

Patty's Plants Selection of Herbs for 2012

Allspice– Also known as Jamaican Pepper. The flavor is a combination of cinnamon, cloves and nutmeg. Great for container garden and can be brought inside as a houseplant for the winter.

Aloe Vera-Known as the healing herb. Rub fresh juice from the leaves onto cuts and burns and have faster healing and scarring. Great for a sunny windowsill.

Basil-Annual that likes a very warm area. Don't plant this one too early outside. Freezes well in ice cube trays. Queen of Siam adds a spicy clove-like flavor to tea. *Varieties Available: Cinnamon, Genovese, Lime, Minette, Neapolitano, Perpetuo, Red Rubin, Queen of Siam, Spicy Globe, Sweet, Lemon and Holy*

Catnip-Not just for cats. It is also good for relief of cold symptoms and congestion made as a tea. Perennial, very invasive.

Chives– Perennial that likes it warm, dry and sunny. High in vitamin A and C. Also has folic acid, potassium, calcium and iron. Cut fresh pieces to ice cube trays to freeze. Edible flowers. Use at the end of cooking to retain most of the nutrients. *Plain and Garlic*

Coriander– Coriander is **Cilantro**. The seed is coriander, the leaf is cilantro (Chinese Parsley). 12-18" This herb does bolt in hot weather so you'll want to plant them in succession. Used in Thai, Indian and Mexican cooking. Has 4 times more beta-carotene than parsley and 3 times more calcium, protein, minerals, vitamin B and niacin. Biennial. *Slow Bolt*

Dill-is an annual that reseeds everywhere if you don't prune the seed heads when ready. It aids in indigestion and improves the appetite. Attracts yellow and black swallowtail butterflies. *Bouquet and Fernleaf*

Echinacea-Purple Cone Flower strengthens the immune system. Full sun to part shade, perennial. Use flowers fresh or dried and only 2 year old roots or older.

Fennel-3-4 ft, Bronze fennel makes a nice backdrop. Full sun, hot and dry. *Bronze*

Feverfew-Perennial that as a tea is said to be a traditional cure-all. The ferny leaves made as a tea are also a relieve for migraines.

French Sorrel– This herb has been used in French cooking for centuries. The leaves have a distinctive sharp, somewhat bitter, spinach-like flavor, with a tart citrus tang, the result of their high oxalic acid content. In traditional folk medicine, garden sorrel was used as an antiseptic. It is high in vitamin C. Add to salads or soups.

Lavender-Easy to grow. Some varieties are hardier than others. Angustifolia "munstead" is one of them. Soothing in baths and sachets for night time rest. Pick flowers just after opening. Drink a light tea 3 times a day for headaches, insomnia, sore throat, anxiety and depression. Another basic cure-all, it's said. 18-36". *Munstead, Hidcote*

Lemon Balm- a few fresh leaves put in your afternoon tea will be very refreshing. Lemon Balm drinks a little more water so let this only slightly dry out. Makes a soothing and stimulating tea. An extra strength tea dabbed onto cold sores and acne is beneficial. Does great in poor soil. Perennial. *Lemon, Lime*

Lemon Grass-This fast-growing 2- to 3-ft. fragrant herb has a strong scent and flavor of lemons. Best when used fresh. Cut and crush the top leafy portion for tea or select the bottom part of the stalk for food flavoring. Repels mosquitoes and is deer resistant. Not hardy.

Lemon Thyme-is wonderful baked on fish or mixed in soft cheese spread. Perennial herb grows 6-10" and needs to be clipped every 3-4 years to prevent woodiness. There are a lot of wonderful Thymes. How about a Thyme garden? *Also Available: Caraway, Coconut, Lavender, Orange, Variegated Lemon, Woolly.*

Lemon Verbena– This has one of the best lemon scents and tastes available. Lemon Verbena is an

annual. Grow it in a warm, sunny spot.

Rosemary-is for remembrance. You can have fun pruning this herb into shapes. Tastes good on chicken and pork. Or put some fresh leaves into a cheese cloth and run it under hot water in the tub. This is a tender perennial and will have to be brought into the house in winter. It doesn't like dry air so it needs misting. A cooler room about 50-70* days and 10* cooler a night is best.

BBQ, ARP, Creeping

Mint-Plant in large containers right in the garden as most mint is very invasive. **Berries and Cream, Chocolate, Margarita, Mojito, Orange, Apple, Spearmint, Peppermint.**

Oregano-is an easy to grow perennial. Added to a tomato sauce, yummy. Greek oregano is one of my favorites for cooking. Golden adds nice color in the garden. Puerto Rican has the most refreshing scent. All easy to dry by hanging upside down. **Greek, Golden, Cuban (not a True Oregano), Italian.**

Parsley- Parsley is an after dinner breath freshener. Or add it to soups and sauces. Very high in vitamin A and C. Contains folic acid, potassium, and calcium. Use flat parsley for cooking at the last few minutes of the recipe to get the most benefits. It can tolerate moist soils but not wet soils. Biennial but usually treated as an annual. **Flat Italian and Curly.**

Patchouli- You either love or hate this smell of this herb. It has a musty, sweet fragrance. Annual, easy to grow in a sunny area.

Pineapple Sage-Excellent in tea. It smells just like pineapples and has a fruity flavor. Grows 24-36" with bright red flowers mid-to late summer.

Sages Annual: Golden Delicious Pineapple, Melon, Black & Blue . Perennial Sage: Purple, Tri-colored, Golden, Garden, (White and Clary which are zones 5-6)

Calendula, Castor Bean, Nasturtiums-Alaska, Dwarf Jewel and Empress of India, Ginger, Egyptian Onion, Variegated Tapioca and these Scented Geraniums: Rose, Variegated Lemon, Variegated Rose, Lime, Cinnamon, Chocolate Mint, are also on our list this year.

*****If you were unable to find the herb you are looking for on this list, let me know and I may be able to get it for you. *****

Any remedy I may have listed are only references and not intended as medical advice. Always talk to your doctor first.



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