

# Herbs

## Annuals:

- **Basil, Italian** – Strong smell and popular cooking herb.
- **Basil, Lemon** – Light, lemony basil. Wonderful addition in many dishes and also known for its anti-inflammatory benefits.
- **Basil, Thai** – Spicier than sweet or Italian basil, sometimes called Licorice Basil. Used widely in Thai dishes.
- **Basil, Curly Purple** – More mild smell, darker flavor.
- **Calendula, Lemonade** – Used in cooking and herbal medicine, repels tomato hornworms. Flower is bright yellow to orange. Pairs well with Marigolds.
- **Cilantro** – wonderful in salsa and other cooking, also known to help detox metals in the body.
- **Parsley, flat leaf** – mild herb used often in seasoning. Delicious fresh and dried. Not just a seasoning, parsley is a superfood!
- **Parsley, curly leaf** - stronger taste than that of the flat-leaf type and not too similar. Curly parsley is often used for garnishing plates and is hardier than flat leaf parsley.

## Perennials:

- **Comfrey** - Can grow up to 5 feet tall. It produces clusters of purple, blue, and white flowers, and it's famous for its long, slender leaves and black-skinned roots which are used in salves.
- **Echinacea (Purple Coneflower)** – The flower and roots are used to boost immune system function. Large purple flower. Great bee/butterfly attractant!
- **Feverfew** – a short lived perennial (meaning 2-3 years) Feverfew is promoted for fevers, headaches, and arthritis; topically (applied to the skin), it's promoted for toothache and as an antiseptic and insecticide.
- **Lemongrass** – tender perennial, long thick grass with leaves at the top and a solid portion several inches long at the root end. Used in cooking and as a spice with its vibrant flavor.
- **Lemon Balm** – a member of the Mint family and a sturdy perennial. Carries a light lemon fragrance.
- **Oregano** – sweet Italian herb, popular in Greek cooking.
- **Spearmint** – a tender perennial. Ready for harvest in just weeks, but most flavorful just before blooming.
- **Rosemary** - Evergreen shrub with blue flowers. It's an aromatic and distinctive herb with a sweet, resinous flavor. Harvest young stems for best flavor, or harvest older ones to dry.
- **Sage** - hardy perennial with pretty, grayish green leaves. Attracts butterflies and repels some pests. Plant with Rosemary, Cabbage, Carrots, but keep away from Cucumbers! High in Vitamin K and Antioxidants.
- **Sweet Majoram** – Italian herb related to Oregano, used in cooking and also to treat ailments like cough and sore throat.
- **Thyme (English)** – also known as Winter Thyme, very hardy