavored culinary herb and salad green. Makes delicious soup!</b>              |
| <b>St. Johns Wort</b>   | <b>Hypericum perforatum</b>  | <b>P</b>  | <b>Yellow, five-petaled flowers. Often used medicinally as a treatment for depression.</b>        |
| <b>Stevia</b>           | <b>Stevia rebusiana</b>      | <b>TP</b> | <b>A sub-tropical plant used as a sweetener. Safe for use by diabetics. Use dried or fresh.</b>   |
| <b>Tansy</b>            | <b>Tanacetum vulgare</b>     | <b>P</b>  | <b>Related to the dandelion, grows to 3' with large, bright yellow flowers. Use in crafts.</b>    |
| <b>Thyme</b>            | <b>Thymus sp.</b>            | <b>P</b>  | <b>Growth habit ranges from creeping, 1" tall to upright mounding, 12" tall varieties.</b>        |
| Coconut                 |                              |           | Does not smell or taste like coconut. Creeping variety grows quickly, flowers in summer.          |
| Creeping Red            |                              |           | Fast & low growing, fragrant variety with red flowers all summer. Excellent ground cover.         |
| Elfin                   |                              |           | One of the smallest varieties. Best for in between pavers or small spaces. Very tiny leaves.      |
| English                 |                              |           | Upright mounding variety. Most popular for culinary use. Honeybees love it!                       |
| French                  |                              |           | Grayer & sweeter than English, preferred by the French. Needs winter protection.                  |
| Lemon                   |                              |           | Smell and tastes like lemon. Use in recipes calling for lemon zest, juice or lemon flavoring.     |
| Lemon Variegated        |                              |           | Vigorous & easy to grow, beautiful yellow-green variegated foliage. Same flavor as lemon.         |
| Lime                    |                              |           | Fragrant mounding variety. Bright green leaves with citrus scent, but no discernable flavor.      |
| Mother-of-Thyme         |                              |           | Low creeper with light-pink flowers, great as ground cover. Fragrant when walked upon.            |
| Silver                  |                              |           | Mounding variety used interchangeably with English in cooking. Attractive variegated foliage.     |
| Wooly                   |                              |           | Low-growing, spreading variety with no scent or flavor makes a soft carpet of velvety gray.       |
| <b>Valerian</b>         | <b>Valeriana officinalis</b> | <b>P</b>  | <b>Sweetly scented pink or white flowers. Medicinal herb used as sedative and pain reliever.</b>  |
| <b>Vervain</b>          | <b>Verbena officinalis</b>   | <b>P</b>  | <b>An astringent, diaphoretic &amp; anti-spasmodic. Used in homeopathy for nervous disorders.</b> |
| <b>Yarrow †</b>         | <b>Achillea sp.</b>          | <b>P</b>  | <b>Anti-inflammatory and antiseptic, yarrow is an excellent medicinal herb. Multiple colors.</b>  |
| <b>Yerba Buena</b>      | <b>Satureja douglasii</b>    | <b>P</b>  | <b>Often referred to as 'Mexican Mint', not a mint at all. Used as a tea for arthritis.</b>       |

**\*Key: A=Annual B=Biennial P=Perennial TP=Tender Perennial**

**†=This plant can be found among the sun-loving bedding plants (please ask us if you cannot find them, we're happy to help!)**