

Farmers' Market Prices available upon request and at our market stands.

Heirloom flowers, scented geraniums and butterfly bushes are not cataloged, but we grow a wide variety of interesting plants.

HERBS

NOTE: No medicinal advice is given here. When uses are mentioned, they are based on traditional uses in various cultures. Please consult an authoritative source if you plan on using any plant for medicinal purposes.

Not all herbs available at all times. All plants are certified organic by NOFA-NY Certified Organic, LLC. Price list available at nursery, farmers' markets and by request. Prices subject to change after June 1, 2009.

Key to herb listings: Common Name/Ethnic Name/Botanical Name. Pot size (2-1/2" pots, 4" pots, quarts, gallons, 804 packs – 4 in a pack). Annual/Biennial/Perennial. Brief description. Zone hardiness (example: Z. 2-9).

Ajmurud/Carum roxburgianum: **2-1/2" pots.** Annual. Indian spice, with leaves used like parsley and seeds in curries. Also medicinal carminative qualities

Ajowan/Carum copticum: **2-1/2" pots.** Annual. Aromatic seeds are important to Indian curries, pickles and beverages. Medicinal bronchial qualities. Grows much like dill, so transplant carefully without disturbing the roots.

Ambrosia: Green Magic/Chenopodium botrys: **2-1/2" pots.** Annual. Use oak-shaped leaves in gin drinks. Scented fresh or dried leaves are useful in floral arrangements.

Angelica /A. archangelica: **Quarts.** Perennial. Stately tall plant with white flowers. Use fresh or dried leaves in a tisane. Candy the stems. Remove flower heads to prolong plant life beyond 2-3 years – otherwise, treat as a biennial. Z. 4-9.

Anise/Pimpinella anisum: **4" pots.** Annual. Use leaves in soups, stews, sauces, salads. Seeds are useful for baking. Known for flavoring liqueurs. Used as a digestive. Medicinal properties.

Anise Hyssop/Agastache foeniculum: **Quarts.** Perennial. Anise scented leaves are flavorful in teas and cooking. Purple flowers are edible and are attractive to bees, often serving as a resting place for bumble bees at night. 3-1/2' tall. Z. 4-9.

Basil/Ocimum: **2-1/2" pots; 4" pots,** (perennials and long-lived); **Quarts and Gallons.** (perennials). Annuals and perennials. The "king" of culinary herbs. All varieties flourish in warmth and fail in cool weather. Prefers sunny locations. Unless noted, basil is annuals. Over 20 varieties.

Bay Tree/Laurus nobilis: **Quarts.** Perennial small tree grows to 15' over time. Dried leaves are fragrant when cooked, highly useful in meat, fish and poultry dishes. Bring plant inside to avoid frosts and winter's cold. Lovely yellow flower. Z. 8-10.

Bergamot/Monarda: **4" pots; quarts.**

- **M. citriodora (Bee's Favorite, Cambridge Scarlet, Lemon Bergamot):** Showy purple and mauve flowers with upright plants. Fragrance is rich, minty, attracting bees. All monardas make lovely teas. Good in the cutting gardens, but mildly invasive. Lemon Bergamot is an annual, while the other 2 are perennials. Z. 4-9.
- **M. didyma (Bergamot, Panorama Red Shades)** Perennial. Scarlet, pink, salmon and crimson flowers adorn tall plants that are mildly invasive. Attractive to bees and hummingbirds. Good in teas and salads. Use leaves before plant blooms. Also known as Bee Balm. Z. 4-10.
- **M. fistulosa (Wild Bergamot)** Perennial. Lavender flowers on tall plant often seen growing wild along roadsides. Use for teas, salads, flavoring meats. Z. 3-9

Boneset/Eupatorium perfoliatum: **Quarts.** Perennial. Medicinal eastern North American native flourishes in very moist settings. Caution: contains pyrrolizidine alkaloids, so do not use long-term. White flowers. Grows 1-5.' Z. 4-8.

Borage/Borago officinalis: **4" pots.** Annual. The "Herb of Gladness," mounding large, leaves topped with sky-blue edible flowers. Add chopped, young leaves and lightly cucumber-flavored flowers to salads and beverages.

Caraway/Carum carvi: **Annuals: 2-1/2" pots; Perennials: 4" pots.** Plant annual strain in spring for fall harvest, needing a long growing season. Plant biennial strain in late summer for harvest the next year. The seeds of the annual strain do not shatter when mature. Adds flavor to vegetable dishes, breads and baked goods, soups and stews. Fresh leaves are also edible. Z. 5-8.

Cardamom/Elettaria cardamomum: **Quarts.** Tender perennial. Fragrant lance-shaped leaves unfurl from base. Both leaves and seeds are culinary, but the plant is difficult to coax into bloom in the Northeast. Leaves are used in curries in Trinidad. Z. 8-10.

Catnip & Catmint:

- **Catmint/Faassen's Catnip**/Nepeta x faassenii: **Quarts.** Perennial. Pleasantly scented ornamental herb with lavender blue flowers and grey-green foliage. Leaves make a great tea. Lovely in massed beds. Not attractive to cats. Z. 3-9.

- **Catnip**/*Nepeta cataria*: **4" pots**. Perennial. Grey green leaves can be used in bedtime teas to induce a good night's sleep. Medicinal properties. Most (not all) cats find this herb intoxicating. Z. 3-9.
- **Japanese Catnip/Jing jie**/*Schizonepeta tenuifolia*: **4" pots**. Annual. Pretty Chinese medicinal attributed to expel "wind" and promote "eruption." Antibacterial. Lowers temperature and promotes sweating.
- **Lemon Catnip**/*Nepeta cataria* ssp. *citriodora* 'Lemony': **4" pots**. Perennial. Useful for bedtime teas, this variety has a light, delightful lemony scent and subtle flavor. Z. 4-9.
- **Siberian Catmint**/*Nepeta siberica*: **Quarts**. Perennial. 18" tall plant with 1" heart shaped leaves with serrated edges. Spiked lavender flowers bloom until frost once they start. Prefers full sun. Attracts hummingbirds and butterflies. Vigorous growth smothers out weeds. Hardy to Z. 4.

Chamomile/*Matricaria*, *Chamaemelum*:

- **German**/*Matricaria recutita*: **2-1/2" pots, 804 packs**. Annual. Prolific flower production on low, ferny plants. Teas made from flowers are used as a digestive after meals. Cleansing and soothing effects lend to useful skin wash. Use flowers fresh or dried. Great re-seeder.
- **Roman**/*Chamaemelum nobile*: **4" pots**. Perennial. Fresh and dried flowers are useful in teas. This variety has been traditionally used as a groundcover for pathways and in English gardens. Can be mowed like grass. Z. 5-9.

Chervil/*Anthriscus cerefolium*: **2-1/2" pots**. Annual. Leaves are valued for culinary use. Subtle flavor useful in salads, soups. Try this as an alternative to parsley. Use as a garnish. Grows well in cool weather.

Chives/*Allium schoenoprasum*: **2-1/2" pots, 4" pots, 3 gallons**. Long, thin leaves are used for mild onion flavors. Purple flowers are edible. When collecting from the garden, cut within an inch from the ground, once the plant has established. New growth comes from the ground. Flowers color wine vinegars and lend subtle flavor. Many varieties with variations in flavor, stem size and flower color. Z. 3-9.

Chives, Garlic/*Allium tuberosum* and *Allium* ssp.: **2-1/2" pots, 4" pots**. Flat leafed varieties with subtle garlic and onion flavor. Blades are wider and flat. Flowers are white, except for Mauve Garlic Chives. Grow and use as you would chives. Z. 3-9.

Cicely, Sweet/*Myrrhis odorata*: **4" pots, quarts**. Perennial. Fresh and dried leaves are used for sweet anise flavor. Saves about half the sugar when used in desserts and sweets. Of interest to diabetics. Z. 3-7.

Cilantro/Coriander/*Coriandrum*: **2-1/2" pots**. Annual. The leaves are known as cilantro and the seeds as coriander. Leaves are pungent and mildly citrusy. Seeds are sweet and aromatic. Roots are musky. Culinary and medicinal herb used in South Asia, the Middle East and Latin America. All cilantros are quick to bolt, especially in hot weather. Can be planted all summer long. Use care not to disturb roots when transplanting. Several varieties are available.

Cilantro "Want-to-be's":

- **Culantro/Mexican Coriander/Ngo gai**/*Eryngium foetidum*: **4" pots**. Tender perennial. Tough leaves are thorny around the edges, growing in a whorl, and sending out a spikey flower. Likes hot, steamy weather and some shade. Keep as a potted plant and bring indoors in cooler weather. Leaves dry well and keeps its flavor and color. Also use fresh, sliced and chopped. Native to Central America. Z. 7-10.
- **Epazote/Wormseed**/*Chenopodium ambrosoides*: **2-1/2" pots, 804 packs**. Annual that readily re-seeds itself. Foliage has strong odor, and a little goes a long way. Useful for seasoning beans, corn, mushrooms, fish and shellfish. Used in Guatemalan and Mexican cuisine.
- **Papalo/Papaloquelite**/*Porophyllum ruderale* ssp. *macrocephalum*: **2-1/2" pots**. Annual. As the plant grows, the flavor of the leaves becomes stronger. Use fresh like cilantro or add last minute to cooked dishes. Can grow to 8,' but can harvest at much lower heights. Fabulous Mexican herb.
- **Rau Ram/Vietnamese Cilantro**/*Polygonum odoratum*: **4" pots, quarts**. Tender perennial. Looks like a common weed, but has a remarkable flavor. Smooth, silky and mildly "soapy" when raw. Great depth of flavor when cooked. Roots easily from cuttings. Pot up to larger size when plant becomes rootbound, or it will slow growth. Prefers medium to lower light. Z. 11+.

Comfrey/*Symphytum officinale*: **Quarts**. Perennial. Poultice of large leaves used for healing wounds, ulcers, broken bones. Leaves are also source of nitrogen rich compost or used on the ground to smother weeds and act as a ground cover. Do not put stems in compost pile, or you will grow thousands next year. Do not use internally due to pyrrolizidine alkaloids. Z. 3-8.

Costmary/Bible Leaf/*Chrysanthemum balsamita*: **quarts**. Perennial. Fresh leaves have delicate sweet scent. Use leaves before plant flowers. Used in cold drinks, salads, soups, sauces, but a little goes a long way. Use in herb pillows. Z. 4-8.

Cuban Oregano/*Plectranthus amboinicus*: **4" pots, quarts**. Tender perennial, not tolerant of any frost. Succulent leaves are, light green, velvety soft and quite fragrant. Mounding to drooping habit, lends itself as a graceful houseplant. Quite spicy flavor for cooking. Use with beans, salads, strong meats, fish or infused as a tea. Found in cahn chua and bajeh. Tolerant of a wide range of light and from mild neglect.

Cumin:

- **Black Cumin/Fennel Flower/Russian Caraway**/*Nigella sativa*: **2-1/2" pots**. Annual. Aromatic seeds are used much like fennel, lending a peppery nutmeg flavor as well. Used in dhals, rye bread, and as black pepper when ground.

- **Cumin/Cucimum cyminum: 2-1/2" pots.** Annual. Seeds are hotter than caraway, but useful the same way. Ingredient of curry powders. Cook with cakes, breads, soups, cheeses. Prefers a warm growing season.

Dill/ Anethum graveolens: 2-1/2" peat pots, 804 packs. Annual. Quick-growing, needs to be planted frequently during summer to keep a fresh supply, as it goes to seed rapidly. Do not disturb roots when transplanting. Foliage is finely cut and useful in cooking. Chopped leaves blend well with fruits, vegetables, sauerkraut, sour cream and meats. Seeds are used in dill pickles. Indian Dill is more bitter, used in curry powders, in rice and soups. Many varieties are offered.

Echinacea:

- **Echinacea/Coneflower (Common, Magnus, White Swan)/E. purpurea: Quarts.** Perennial. Roots are sought after for medicinal properties, but leaves and seeds can be used as well. **Common Echinacea** has red-purple flowers. (Z. 3-10) **Magnus echinacea's** petals do not droop as much. (Z. 3-9) **White Swan** has showy white flowers and has not been tested for medicinal properties. (Z. 4-10)
- **Narrowleaf Echinacea/E. angustifolia: Quarts.** Perennial. Leaf is narrower than E. purpurea and is medicinally more active. Z. 3-9.
- **Pale Purple Echinacea/E. pallida: Quarts.** Perennial. Taller than E. angustifolia, but with similar appearance and paler flowers. More medicinally active than E. purpurea. Z. 5-9.
- **Yellow Echinacea/Yellow Coneflower/E. paradoxa: Quarts.** Perennial. A yellow flowering echinacea with similar medicinal properties to E. pallida. Flowers are 3" across with chocolate center. Z. 3-8.

Elecampane/Inula helenium: Quarts. Perennial. Tall herb, to 5', belongs in the back of the border. Yellow flowers are long-lasting. Yellow and orange dye plant. Roots are considered to have medicinal properties. Z. 3-8.

Fenugreek/Trigonella foenum-graecum: 2-1/2" pots, 804 packs. Annual. Pretty, light green small leaves. Ingredient in curry powder. Used to season butter and preserve it. Used in oriental sauces and soups as well.

Feverfew:

- **Feverfew/Tanacetum parthenium: 4" pots, quarts.** Perennial. Pretty foliage and leaves belong in the floral garden. Research indicates that for some 1-4 leaves a day (infused in teas or eaten) reduce the occurrence and severity of migraines. Use of feverfew is contra-indicated with other medications; so consult with health care practitioner before using. Leaves are quite bitter. Z. 5-9.
- **Golden Feverfew/Tanacetum parthenium 'Aureum': 4" pots, quarts.** Perennial. Foliage is golden-green, nicely accented by pretty white daisy-like flowers. Z. 5-9.

Fo-Ti/ He-shou-wu/Polygonum multiflorum: Quarts; Gallons & Decorative pots. Tender perennial. Considered to be the oriental "Elixir of Life" with rejuvenating properties. Pretty vines with fragrant, airy flowers, can grow to 30' or be kept contained with good pruning. The story is that a Professor Li Chung Yun used Fo-Ti and lived to be 256, having been married 23 times and leaving 11 generations behind at his death in 1933. One of the most used tonic herbs used in Chinese medicine. Z. 7B-9.

Germander/Teucrium chamaedrys: Quarts. Perennial. Showy, glossy, dark green leaves with rosy flowers. Plant has been used in traditional knot gardens. Light minty fragrance to leaves and flowers. Infusion said to quiet the stomach and enhance the appetite. Z. 5-9.

Gotu Kola/Hydrocotyle asiatica/Centella asiatica: Quarts. Tender perennial. Low creeping tropical plant likes high humidity and lower light. Research shows it stimulates the development of connective tissues and has been used to treat burns, wounds, scars and varicose veins. Believed to have rejuvenating properties. Z. 8-10.

Hyssop:

- **Hyssop/Hyssop officinalis: 4" pots.** Perennial. 12" plants with light, minty-lemony fragrance and vibrant blue flowers. Leaves are slightly bitter and are used chopped in soups, stews, on salad and with strong tasting meats. Good to use in a knot garden. Teas have a medicinal soothing quality for sore throats. Medicinal. Z. 3-9.
- **Pink Sprite/Hyssop officinalis: 4" pots.** Perennial. Outstanding strain, compact plants with pink flowers. Slightly bitter leaves can be used just like regular hyssop. Showy. Z. 3-9.

Jujube, Chinese/Suan zao ren/Sour Date Kernel/Zizyphus spinosa: Quarts. Small tree or bush, this plant is grown for its "big dates" important to the Chinese diet. Fruits are sweet containing vitamins A, B2 and C, calcium, phosphorus, iron, saponins, flavonoids and mucilage. Studies show the seeds have a tranquilizing, hypnotic effect and are analgesic and anticonvulsive. This is not the tropical jujube. Z. 3-8.

Lady's Mantle/Alchemilla vulgaris: Quarts. Perennial. Gently lobed blue-green leaves with chartreuse flowers that appear in the spring are a welcome sight in the spring garden. Medicinally used for lack of appetite, menstrual disorders, stomach ailments, rheumatism and muscle disorders. Has astringent qualities. Z. 3-8.

Laserwort/Fang Feng/Saposhnikoba divaricata/Siler divaricatum: 4" pots, quarts. Perennial. Closely related to parsley, leaves are used as a pot herb in northern China. Roots are analgesic, antipyretic, antibacterial. Z. 5-7.

Lavender/Lavandula: perennial. **4" pots, Quarts, Gallons.**

- **English Group Lavenders/L.** angustifolia (many varieties). Hardy perennial. These are valued for their delicate fragrance, both floral and leaf. Most are hardy Z. 5-8, with Munstead and Hidcote hardy to Z. 4 with winter wind protection. Varieties range from 12" to 22." Flowers can be dried and used in sachets, potpourris. Trim back 1/3 in spring with established plantings. Likes neutral soil.
- **Lavandin Group (includes Fred Coutin, Grosso)/Lavandula x intermedia.** Hardy perennial. Taller usually than the English group. Stronger scent. 20" to 30" tall. Needs more winter protection than L. angustifolia. Z. 5-9.
- **Fernleaf Lavender/L.** multifida. Tender perennial. Foliage is soft, lacy and flowers are blue-violet, blooming all winter indoors. Prune back 1/3 after flowering. Z. 8-9.
- **L. stoechys (including French, Goodwin Creek).** Tender perennial. Elongated wing-like petals emerge from dark bracts, much like butterflies. After blooming, trim back for new growth. Z. 7 or 8-9.
- **L. dentata (includes Spanish/French).** Tender perennial. Leaves are gently indented and have pleasant lavender odor. Light purple flowers emerge from bracts and are larger than L. angustifolia. Trim back after blooming for new growth. Z. 8-9.

Lemon Balm (Standard and Quedlingburger)/Melissa officinalis: **4" pots.** Perennial. Fragrant, lemon scented leaves are used in teas, dried or fresh. Cut before plant flowers. Use in stews, soups, salads. Stimulates the heart, calms the nerves. Studies indicate Melissa may be useful in treating herpes. Quedlingburger is taller than Standard Lemon Balm. Z. 5-9.

Lemon Grass:

- **East Indian/Cymbopogon flexuosus: Quarts.** Tender perennial. Seed grown, this grass is useful for teas, potpourris, and a flavoring for desserts through its oils. Z. 11+.
- **West Indian/Cymbopogon citrates: Quarts.** Tender perennial. Propagated by division, not seeds, this lemongrass is used in Thai and Vietnamese cuisine. Leaves and white bulbous bases are used with soups, sauces, curries, fish. Tea can be served hot or cold, very refreshing. Z. 11+.

Lemon Verbena/Aloysia triphylla: Quarts. Tender perennial. Small tree with very lemony flavored leaves. Flavors blend well with other herbs. Make lovely teas, sorbets. Enhance drinks, jellies, sauces, soups, fish and delicate meats. Also, use as a garnish. May lose leaves in winter – just "hide" the plant behind something & keep it lightly, evenly moist. New growth emerges in mid- to late spring. Z. 8-10.

Lovage/Levisticum officinale: Quarts. Perennial. Well over 4' tall, this looks like an overgrown celery and is one of the first to emerge in spring. Leaves are used as celery replacements. Useful in spring tonic salads. Combine with leeks and potatoes. Hollowed stems are great in Bloody Marys. Roots have similar medicinal properties as Dong Quai. Medicinal. Z. 5-8.

Malaroot/Leuzea carthamoides 'Lujza,'/Rhaponticum carthamoides: Quarts. Perennial. Siberian herb used in athletic training, aiding in increasing endurance, reflexes, concentration and recovery from exertion. Prefers deep, rich soil with good drainage. Tall plants, 30-60", with violet flowers starting the second year. Handsome plant. Z. 2-7.

Marjoram, Sweet/Origanum majorana: 2-1/2" pots. Tender perennial grown as annual. High yielding sweet marjoram that is a versatile culinary herb. Spicy, strong flavor useful with soups, sauces, stuffings, stews and potatoes. Dye plant. Z. 9-11+.

Mint/Mentha ssp.: 4" pots. Hardy, invasive perennial. Different fragrances, flavors and leaves. Use before flowering. Cut back after flowering to stimulate new growth. Plant in containers or sink containers in ground, leaving a "lip" to keep roots in check. Use dried or fresh to flavor drinks, peas, fish, sauces. To be avoided when pregnant or expecting to become pregnant. Varieties include: **Apple, Banana, Chocolate, Egyptian, Grapefruit, Kentucky Colonel, Lemon, Lime, Mountain, Orange, Pennyroyal, Peppermint and Spearmint.** Usually Z. 4-9.

Motherwort/Leonurus cardiaca: Quarts. Perennial. Medicinal with large palmate leaves. Associated with menstrual regulation. Acts as a gentle sedative, known to calm the nervous system. Also associated with treating the heart. Z. 4-8.

Myrtle, Sweet/Myrtus communis: Quarts. Tender perennial small shrub is evergreen. Spicy leaves are used in cooking, much like bay leaves. Small fragrant white flowers associated with brides. Leaves are fragrant, useful in potpourris. Z. 9-10.

Nepitella/Lesser Calamint/Calamintha nepeta: 4" pots. Perennial. Distinctive minty flavor is important addition to Tuscan dishes. Add to vegetables, mushrooms. Acts as nerve tonic, increases perspiration, stimulates the uterus and relieves indigestion. Medicinal but no longer so important as in medieval times. Not to be used by pregnant women. Pretty pink flowers. Z. 5-10.

Oregano:

- **Greek/Origanum vulgare hirtum: 2-1/2" pots; 4" pots.** Perennial. Dark green leaves are spicy and very useful culinary herb. White flowers. Plants vary in flavor, so take a taste before purchasing. Mildly invasive. Flowers are best dried before they open and are lovely in dried bouquets. Used medicinally as a digestive in teas. Z. 5-11+.
- **Italian/Origanum ssp.: 4" pots.** Tender perennial can be brought inside for the winter. Milder, distinctive flavor than Greek Oregano. Similar to the sweetness of marjoram. Z. 8-10.

Palmarosa/Geranium Grass/Rosha Grass/Cymbopogon martinii motia: **Quarts**. Tender perennial. Scented Indian grass with the pleasing fragrance of rose scented geranium. Use in potpourris. Oils are a commercial crop. Z. 11+.

Parsley/Petroselinum: **2-1/2" pots**. Biennial. Use the first year as the leaves are overly strong flavored the second year. Compliments the flavor of most foods. Each variety has its own distinctive flavor – so sample first. Use as edible garnish, fresh, dried, cooked. Freshens the breath. Medicinally a diuretic herb that stimulates the digestive system. Varieties include many kinds of flat leaf & curly leaf. Z. 5-9.

Patchouli/Pogostemon patchouli: **Quarts**. Tender perennial. Astringent, antiseptic herb with long-lasting aroma, the fragrance being widely associated with the Far East and India. Used widely in perfumes and soaps. Useful in potpourris. Upright, bushy and evergreen with white flowers with violet markings. Z. 11+.

Rhubarb, Chinese Gansu Strain/Rheum aff. **Officinale: Quarts, Gallons**. Perennial. Chinese medicinal from the Gansu Province, China. One of the 4 ingredients in the Essiac® anti-cancer formula. Anthraquinone glycosides act as a safe purgative. Three year old roots are used medicinally. As with all rhubarbs, leaves are toxic, high in oxalic acid.

Rosemary/Rosmarinus: **4" pots, quarts**. Tender perennial, mostly Zone 8-10. A few are somewhat hardier. Evergreen needles with distinctive odor and flavor. Use freshly chopped or ground after drying. Enhances potatoes, meats, biscuits, breads, preserves, stuffings. Great in homemade shampoos and hair and skin rinses. Flowers range from pink to light blue to dark blue. Habits are upright, semi-upright to cascading. Needs full sun in winter. Ask for winter care sheet. Many varieties offered.

Rue/Ruta graveolens: **4" pots**. Perennial. Once thought of as a medicinal, now known to be harmful to the liver. Lovely scalloped blue-green leaves on 30" tall elegant plant. Flowers are minor, yellow-green, worth removing. Exposure to leaves in sunlight causes photo-sensitivity in some. Pungent aroma. Dye plant. Z. 5-9.

Safflower/False Saffron/Carthamus tinctoria: 2-1/2" pots, 804 packs. Annual. Thistlelike flower heads are used as saffron substitutes in rice dishes. Several varieties are offered.

Sage/Salvia:

- **Berggarten**/S. officinalis 'Berggarten': **4" pots**. Perennial. Larger grey-blue silvery leaves. Robust, low habit. A choice strain. Great culinary uses. (See Garden Sage.) Z. 5-8.
- **Clary Sage**/Salvia sclarea: **Quarts**. Biennial. Long blooming time fills the floral border with graceful spires on mounding large-leaved plant. Seeds soaked in water create a mucilaginous solution used for rinsing particles from eyes. Hence its name "clear eye." Also a fixative in potpourris. Z. 4-9.
- **Dwarf**/S. officinalis 'Dwarf': **4" pots**. Perennial. Grows to 10" with smaller leaves than Garden Sage. Same culinary uses, though. Pretty on small gardens, in the front of the border. Z. 5-8.
- **Extrakta**/S. officinalis 'Extrakta': **4" pots, quarts**. Perennial. Looks much like Garden Sage, but has higher oil content and more pronounced flavor. Z. 5-8.
- **Garden/Common Sage/Dalmatian Sage**/S. officinalis: **4" pots, quarts**. Perennial. Gray leaves are pebbly. Plants have attractive blue flowers that bees and hummingbirds like. Flowers can be used for fritters. Useful in stuffings, with onion or bean dishes, sausage, omelettes, cheese dishes, eggs and with rich meats. Gargle as a tea for sore throats. Z. 5-9.
- **Grape Scented/Tarahumara Indian Sage**/S. melissodora: **Quarts**. Tender perennial. Attractive to bees, butterflies and hummingbirds, the grape scented lavender flowers are unusual. Leaves have a light scent, too. Psychotropic compound contributes to its medicinal uses by the Tarahumara Indians of Mexico. Z. 9-10.
- **Pineapple Sage**/S. elegans: **Quarts**. Tall plant with medium green leaves and brilliant cardinal red flowers. Leaves have pineapple odor. Use for drinks, chicken, cheese, jams & jellies. Pinch to keep bushy. Great winter houseplant. Z. 9-10.
- **Red/Tan Shen/Chinese Sage/Red Rooted Sage**/S. miltiorrhiza: **4" pots**. Tender perennial. Chinese medicinal herb used to calm nerves and stabilize the heart. Research indicates roots are effective for angina pectoris, cerebral atherosclerosis, intravascular clotting & phlebitis. Z. 9-10.
- **Spanish/Lavender Sage**/S. lavandulifolia: **4" pots**. Tender perennial. Important to Spanish cooking, this has smaller leaves with stronger flavor and aroma. Research indicates this sage is effective for lowering blood sugar without affecting insulin levels. Z. 11+.
- **White**/S. apiana: **4" pots, quarts**. Tender perennial. Ceremonial herb used for purification. Leaves are smdged, taken in teas, used in sweat lodges. Roots have medicinal properties for afterbirth and cleansing the womb. Z. 7-9.

Savory:

- **Aromata Summer Savory**/Satureja hortensis: **2-1/2" pots**. Annual. With a delicate flavor, this culinary herb is often called "the bean herb" because of its incredible enhancement of flavors. Use with peas, beans, limas, dried beans, lentils. Add to vegetable juices and meatloaf.
- **Winter Savory**/Satureja montana: **4" pots**. Perennial. Small, woody shrublike plant with small, shiny leaves has stronger, pungent flavor than summer savory. Use with all legumes, vegetable juices, meatloaf. Z. 5-8.

Southernwood, Citrus/Artemisia abrotanum cv.: **Quarts**. Perennial. Delicate foliage emits faint tangerine or lemony aroma. Also, there is a hint of pine. Leaves are used in sachets and potpourris. Also effective moth repellent. Z. 5-9.

Spanish Tarragon/Sweet Marigold/Mexican Marigold or Tarragon/Tagetes lucida: 4" pots. Annual. Golden yellow, edible flowers decorate edible leaves. Leaves are used as a substitute for French tarragon in many cultures. Teas made with this are stimulating.

Spilanthes/Toothache Plant/Spilanthes acmella: 2-1/2" pots, 804 packs. Annual. Fresh leaves have a mild anesthetizing property. Used for toothaches and as an antibiotic against candida. Fresh leaves can be eaten like cress. This herb is useful in the front of the floral border, with low-spreading habit, glossy dark green leaves and very colorful "button" yellow flowers with red eyes. Tolerates partial shade.

Stevia/Stevia rebaudiana: Quarts. Tender perennial. Contains stevioside, which is hundreds of times sweeter than sugar. Used as a sugar substitute. Harvest leaves before flowering. Cut back after flowering to stimulate new growth. Leaves can be dried, powdered & used sparingly with great effect. Z. 11+.

Sweetgrass/Hierochloa odorata: Quarts. Perennial. Used in Amerindian traditional ceremonies, peace and healing rituals. Vanilla scented acts as a fixative for other scents. Leaves are used in basketry and as a flavoring to vodka in Poland. Oils are used in perfumery, flavoring candy, soft drinks and tobacco. Spreads by rhizomes. Likes well drained soils, sunlight. Z. 3-9.

Tansy:

- **Goldsticks/Tanacetum vulgare 'Goldsticks': Quarts.** Perennial. Yellow button flower useful fresh or dried in arrangement. Leaves repel ants and cockroaches, but attract flies – why they were planted outside windows with no screens. Tall plants with attractive scented foliage. Tansy is very invasive; so a deep barrier below ground is important. Dye plant. Z. 4-9.
- **Jackpot/Tanacetum niveum 'Jackpot': Quarts.** Perennial. Non-invasive, highly ornamental tansy with mounding habit. Downy, wooly gray foliage is covered in white flowers. Insect repelling properties as well. Z. 5-9.

Thyme/Thymus: Varieties offered can include the following.

- **Caraway/T. herba-barona: 4" pots.** Perennial. Sweet caraway scent is light, but lends well to meat and sauerkraut dishes. Low growing, useful as a ground cover. Branches are sharply angular in habit. Z. 5-7.
- **Coconut/T. pulegioides coccineus: 4" pots.** Perennial. Only lightly scented of coconut, this forms a soft mat as a 4" high ground cover. Fat blossoms are lavender pink. Pleasant to smell when walked upon. Z. 5-9.
- **Creeping/Mother-of-Thyme/Wild Thyme/T. serpyllum: 4" pots.** Perennial. This creeper has good culinary qualities. Used to clear mucous congestion. Lovely scent when trod upon. Light red flowers. Z. 4-8.
- **Elfin/T. praecox arcticus: 4" pots.** Perennial. One of the smallest needed thymes, leaves and flowers closely spaced. Outstanding for filling tiny spaces. Slower growing. 1-2" tall with dark pink flowers. Hardy to Z. 5.
- **English/T. vulgaris: 2-1/2" pots; 4" pots.** Perennial. A popular variety of culinary thyme, just milder than German, sharper than French. Upright, robust growth habit. Z. 4-9.
- **French/T. vulgaris: 2-1/2" pots; 4" pots.** Perennial. A great culinary thyme, milder and sweeter than English and German thyme. Leaves are narrower and grayer, too. Needs some winter protection from drying winds. Z. 5-9.
- **German/Winter Thyme/T. vulgaris: 2-1/2" pots; 4" pots.** Perennial. The strongest flavored culinary thyme (English, French, German). Upright habit, vigorous growth. Z. 4-9.
- **Hall's Woolly/T. praecox arcticus cv.: 4" pots.** Perennial. Agressively fast growing, this thyme fills space rapidly. Relatively flat as a groundcover, it grows between 1-3" tall with fuzzy green leaves. Flowers are a dark rosy pink. Z. 5.
- **Heretus/T. heretus: 4" pots.** Perennial. Ornamental groundcover with good green leaves and lovely pink flowers. Hardy to Z. 5.
- **Lavender /T. thracicus: 4" pots.** Perennial. Lavender pink flowers rise over a dense mat of furry, lavender scented leaves. Outstanding groundcover with mounding habit, grows to 3". Z. 5-9.
- **Lemon/ T. x citriodorus: 4" pots.** Perennial. Deep green leaves with distinctive lemon flavor. Useful with fish, chicken, vegetables. Upright growth. Z. 4-9.
- **Lemon Frost/T. cv: 4" pots.** Perennial. Very low creeper with bright green, rounded leaves & lovely white flowers. This low creeper has culinary use with its lemon flavor. Grows to 3" tall. Z.5.
- **Loveyanus/T. glabrescens: 4" pots.** Perennial. Golfball sized flowers are lavender. Habit is lazy, 6" tall. Leaves are fuzzy, pointed. Lovely underplanted with roses. Hardy to Z. 5.
- **Mint/T. cv: 4" pots.** Petite growth with lovely pink flowers, this clings to the ground at 2" tall. Though there is no minty fragrance, this remains a distinctive groundcover. Hardy to Z. 5.
- **Nutmeg/T. praecox arcticus: 4" pots.** Perennial. Small leaved groundcover with trailing habit. This thyme has the scent and light flavor of nutmeg. Z. 5-9.
- **Oregano/T. cv.: 4" pots.** Perennial. A creeping variety with mild oregano scent and good flavor. Z. 5-9.
- **Reiter's/T. cv 'Reiter's': 4" pots.** Perennial. Aggressive creeper grows to 3" tall. Long stem segments between leaves. Pink flowers. Hardy to Z. 5.
- **Silver/T. argenteus: 4" pots.** Perennial. Variegated green with white edging, more noticeable in higher light than partial shade. Grows to 12" tall with pink flowers. Good culinary herb. Z. 4-9.

- **Silver Variegated Lemon: 4" pots.** Perennial. Same flavor and scent as the green Lemon Thyme, just with a white variegated edge. Hardy to Z. 5.
- **Woolly/T. pseudolanuginosus: 4" pots.** Delicate perennial. Ground hugging habit with fuzzy, silvery blue petite needles. Slow growing. Flowers are pale pink. Little odor or flavor, this makes a superb groundcover and accent to green plants. Would look lovely under rose bushes. Does not like wet areas, needing to drain well. Z. 5-7.

Valerian/Valeriana officinalis: Quarts. Perennial. Tall, stately plant with fragrant, airy white flowers belongs in the back of the border. The second or third year roots are used for their mild, non-addictive sedative action. Widely used to alleviate pain and migraines. Relaxes the body, especially useful to insomniacs. Used for calming animals. Z. 4-9.

Vanilla Grass/Sweet Vernal Grass/Anthoxanthum odoratum: Quarts. Perennial. European grass with a sweet vanilla aroma. Interestingly, pollen from this grass is said to cause hay fever, but a tincture of its flowers in wine gives immediate relief from hayfever for some. Spreads by rhizomes. Z. 3-10.

Vervain:

- **Blue/Verbena hastata: 4" pots.** Perennial. This native North American wildflower grows in damp areas. Used for its tranquilizing effects, especially for insomnia and nervous conditions. Lavender blue flowers are pretty. Z. 3-9.
- **Standard/Verbena officinalis: 4" pots.** Perennial. Tisanes are slightly bitter and have been used for centuries as a digestive and a sedative nightcap. Once said to be an aphrodisiac to "secure the favor of the ladies." Also historically associated with witches and sorcerers, lending magical powers to those who use it. Z. 4-8.

Vitex:

- **Chastetree/Chasteberry/Vitex/Vitex agnus-castus: Quarts; Gallons.** Tender perennial. Traditionally a woman's herb, this herb has been used for establishing normal ovulation and menstruation. Aromatic seeds. Bring inside before frosts hit. Dies back to the ground in winter outside, usually returning in spring in zones 5 & 6 when well mulched. Z. 7-10.
- **Vitex/Vitex negundo heterophylla: Quarts; Gallons.** Tender perennial. Small tree can grow to 13' tall. Lovely lavender blue blossoms attract bees, and the plant blooms profusely from midsummer to frost. Traditionally used for headaches, dizziness, coughs and mental unrest. If left outside in Zone 6, plant will winterkill to roots, returning in spring. Z. 6-10.

Woad/Isatis tinctoria: 4" pots. Biennial. Important dye plant, with lower concentrations of blue than the plant indigo. Was the main source of blue dye until the 17th century in Europe. Z. 3-8.

Wolfberry, Chinese/Matrimony Vine/Duke of Argyll's Tea Tree/Gou-gi-zi/Lycium barbarum: Quarts.

Perennial shrub. Deciduous, spiny shrub with ovate leaves and small pink to lilac flowers that are followed by orange-red to yellow berries. Young leaves and shoots are good cooked greens, used in Canton. Berries are sweet, eaten raw or cooked in soups and stews. Leaves are used for tea, and especially Essential Harmony, a classic Chinese tea. Also a Chinese medicinal herb associated with restoring "vital essences." Fruits lower blood pressure and cholesterol. The bitter bark is anti-bacterial and lowers fevers, blood pressure and cholesterol. Z. 5-9.

Wormwood/Artemesia absinthium: Quarts. Perennial. Lacy silver gray foliage with truly minor yellow flowers. This is one of the oldest known plants used as a remedy for worms. Also has the reputation for stimulating the appetite and improving digestion. Bitter leaves are used in absinthe, vermouth and other liqueurs. We use the leaves as a natural insecticide on the farm and in the greenhouse, wearing the leaves behind our ears. Z. 3-9.

Yarrow, White/Achillea millefolium: Quarts. Perennial. Of all the yarrows, this is the most medicinally active. Valuable for improving digestion, circulation and the functions of liver, gall bladder and kidneys. Used for treating cuts. Also used for cleansing and beautifying skin. Feathery foliage with white flowers. Z. 3-10.

Herb prices are available upon request, at the nursery and at our farmers' market stands.

Prices are subject to change after June 1, 2009.

Other herbs not listed are available in smaller quantities. Some herbs are available in larger pots. Also, check out our old-fashioned flower transplants, our open pollinated vegetable transplants and a few unusual shrubs.

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