

Culinary & Medicinal Herbs

Anise-Hyssop – Agastache foeniculum

This attractive perennial grows best in full sun and well-drained soil. Its purple flowers add a wonderful licorice flavour to herb teas. Grows up to 2 feet tall.

Bergamot / Bee Balm – Monarda didyma

This popular perennial bears flowers in shades of pink, lavender and red. It will grow in sun or partial shade, in light moist soil. Traditionally used as a tea to relieve nausea, or taken in steam for bronchitis and sore throats.

Catmint – Nepeta faassenii

Despite its name, this aromatic perennial does not attract cats. Bees, however, love its showy mounds of blue flowers and, later in the season, Goldfinches will collect seeds from it. Give it a 'hair cut' and it will rebloom later in the summer. Grows 10 inches tall in full sun and poor soil.

Chives – Allium schoenoprasum

Finely chopped leaves from this perennial add a delicate onion flavour to salads, eggs, sauces and cream cheese. Lavender flowers appear early in summer and may be infused in vinegar. Prefers full sun. Grows 8 to 10 inches tall.

Feverfew – Chrysanthemum parthenium

Known, in recent years, as the 'migraine herb' this perennial also adds interest to gardens with its pale green foliage and compact white flowers. Grows 2 to 3 feet tall in full sun or partial shade.

French Tarragon – Artemesia dracunculus

This is the Tarragon that it is so important in French cooking. It imparts a warm subtle flavour with undertones of anise to soups, sauces, fish and chicken. It is best frozen or infused in vinegar. French Tarragon is a perennial that can only be started from cuttings in our climate as it will not set seed. Plant it in a sunny, sheltered spot in rich, well-drained soil. It will reach a height of about two feet.

Garlic Chives (white) (lavender) – Allium tuberosum

This flat-leaved form of chives has a remarkable garlic flavour and showy white or lavender flowers. Chop it into soups or onto salads and baked potatoes. It grows up to 12 inches tall and likes full sun.

Golden Oregano – Origanum vulgare 'Aureum'

This attractive perennial herb has golden foliage and white flowers. Add it to tomato sauces, pizza and soups. It prefers full sun and will grow 8 to 10 inches high.

Horehound – Marrubian vulgare

This perennial herb bears wooly grey leaves and adds interest to herb gardens. An infusion of the leaves is said to stimulate the appetite and serve as an expectorant. Candy made from the infusion is still a popular remedy for coughs and sore throats. It grows best in full sun and poor soil and will reach a height of 12 inches.

Lady's Mantle – Alchemilla vulgaris

This perennial herb grows in sun or shade. Its downy cloak-shaped leaves capture and hold beads of dew in early morning. Delicate yellow-green flowers appear in mid-summer. They work well in both dried and fresh arrangements. A traditional remedy for eye disorders, bleeding and "lady's troubles."

Lemon Balm – Melissa officinalis

Shiny green leaves burst with lemon flavour. Fresh or dried, it makes a refreshing and calming tea. Tiny white flowers attract bees, hence its name "Melissa" from the Greek word for honey bee. Plant in full sun. This annual will self-seed readily.

Lovage – Levisticum officinale

This hardy perennial grows up to 5 feet tall. It resembles celery in taste and appearance and is a great addition to soups, salads and stews. Legend tells of potions made from the seeds of this plant conjuring up love.

Rosemary – Rosmarinus officinalis

This attractive, bushy herb is an important addition when cooking lamb and pork. Excellent home-made hair rinses and shampoos are made from Rosemary tea. This is a tender perennial that must be over wintered indoors. It will grow best in hot sun and well-drained soil.

Silver Thyme – Thymus sp.

Indispensable in French cooking, the silver grey leaves of this perennial herb make an attractive addition to rockeries and herb gardens. Grow in hot sun.

Sweet Cicely – Myrrhis odorata

This native woodland herb has fern-like leaves and foamy white flowers. It will grow in full sun or shade and likes moisture. It has a sweet licorice flavour and is a great addition to desserts like fruit salads or stewed Rhubarb. This perennial grows up to 2 feet tall.

Tansy – Tanacetum vulgare "Jackpot"

This pungent perennial bears masses of white flowers on dark green foliage. It is used as a companion plant to ward off aphids and traditionally as a treatment for varicose veins and bruising. Plant it in full sun, in well-drained soil.

Valerian – Valeriana officinalis

This tall vigorous, perennial bears fragrant white-pink flowers in mid-summer. Its name is derived from the Latin *Valere*, to be in health. It will grow in full sun or deep shade, spread readily and can achieve heights of up to 5 feet; so choose where you plant it with care. The dried root is valued for its sedative properties in the treatment of tension, anxiety and insomnia.

Wormwood – Artemesia absinthium

Leaves of this bitter herb are important in making Vermouth and Absinthe. Mounds of silvery gray add interest to perennial beds and herb gardens. Plant it in full sun and poor soil. This perennial will grow up to 2 feet tall.

Yarrow – Achillea millefolium

Leaves of this hardy, pungent herb are used in teas as a folk remedy for toothache, fever and rheumatism. This perennial likes full sun and will naturalize readily. Flowers are white to cherry red. Cut top growth just prior to flowering and store in a tightly sealed jar when dry.