

# 2009 Seattle Tilth Edible Plant Sale

## Herb Plant List



Updated April 1, 2009

Please be aware that we may not have all of the varieties listed in this document at the 2009 Edible Plant Sale. Occasionally, the growers will experience a crop failure or the plants will be too small to sell. We apologize for any inconvenience this may cause.

### **Agastache**

***Agastache cana*** Mosquito Hyssop

Hardy 3 foot tall perennial with spikes of rosy flowers. Equally good in the border, herb bed, or container. The better the drainage the happier the plant. Attractive to hummingbirds and butterflies, with minty aromatic foliage. Upright clump sports rose pink blossoms up and down its stems that bloom over a long period of time.

***Agastache foeniculum*** Licorice Mint or Anise Hyssop

Lovely herbaceous perennial grows to 4' when in full flower. Flowers are pale lavender and attract bees, butterflies and hummingbirds. Blooms mid-summer and make good cut flowers. Leaves taste like a combination of mint and licorice and are great for tea or infusing in milk for a tasty anise-vanilla ice cream. Full sun.

***Agastache rupestris*** Rootbeer Plant

Grows to 2 feet tall and smells like a frosty mug of old fashioned rootbeer. Flowers are apricot-orange and attract bees, butterflies and hummingbirds. Likes hot weather, so grow in a container, against a warm wall or in a super sunny part of your garden.

### **Angelica**

***Angelica archangelica***

Grow in sun to partial shade, this garden herb will grow to 3-6 feet tall with striking umbrella like flowers. Mostly known for it's candied stem and licorice flavor. Used as a tea to alleviate gas and stimulate circulation. Also has antimicrobial properties.

### **Armoracia**

***Armoracia rusticana*** Horseradish

Grows to 2' tall and 18" wide. Leaves are spear-shaped and crinkly and grow from the root each spring. To harvest the root, dig in fall. Be sure to replant some of the root to ensure a harvest for the following year's harvest. Horseradish is an excellent companion to potatoes.

### **Artemisia**

***Artemisia annua*** 'Sweet Annie' Sweet Wormwood or Quinghao

An extremely aromatic herb, Artemisia is wonderful in the garden and as filler for flower arrangements. Plant can grow to 4' and has barely noticeable yellow flowers in the summer. *Artemisia annua* or Quinghao, has been used for centuries in Chinese medicine. Recently it has been discovered to be an effective anti-malarial drug. Full sun.

### **Basil**

***Ocimum basilicum*** 'Cinnamon Basil'

Vigorous growth, with a purplish veining on its leaves, and a distinctive cinnamon scent. Use in Middle Eastern or Greek cuisine and Cinnamon Basil ice cream is to die for! Also a beautiful addition to an ornamental container planting.

***Ocimum basilicum*** 'Genovese Basil'

Also called Perfumed Basil. Leaves are small and fine with a strong aroma and potency - perfect for pesto!

### ***Ocimum basilicum* 'Sweet Italian Basil'**

Excellent mild flavor with just a hint of anise. Traditional basil used in Italian cooking. Great all-purpose basil. Pinch tips to keep plant bushy and to produce the most leaves.

### ***Ocimum basilicum* 'Lemon Basil'**

This is an exciting addition to the world of basil: a basil -- a basil with a lemon/citrus fragrance and flavor which makes it particularly good in vinegar, with fish, in salad dressings & sauces, and in oils. Great in pesto and other standard basil dishes, too. There is no herb more useful than Basil. In a warm, south window, you can grow basil indoors in winter.

### ***Ocimum basilicum* 'Thai Basil'**

Strong licorice-anise flavor. 12-18" fine-leafed plant with purple stems, seed heads and flowers. Good container plant as well. 60 days to harvest.

### ***Ocimum basilicum* 'Petra Basil'**

Striking purple basil with serrated edges and a minty flavor. Interplant with other purple or green basil for an impressive display in your herb garden.

## **Bay**

### ***Laurus nobilis* Sweet Bay**

Aromatic evergreen that thrives in rich peaty soil. Tender perennial but can grow to 12' in our climate! Leaves used for flavoring spaghetti sauce, stews, and meat dishes.

## **Borage**

### ***Borago officinalis* Borage**

The bright blue, star-shaped flowers (which bloom most of the summer) make borage one of the prettiest herb plants, though the dark green leaves are rather plain. The flavor of the leaves and flowers resembles that of cucumber. The plant will grow to a height of about 18 inches, and spread about 12 inches. Beloved by bumble bees.

## **Burnet**

### ***Sanguisorba minor* Salad Burnet**

An herbaceous perennial with cucumber-flavored leaves, salad burnet is a must for any salad! This low-growing herb has unusual red ball-shaped flowers. Salad burnet is drought tolerant once established and grows in full sun to part shade.

## **Catmint**

### ***Nepeta sibirica* Six Hills Giant**

Ornamental, hardy, aromatic perennial sub-shrub. Upright, branching long-blooming catmint with gray-green foliage and six-inch blue flower spikes from May to August, 36 in tall. Extremely drought tolerant once established. Cats don't like catmint as much as catnip, but they do like it.

## **Catnip**

### ***Nepeta cataria* Catnip**

This long-lived perennial herb is used in gardens and landscapes. The leaves are used in salads, sauces, teas, and soups. By the way, cats love it too! (So plant lots!) If you have problems with cats using your beds as litter boxes, plant some catnip on the border and your garden will become a sacred ground rather than a dumping ground!

### ***Nepeta cataria citriodora* 'Lemon' Lemon Catnip**

This long-lived perennial herb is used in gardens and landscapes. The lemon-scented leaves are used in salads, sauces, teas, and soups. By the way, cats love it too! (So plant lots!)

## **Chamomile**

### ***Matricaria recutita* 'German' Chamomile**

Annual plants that re-seed readily in the garden. Ferny green foliage with tiny, apple-scented, white daisy-like flowers bloom spring through fall. Flowers are harvested for use in teas, baths and hair rinses to bring out blonde highlights. An excellent companion plant in the vegetable garden. A tea of chamomile applied to seedlings is said to prevent damping-off disease.

## Chervil

***Anthriscus cerefolium*** Chervil

Chervil is a perennial that grows to a height of 20 inches with a spread off about 8 inches. It blooms in mid-summer, producing flat umbels of tiny white flowers. The entire plant is edible and tastes reminiscent of celery. It goes with many dishes, and you can use the hollow stems as straws! It has become one of the classic herbs used in French cookery, in which it is considered indispensable.

## Chives

***Allium schoenoprasum*** Garden Chives

Mild member of the onion family with edible leaves and purple flowers. Perennial. Should be cut back after flowering to encourage new, fresh growth for harvest.

***Allium tuberosum*** Garlic Chives

A flat-leaved variety of chives with the rich flavor of garlic. Attractive white flowers and leaves are edible. Perennial.

## Sweet Cicely

***Myrrhis odorata*** Sweet Cicely

Lovely, lacy, slightly furry leaves with a light anise scent and sweet flavor grow on this 2 - 3 foot plant. Umbel shaped light green flowers cover the plant in summer followed by unusual seed pods. Herbaceous perennial dies to the ground each winter. Can seed in and is difficult to remove once established, so it's best to plant it where you don't plan to move it or keep it in a pot. Grows well in sun or part shade and requires little water once established.

## Cilantro

***Coriandrum sativum*** 'Jantar' Cilantro

Leaves are used in Asian and Latin American cooking. Cilantro, also called Coriander, is a short-lived annual but readily re-seeds.

***Polygonum odoratum*** 'Vietnamese Cilantro'

Grows in sun to part sun to 1 ft. Also called Rau Ram, Vietnamese cilantro tastes like cilantro with a hint of lemon and a slightly soapy flavor. This plant is much longer lived than 'Jantar' and many use the two cilantros interchangeably, though there is a pronounced difference. The plant is a very attractive addition to the garden with its spade shaped leaves marked with a burgundy blaze.

## Comfrey

***Symphytum officinale*** Comfrey

Comfrey has a long history of medicinal uses and is still used today in lip balms and topical creams due to its healing properties. In the garden comfrey is valued as a biomass crop because it can be cut to the ground several times a year and the large leaves are excellent mulch or compost addition. A tea of comfrey leaves can be used to fertilize tomatoes due to its high levels of potassium. One word of caution, comfrey is very difficult to remove once established and can reseed easily. Comfrey is best planted in an area of the garden that is rarely used like the back fence or near the garbage cans! Can grow in part shade to full sun.

## Curry Plant

***Helichrysum italicum*** Curry Plant

Grows to 2' with tiny, yellow flowers in summer. Curry plant is not considered a culinary herb, as it does not taste as good as it smells. When brushed, the leaves release a strong curry scent, reminiscent of your favorite curry dishes! Extremely drought tolerant.

## Dill

### ***Anethum graveolens*** Dill

Great herb for fish! Use the entire plant. Attracts ladybugs and hover flies to the garden. Very short-lived annual.

## Echinacea

### ***Echinacea purpurea*** 'Magnus' Purple Coneflower

Grows to 3' high and 2' wide. A must for any garden, this herbaceous perennial puts on a showy display of purple daisy-like flowers July - October. Attracts bees, butterflies, and other beneficial insects. Drought tolerant and disease resistant.

### ***Echinacea purpurea*** 'White Swan' Coneflower

Grows to 3' high and 2' wide. A must for any garden, this herbaceous perennial puts on a showy display of unusual, white daisy-like flowers July - October. Attracts bees, butterflies, and other beneficial insects. Drought tolerant and disease resistant.

## Epazote

### ***Dysphania ambrosioides***

Epazote is native to Central and South America and popular used in Mexican dishes. A savory herb said to relieve some of the 'gassy' properties of beans if thrown in the pot while cooking. Can also be used as a vermifuge. Leaves dry well for winter use. Grows up to three feet tall and is considered an annual in our climate.

## Fennel

### ***Foeniculum vulgare*** 'Zita Fino' Bulbing Fennel

Bulbing fennel grown from spring to fall. Both ferny tops and bulb are harvested for use in the kitchen. Nice anise flavor.

## Feverfew

### ***Chrysanthemum parthenium*** 'Aureum' Golden Feverfew

Single white daisy-like flowers are produced all season. Its golden leaves make it an attractive edging plant. Rumored to ease the pain of migraine headaches. Prefers full sun. Height 16-24". Attracts ladybugs.

## Hops

### ***Humulus lupulus*** 'Cascade' Hops

Deciduous perennial vine growing to 25' annually. Young shoots can be eaten like asparagus and dried flowers are used to brew beer. Cascade hops impart a citrus-floral aroma to beer and is used in popular beers such as Sierra Nevada Pale Ale and Mirror Pond Pale Ale, by the Deschutes Brewing Company. If you are a home brewer you've likely noticed hop prices have recently skyrocketed. All the more reason to grow your own!

### ***Humulus lupulus*** 'Chinook' Hops

Deciduous perennial vine growing to 25' annually. Young shoots can be eaten like asparagus and dried flowers are used to brew beer. Chinook hops impart an apricot-floral aroma to beer much like Cascade hops but with a higher alpha content (12 - 14%) which produces that classic Northwest IPA bitterness. The Chinook variety of hops was developed in Washington State in the 1980's. Necessary for any NW IPA or Imperial IPA homebrews!

### ***Humulus lupulus*** 'Centennial' Hops

Deciduous perennial vine growing to 25' annually. Young shoots can be eaten like asparagus and dried flowers are used to brew beer. A medium-high alpha acid (about 10%) bittering hop reminiscent of Cascade but without the floral aroma. Developed by WSU Prosser in the 1990s and named for Washington State's centennial celebration, Centennial hops are designed to be used as both an aroma and bittering hop and lend the citrus bite we love in our Pale Ales, IPAs and Imperial IPAs.

### ***Humulus lupulus*** 'Hallertauer' Hops

Deciduous perennial vine growing to 25' annually. Young shoots can be eaten like asparagus and dried flowers are used to brew beer. A popular German variety, Hallertauer hops are commonly used to brew Bavarian Wheat, Belgian Lambic and Amber Cerveza (XX) type beers.

### ***Humulus lupulus* 'Willamette'** Hops

Deciduous perennial vine growing to 25' annually. Young shoots can be eaten like asparagus and dried flowers are used to brew beer. Willamette is a triploid aroma-type hop and is very popular for making ales and lagers. Alpha acids are 4 - 6%, which gives your brew the hop flavor with only moderate bitterness.

## **Hyssop**

***Hyssopus officinalis*** Hyssop

This decorative and long-lasting perennial herb has been widely used since ancient times. The plant grows 2 feet tall and spreads about a foot. The purple-blue flowers are about an inch  $\frac{1}{4}$  inch long and are carried in long, narrow spikes. All parts of the plant give off a strong aroma. Leaves have a slightly bitter, minty taste. They should be used sparingly in salad. A few leaves can be used in savory dishes such as rich stews and in marinades. Flowers can be used as an attractive garnish and in salads. Hyssop is recommended medicinally for digestion, flatulence, and coughs.

## **Lavender**

### ***Lavender angustifolia* 'Ashdown Forest'**

An English-type lavender with a compact nature. Produces short, highly aromatic blooms. Flowers can be used to make sachets, soaps and herb blends.

***Lavandula dentata x lanata* 'Goodwin Creek'** French Lavender

Large, gray/green fuzzy foliage on a rather large plant which reaches 3' x 4' at maturity. Blooms freely; long lavender wands carry small, very dark purple flowers nearly year round!

***Lavandula intermedia* 'Edelweiss'** Lavender

A lovely lavender that can grow to 3'. Flowers are an unusual light pink in bud stage opening to white on very long stems. Perfect for bouquets and wands, Edelweiss holds its white color even when dried. Extremely fragrant and tasty, this variety would be excellent in the kitchen or thrown into the bath!

***Lavandula intermedia* 'Hidcote Giant'** Lavender

'Hidcote Giant' bears multitudes of large squat dark buds and sizable blue-violet flowers with lilac-green calyxes atop long elegant stems. Grows to 3' tall and 3' wide. Blooms June - September. Excellent as a cut flower due to its long stems and strong fragrance.

### ***Lavender stoechas* 'Otto Quast'**

This Spanish lavender is hardier than most. The adorable flower stalks have an unusual bract with a closed 'cob'-like look and a few open flowers bursting from the top. The fragrance is not as powerful as other types, but the charming flowers make up for it.

***Lavandula stoechas* 'Pete's Pink'** Spanish Lavender

An unusual new variety of Spanish Lavender. Grows 18-24", and blooms over a long period of time in the spring to early summer. Flowers are a vibrant raspberry color and highly fragrant with a pine-lavender scent.

***Lavender angustifolia* 'English Lavender'**

Classified as a woody shrub, this lovely smelling plant will grow 2-3 feet high and produce lilac-blue flowers with narrow leaves. English lavender is more cold hardy than the French varieties.

***Lavender angustifolia* 'Munstead'**

This is a great lavender to use for dry flowers and herbal concoctions. Compact in nature with small leaves, Munstead flowers early and is very aromatic. Plant in loose, well drained soil in full sun.

## Lemon Balm

***Melissa officinalis*** Lemon Balm

Wonderful lemon-scented herb used in teas or fresh bouquets. Attracts beneficial insects and is a must for the organic garden. Spreads by underground runners and is best grown where it can be contained! Make sure to cut back the plant after flowering but before the seed matures to prevent reseeding.

## Lemon Grass

***Cymbopogon flexuosus*** Lemon Grass

Lemongrass is an ingredient often used in southeast Asian and Indian recipes. Grows vigorously in full sun, but is not frost tolerant. The long blades can reach 3' tall in a season and are really stunning in a container planting. Oddly enough, lemon grass is very popular with cats who like to chew on the leaves.

## Lovage

***Levisticum officinale*** Lovage

With a flavor much like celery, lovage makes a dramatic impact in the garden with its glossy green leaves. Umbel-shaped flowers bloom mid summer. Seeds can be dried and used like celery seed. This perennial herb grows in both full sun to part shade to 5'. I think lovage is one of the most versatile and under-utilized herbs in the kitchen. Leaves can flavor stocks, hollow stems make cool straws for Bloody Marys and seeds are great for adding flavor to pickles! Plus, it grows well in the marginal, semi-shady parts of the garden and blends well with ornamentals and edibles.

## Marjoram

***Origanum onites 'Aureum'*** Golden Upright Marjoram

Grows to 12", slowly spreading by creeping roots and stems. Upright growth with bright, golden leaves and white and mauve flowers which add a splash of color to the herb garden or perennial landscape. The scent and flavor are not as strong as sweet marjoram, and is not as preferred for cooking. Plant in well-drained soil in full sun.

***Origanum majorana*** Sweet Marjoram

Grows to 12", slowly spreading by creeping roots and stems. Marjoram is sometimes overlooked as an important culinary herb. With a flavor similar to oregano but much sweeter and subtler, it can be used in similar dishes. Very good with fish and meats. Its subtle flavor can be lost with cooking, so add to dishes towards the end of cooking time.

## Mint

***Mentha requienii 'Corsican Mint'***

The smell of peppermint titillates the nose when you walk on Corsican Mint. Excellent ground cover for moist areas. Plant between pavers in pathways and steps. Not used for cooking.

***Mentha suaveolens 'Apple Mint'***

It has a pleasant, fruity taste and is sweeter than other mints. It has wrinkled, round leaves which have an apple scent and can grow to a height of 2 ft. It grows best in rich, moist soil and partial shade and produces lilac and cream flowers in late summer. It is used mainly for culinary purposes and its milder taste makes it ideal for use in fruit salads and fruit cups and punches. Dried apple mint leaves retain their scent and make excellent potpourri.

***Mentha X gentilis 'Ginger Mint'***

Green and yellow variegated leaves with a spicy ginger scent. This mint grows best in shady areas and is a stunning addition to mixed containers.

***Mentha piperita citrata 'Lime Mint'***

Bright green leaves and purple flowers feature a pronounced lime scent and flavor. Can be used to enhance any recipe calling for lime - try some blended in your margarita or add some to your next Thai curry. Prefers moist soil and part shade.

### ***Mentha aquatica citrata* 'Orange Mint'**

Bronze-green round leaves and blue flowers give off a strong citrus-mint scent and flavor similar to bergamot. Throw some leaves into your sun tea for a treat. Prefers moist soil and part shade.

### ***Mentha piperita* 'Chocolate Peppermint'**

24" tall, partial shade to full sun. Bronzy foliage with a surprising, fresh scent.

### ***Mentha piperita citrata* 'Grapefruit Mint'**

A yummy citrus-scented mint with large, fuzzy leaves. Flowers are also highly scented and edible. Attracts beneficial insects to the garden, but spreads vigorously so be careful!

### ***Mentha* 'Julep'**

Spreading perennial with green leaves and spearminty scent and flavor. Excellent for making summer mint juleps and mojitos! Attracts beneficial insects. Spreads by underground runners and should be planted where it can be contained.

### ***Mentha cv.* 'Moroccan Mint'**

A variety of peppermint especially good for tea. Also great used in Mediterranean and Moroccan dishes like couscous, tangines and yogurt sauces.

### ***Mentha suaveolens* 'Pineapple Variegated'**

Stiff stems grow to 20 - 30" tall, leaves are green with white markings. Leaves have the faint scent of pineapple. This variety is less vigorous than other mints but will still spread.

### ***Mentha spicata* 'Spearmint'**

Sweet-smelling and prolific, spearmint has a wide range of uses, but is preferred for Mojitos and Mint Juleps. Excellent landscape plant with pink multi-headed flowers. Spreads aggressively. Attracts beneficial insects.

## **Oregano**

### ***Origanum vulgare spp. hirtum* Greek Oregano**

True oregano' with a wonderful spicy flavor. Tiny white flowers and is very hardy when established.

### ***Origanum onites* Italian Oregano**

Italian oregano is a bit spicier than Greek Oregano, with sweet overtones of its cousin, Sweet Marjoram.

## **Parsley**

### ***Petroselinum crispum* Italian Parsley**

Flat and deeply cut leaves on stocky stems. Aromatic flavor makes it the best parsley for drying. Biennial grows best in full sun, well drained soil.

### ***Petroselinum crispum* Curly Parsley**

Short-stemmed parsley with curly leaves. Nutritious raw or as a seasoning. Biennial grows best in full sun and well drained soil.

## **Australian Bush Mint**

### ***Prostanthera rotundifolia* Australian Bush Mint**

One of the hardier members in this genus but still semi-tender. Try growing in a protected area or pot it up and bring under glass during the winter. If you want to take a risk and grow it outdoors, take insurance cuttings until you establish that it can survive in your garden. The Australian aborigines used the leaves in an infusion for relief of headaches and colds. The small mint flavored leaves are used for culinary purposes and for potpourris. Beautiful airy shrub with purple bell-shaped flowers.

## **Rosemary**

### ***Rosemarinus officinalis* 'Arp' Rosemary**

Sun, well-drained soil, low water use. Airy green-gray foliage with pale blue flowers that bloom mid-summer to fall. A classic culinary variety. Slight lemon flavor to leaves. Grows to 4ft.

### ***Rosmarinus* 'Huntington Carpet' Rosemary**

A beautiful, low growing variety, 1' tall and up to 8' wide. Excellent in rockeries and containers because of its cascading growth habit. Striking dark blue flowers in spring set off glossy green foliage. Full sun and well drained soil.

***Rosmarinus officinalis* 'Pink Flowered'** Rosemary

This tender perennial grows to 4'. Pretty pink flowered form, with open growth habit. Can be used for cooking or ornamentation.

***Rosmarinus officinalis* 'Tuscan Blue'** Rosemary

Sun, well drained soil, low water use. Blossoms of a delicate pale blue. Fine leaves with a distinct pine scent. Hardy to 10 degrees F.

## Rue

***Ruta graveolens*** Rue

Rue is an aromatic perennial plant native to southern Europe and northern Africa and commonly cultivated in Europe and the U.S., sometimes escaping to grow wild locally. The branched, blue green stem bears finely divided leaves and small yellow flowers appear from June to August. It has a long history of medicinal and magical use, however, it should be used with caution because it can be very potent. Should not be used during pregnancy.

## Sage

***Salvia officinalis* 'Berggarten'** or Garden Sage

Known all over the world as a choice culinary strain, Berggarten is a vigorous low-growing sage. Each 12 inch plant will reward you with large blue-gray leaves and an intoxicating aroma.

***Salvia officinalis* 'Golden Sage'**

Brightly variegated gold and green leaves, hardy and compact plant to 18". Use as a culinary and ornamental. Hardy to 20F, appreciates great drainage, full sun.

***Salvia elegans* 'Honeydew Melon'** Sage

Honeydew sage has a delicious melon scent. This tender perennial is compact, reaching about 24" tall. Great as a culinary herb and the electric red flowers make a festive landscape plant. Hummingbirds and butterflies love it too! Full sun, good drainage, mulch in winter.

***Salvia elegans* 'Pineapple'** Sage

Sun, well-drained soil, mulch in winter. This showy sage is laden with beautiful scarlet flowers in the fall that attract hummingbirds. The velvety green leaves give off a distinct pineapple scent when rubbed. Ht 2ft - 3ft.

***Salvia officinalis* 'Red Sage'**

Red leaves throughout the growing season. Striking. Used as common sage in cooking.

***Salvia ssp.* 'Tangerine'** Sage

Delicious tangerine-scented fuzzy green leaves grow on this upright plant. Similar in growth habit to pineapple sage. Full sun, tender perennial.

***Salvia officinalis* 'Tricolor'** Sage

Tricolor sage has somewhat broad leaves with green centers with white and purple edges. Same growth habit and taste as common sage. Full sun.

***Salvia elegans* 'Golden Delicious'** Pineapple Sage

Great for containers or in the garden, the bright yellow-green foliage looks good all season and smells good, too. In the fall, bright-red hummingbird-magnet flowers appear, making this plant a real eye-popper. Full sun, tender perennial.

***Salvia dorsiana*** Fruit Sage

Unbelievable fruit-scented foliage. Extra-large textured fuzzy leaves make this plant a must for patio containers or anywhere you can reach out and touch the leaves. Spikes of pink flowers. Butterfly and hummingbird favorite.

## Savory

***Satureja hortensis*** Summer Savory

Summer savory is often called the bean herb because of its valuable addition to many bean, pea, and lentil recipes. Summer savory has a more delicate flavor than winter savory.

***Satureja montana*** Winter Savory

Perennial cousin to summer savory with thicker and shinier leaves. Flavor is more pungent and biting. Essential oils are antifungal, anti-bacterial, and antioxidant. Small, white flowers mid-summer.

**Scented Geraniums**

***Pelargonium odoratissimum*** Mixed Scented Geraniums

Tender perennials grown for their heavenly scented leaves. Great for use in jellies, potpourri, and infusions. Full sun to part shade.

**Seven-Up Plant**

***Stachys hidalgo*** 7-Up Plant

Perennial that grows to 3'. A sprawling plant, with grayish green leaves and a continuous profusion of peach colored flowers. A great hummingbird plant. Leaves really smell like 7-Up!

**Shiso**

***Perilla frutescens*** Shiso

Annual. Scented leaves are popular in Japan for flavoring raw fish, bean curd, pickles and tempura. Extremely ornamental and will self-sow in the right spot.

**Sorrel**

***Rumex acetosa*** Garden Sorrel

Large-leafed greens have a very sour, lemon flavor. Delicious in soups and salads, high in vitamin C. Grows well in sun or part shade. Very drought tolerant.

***Rumex scutatus*** True French Sorrel

This perennial grows to 18" and spreads slowly in shade, faster in the sun. Gray-green leaves have a texture like spinach, with an intense lemon flavor. Grows well in sun or shade. Very popular with kids!

**Stevia**

***Stevia rebaudiana*** Stevia

Also called Sweet Herb of Paraguay, Stevia is probably the sweetest plant in the world. It contains steviaside, which is 300 times sweeter than sugar without the calories! Perfect for iced tea, or leaves can be dried, ground, and added to recipes. Full sun, tender perennial, mulch in winter.

**Tarragon**

***Artemisia dracunculus*** 'French' Tarragon

Tarragon, a member of the Composite tribe, closely allied to Wormwood, is a perennial herb cultivated for the use of its aromatic leaves in seasoning, salads, etc., and in the preparation of Tarragon vinegar. It grows to a height of about 2 feet and has long, narrow leaves.

**Thyme**

***Thymus herba-barona*** 'Caraway' Thyme

Ground cover, withstands light foot traffic. Fast growing; forms a thick, flat mat of dark green leaves with caraway fragrance. Rose-pink flowers.

***Thymus vulgaris*** 'English' Thyme

Essential to every herb garden, this small, upright shrub is the classic culinary variety. Strongly aromatic in the garden, it attracts many honeybees. Full sun, sharp drainage.

***Thymus vulgaris*** 'German' Thyme

Upright growth to 12". German thyme has a more open growth habit than that of English thyme, and is praised for its winter presence. Lilac flowers bloom in summer. Full sun, low water use.

***Thymus citriodorus*** 'Lemon' Thyme

Glossy green foliage with a strong lemon scent. Similar growth habit to English thyme. Lavender-pink flowers in early summer attract bees and other beneficial insects to your garden.

***Thymus citriodorus* 'Lemon Variegated'** Thyme

Low-growing herb to 10 - 12". White and green leaves. Lemon scent is less pronounced than in lemon thyme, but is definitely lemony. Very attractive in the herb garden, lavender flowers in the summer bring the honeybees!

***Thymus vulgaris* 'Orange Balsam'** Thyme

Orange Balsam Thyme is deviation of *Thymus vulgaris*, or English Thyme. It has a wonderfully pungent scent and flavor and can be used in any recipe calling for Thyme.

***Thymus* 'Silver'** Thyme

A lovely thyme with white lines on the leaves. Can be used in cooking just like thyme.

***Thymus praecox ssp. arcticus* 'Wooly Mother of Thyme'**

A great evergreen groundcover for full sun with fuzzy gray leaves. Will withstand light foot traffic.

## **Valerian**

***Valeriana officinalis*** Valerian

A lovely hardy perennial with ferny leaves and white flower heads with a pink tinge. The flowers have a nice smell, but the rest of the plant smells fetid. The roots are used to make a tea effective for insomnia. Valerian doesn't taste good by itself, so mix it with a lemony tea.

## **Verbena**

***Aloysia triphylla*** Lemon Verbena

Tender perennial, grow in protected area. Delicious lemon scented leaves can be used in iced drinks, sorbet, and candied for cake decorations. This plant is by far the lemoniest of them all! Open growth habit with open white clusters of flowers in summer. Full sun, good drainage.