

Oak Village Garden Center

Selection of Herbs for 2015

Anise Hyssops- Lightly licorice. Use this with apple mint and a cinnamon stick for a spicy wintertime drink. Sometimes called licorice mint but is not a real mint. It grows 4 feet and has fuzzy blue bullet shaped flowers. It needs to be used as a back drop plant. This is also hardy. Can take some shade but prefers sun. Blooms June to September with 2" long purplish spikes of tiny flowers.

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 (green & purple), Minette, Napoletano, Perpetuo, Red Rubin, Queen of Siam, Spicy Globe, Sweet, Mrs. Burns (Lemon) and Holy (Sacred)*

Borage-Annual. All you need is one plant because it will reseed everywhere. The beautiful Sky-Blue flowers are edible and can be frozen in ice cube trays to be put in ice tea or lemonade.

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*

Comfrey-This grows great in soggy or marshy soil. However, because it has a very deep tap root it will tolerate drought. Hardy in zones 4-9 and will grow in full sun to part shade. This herb is used as a tea, a topical to treat minor skin irritations, cuts sprains and swelling. It is in the Borage family. 3-5 feet tall with pretty pink flowers that bloom from late spring through summer.

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*

Culantro-is an awesome substitute for Cilantro. Also called Mexican coriander, recaio, fitweed. It does not bolt and has much more flavor. Easier to grow and use because it you will have an endless supply. Will grow in well-watered, shady areas. Attracts ladybugs and green lacewings and helps keep aphids away. Biennial zone 7, not hardy.

Curry Leaf-Is (*Murraya koenigii*) the "Real Curry Plant" unlike *Helichrysum* which is called Curry but not edible and only used for color and potpourri. Actually this isn't what makes up the Curry Seasoning either. Those are a number for herbs and spices. It is edible but doesn't really remind you of curry seasoning. It has a good flavor saute' in oil mixed with garlic and used in egg dishes. It is not hardy here, it is zone 8. It likes a sunny area.

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 Dill.

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 relief 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 (zone4) and Spanish Eyes (zone8)*

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, Wooly.**

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.

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, Ginger and Pennyroyal (like the mint family).**

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.

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**

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

Savory, Summer (Satureia hortensis). An aromatic seasoning and flavoring herb, which must be raised annually from seed. Sow early in April in drills one foot apart, and thin the plants to six or eight inches in the rows. Cut the stems when in full flower, and tie in bunches for winter use. leaves are pungent and spicy. Summer savory is popular as a condiment with meats and vegetables and is generally considered sweeter than winter savory.

Savory, Winter (Satureia montana). A hardy dwarf evergreen which can be propagated by cuttings; but it is more economically grown from seed sown at the same time, and treated in the same manner, as Summer Savory. Winter savory is a condiment often used as a flavoring in liqueurs. Its taste is not as sweet as summer savory

Other fun plants available:

Calendula, Castor Bean, Cumin, Dyers Broom, Kiwi, Goji Berry, Nasturtiums-Alaska, Dwarf Jewel and Empress of India, Ginger, Golden Hops, Variegated Tapioca and these Scented Geraniums: Rose, Variegated Lemon, Variegated Rose, Lime, Cinnamon, Chocolate Mint. (subject to availability)

*****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. *****