

THE HERB SOCIETY OF AMERICA'S
ESSENTIAL GUIDE TO

The Beginner's Herb Garden



FOURTH EDITION

“Herbs are defined as plants (trees, shrubs, vines, perennials, biennials or annuals) valued historically, presently, or potentially for their flavor, fragrance, medicinal qualities, insecticidal qualities, economic or industrial use, or in the case of dyes, for the coloring material they provide.”

Holly Shimizu



CONTENTS

4	INTRODUCTION	
5	CULTIVATION & PROPAGATION	
	Climate	5
	Soil	6
	Making Compost	7
	Mulching	7
	Fertilizing	8
	Watering	8
	Staking	8
	Weeding	9
	Propagation	9
	Garden Plans	11
11	GARDEN DESIGN	
	Garden Site	12
	Choice of Plants	12
	Selection and Sources of Plants	13
	Garden Tools	15
16	GARDEN MAINTENANCE	
	Pruning & Harvesting	16
	Garden Cleanup	16
	Winter Protection	17
18	HERBS IN COMMON USE	
26	PLANT LISTS	
32	RESOURCES FOR BEGINNERS	
	Books	32
	Websites	35
	Contributors and Acknowledgements	40

INTRODUCTION

Not difficult to plan, not at all difficult to maintain, a garden of herbs gives more months of garden pleasure and more kinds of pleasure than any other. Its interest is independent of flowers, its fragrances are given from the first leaf to the last, its uses make it a part of the amenities of the whole year, and its history and traditions touch all nations and all times.

Henry Beston *

Herbs have great appeal, for they are practical plants with a variety of uses. Good cooks recognize the extra something that herbs add to a dish, and others enjoy their fragrance in potpourris and wreaths. Using herbs often leads to the desire to grow them and greatly enhances the intrinsic enjoyment of the plants themselves.

As part of the whole agricultural scheme, herbs share a common background with other plants, and therefore similar garden practices apply. Like all plants, herbs adapt to varying conditions but will reach their full potential when their specific needs are met. These needs are briefly discussed in this guide.

* Beston, Henry. *Herbs and the Earth*. New York: Doubleday, Doran & Company, 1935.



CULTIVATION & PROPAGATION

Climate

The United States is divided by the United States Department of Agriculture (USDA) into various climatic zones. A state may be entirely in one zone or in several zones. These zones indicate the average minimum temperatures in each region and thus relate to the winter hardiness of plants. The length of the growing season is defined by the last frost in the spring and the first one in the fall.

It is important to recognize the characteristics of your zone and select herb plants accordingly. Zones should be used as a guideline, but should not be regarded as absolute. Small "microclimates" can exist in protected locations, such as the south side of a house, and extra care can be given to winter protection, which may allow you to grow some plants outside of your zone. Also, the USDA hardiness zones only refer to minimum temperatures, not maximum. A plant perfectly hardy to -10°F may languish in 90°F summer heat and humidity.

The American Horticultural Society heat-zone map gives the average of the number of days over 86°F. Microclimates can exist within these zones as well, with shady spots providing cooler temperatures and sunny spots providing warmer temperatures.

See the [Resources for Beginners](#) section for links to the [Hardiness Zone](#) and [Heat Zone](#) maps.

Soil

Soil is the natural source of all the nutrients needed to sustain plant growth. There is a direct correlation between the quality of the soil and the health of the plant. A good loamy soil is a combination of clay, organic matter, silt and sand. It contains suitable quantities of nitrogen, phosphorous and potash, as well as the trace elements necessary to promote good growth.

Many of the more common herbs are natives of the dry, sunny Mediterranean region and require the same gritty soil and excellent drainage. The pH factor of the soil is equally important. A soil too acid or too alkaline hampers vital nutrients from reaching the plant. Most herbs prefer an almost neutral soil with a pH of 6.5 to 7.5. The pH can be determined by a soil test, which may be done by a county agent or by the gardener himself with a simple soil testing kit. Agricultural lime should be added if the pH falls below 6.5. Sulfur should be added if the pH is higher than 7.3.

A heavy clay soil can be improved with the addition of coarse sand and organic matter in the form of compost, peat moss, leaf humus or

Testing Soil Drainage

1. Dig a hole in the garden about the size of a gallon jug.
2. Fill the hole with water and let it drain. As soon as the water has completely drained, immediately fill it again and keep track of how much time it takes to drain. If it takes more than 8 hours, you need to improve the drainage.

well-aged animal manure such as chicken or cow. The importance of organic material cannot be overstressed. It gives the soil friability and is essential to seedlings and young plants. Its addition to loose, sandy soil has a binding affect that retards excessive percolation. If mixed into heavier soils, organic matter leaves pores in the soil as it decomposes, allowing more air to reach the roots of the plants. In areas with frequent rainfall, adding more gritty material such as sand or oyster shells will increase drainage. A good garden soil contains nearly 25% air and 25% water.

Making Compost

Compost can be used to enrich the soil organically. With



the ecological emphasis on recycling, there is no better way to utilize your yard and kitchen waste (excluding meats and fats) than to include a composting area in your yard where you can produce your own “black gold.” Call your local agricultural extension office for complete plans and directions for composting or select any of several books available on the subject.

Mulching

A 3 to 4-inch layer of mulch can minimize the need for cultivation and weeding. It will also help slow moisture loss and thus reduce the need for watering. Mulching material can be composted wood chips, bark, gravel, sand, shredded newspapers (without the colored sections), or compost. Be

sure to leave 1/2 to 1 inch around the crown of each plant free of mulch. Mulch against the plant crown or stem can hold excessive moisture and heat, promoting disease and/or rot.

Fertilizing

In general, herbs require only a limited amount of fertilizer. Too much fertilizer encourages leafy growth at the expense of the volatile oil that gives the herb plant its distinction and flavor.

Watering

Most herbs require an adequate amount of water. If the rainfall is insufficient, water must be supplied. Soak the garden periodically and avoid frequent light sprinklings which draw the roots to the surface. While an overhead sprinkler is by far the most common method of watering, a soaker hose (a hose with tiny perforations along the length) or drip irrigation system drastically reduce water loss through evaporation and runoff. Garden plants on average require about one inch of water per week. Actively growing plants need more moisture than those which are dormant or resting. If conditions are hot and dry, more frequent watering may be needed. A garden with sandy soil will require more water than one with heavier soil. It is important to know the individual needs of each species as well, since some prefer drier conditions than others.

Staking

Some plant stems are rigid, but others need assistance to help them stand erect. When using supports, always keep them as inconspicuous as possible.

Various sizes of stakes are needed for the average herb garden. Use several for a large plant, tying a part of it to each stake with green tape or raffia. A loose herb like *Artemisia lactiflora* may need a ring and stake combination. Other useful reinforcements are small branches and different sizes of bamboo. The least conspicuous method is a metal ring with a grid inside, supported by three stakes (these are available in local garden stores and mail-order catalogs). The plant grows through the grid, eventually covering it completely.

It is better and easier to place the staking system before the plant becomes too tall. This way, the plant can grow into it more naturally and with only occasional guidance from you.

Weeding

Weeds not only detract from the appearance of the garden but compete with the herb plants for moisture and nutrients in the soil. They can be annual, perennial, or biennial, and some are prolific seed producers. Keep the weeds pulled and never let them flower.



Propagation

Herbs may be propagated from seeds, cuttings, division or layering. Seeds may be started outdoors when the soil has become warm, or they may be started indoors six weeks before planting time in a tray containing a prepared mixture. When

seeds planted indoors have developed two pairs of true leaves, transplant them to individual containers. Place them in a cold frame or protected area to let them become accustomed to cooler temperatures.

Plant seedlings in the garden when all danger of frost is past and the soil passes the “clutch test.” If a handful of soil crumbles easily, it is ready to accept plants. If it stays in a lump, planting should be delayed.

Herbs can be reproduced by cuttings. Choose sturdy stems three or four inches long, and cut them just below a node. (A node is the swollen area on the stem from which the leaves and axillary buds develop. If the node is inserted into soil, roots can emerge from it also.) After removing the lower leaves, insert the stems in a pot or flat of moist vermiculite and perlite. Firm

the medium around the cuttings, set them in the shade, and keep them moist. The use of a rooting hormone may speed the formation of roots but is not essential to successful propagation.



If used, follow the manufacturer's directions. When the plants are well rooted, transfer them to small pots of good friable soil. Perennials may be propagated by division after 2 or 3 years of growth. Large clumps may need to be divided and the pieces replanted. Discard woody stems and roots that are too old.

Layering is done at any time during the growing season. Bend a healthy, young, low-growing stem to the ground, and anchor it with soil or a stone to keep it down. A clothespin or hairpin can also be used. After new roots develop at the anchored area, cut the new plant from its parent. One way to layer semi-woody herbs such as thyme, lavender and winter savory is to mound soil over the plant interior, leaving the ends of the stems out. Kept this way from fall to spring, most of the stems will have formed roots and can be cut from the parent plant and set out individually. This can be a less expensive way to get a large number of plants such as are needed for a knot garden plan.

GARDEN DESIGN

Garden Plans

The size and type of garden depends on personal interest, time, space and family needs. It is wise to start in a modest way and increase the scope as inclination and experience dictate. An herb garden may be informal with a mixture of herbs, flowers and vegetables, or it may be formal with paths and herb beds laid out in simple or complex patterns. Paths or walks can be made of a number of materials, such as brick, stone, gravel, wood chips or grass, but in each case they should be wide enough to accommodate a garden cart or mower. For persons with limited space, herbs grown in a variety of containers make an attractive display on a balcony, walk or patio.

Garden Site

Choose an area for growing herbs on which the sun shines four to six hours or more per day. The afternoon sun is strongest and is preferable in northern climates. In the South, herbs benefit from some shade in the afternoon. However, if you have a shady yard there are a number of herbs that will do well for you. (See the Herbs for Shade list.) The site must be well drained. If water remains on top of the soil, drainage is poor and herb growth will be unsatisfactory. If a badly drained site is the only one available, tiling may be installed, or, less expensively, raised beds may be constructed. Raised beds can be built with extra soil kept in place by raised bed edgings of brick, stone or landscape timbers. A mounded bed does not require an edging at all, however, this look is more appropriate in an informal plan. Adding a great deal of organic matter to the top two feet of soil can also improve drainage in heavy clay soils.

Choice of Plants

Although an herb may be a tree, shrub, vine, or bulb, most herbs are herbaceous (non-woody) in character. Some herbs, such as lavender, rosemary and hyssop, may become semi-shrubs with woody stems, especially in temperate zones.

Like other plants, herbs classified as annuals have but one season of growth, though some of them reseed. Biennials have two seasons of growth, producing leaves the first year and flowering and setting seed the second year. Most biennials will reseed themselves, so by planting them two years consecutively, you should have some plants producing leaves for harvest and others flowering and reseeding

themselves for next year's foliage crop. Biennial herbs include some species of *Digitalis* (foxglove), *Carum carvi* (caraway) and *Petroselinum* (parsley). Perennials have ongoing growth, some of them lasting several seasons, others many years. In colder areas, perennials may die back completely to the ground in winter and re-emerge from the crown. Don't be hasty to remove perennials as some are slow to show new growth in the spring.



Selection and Sources of Plants

Because a garden is a very personal endeavor, the selection of plants is a matter of individual preference. The type of garden decided upon also affects the choice, which will be further influenced by the suitability of plants to the site, such as height and tolerance of shade. (See the Herbs In Common Use section.) Plant gifts from friends may be very welcome, but remember the gardening adage, "If it's given to you, it probably spreads." Be sure to ask about growth habits and special care needed.

Nomenclature Categories

Salvia officinalis 'Tricolor'

<i>Salvia</i>	Genus
<i>officinalis</i>	Specific epithet
'Tricolor'	Cultivar

Petroselinum crispum var. *neopolitanum*

Petroselinum - Genus
crispum - Specific epithet
neopolitanum - variety

Become accustomed from the beginning to the botanical, or Latin, names for herbs. These constitute a nomenclature used worldwide to avoid confusion and to assure the accurate identification of every plant. Each plant belongs to a family, and within the family each plant has a name identifying the genus, the specific epithet and sometimes its variety or cultivar. Together, the genus name and the specific epithet describe the species. For example, *Salvia* is the genus name for sage. When garden sage is desired, one must add the specific epithet to that of the genus and ask for *Salvia officinalis*. In the same manner, if one wishes to have clary sage, the most accurate way to refer to it is by its Latin name, *Salvia sclarea*. A variety is a naturally-occurring further subdivision of a species, such as *Petroselinum crispum* var. *neopolitanum*. A cultivar is a man-made selection of a species, as in *Salvia officinalis* 'Tricolor.'

Good garden catalogs list herbs by their botanical names and are valuable sources of information on height, color

and season of bloom. Local nurseries can usually provide the largest plants. Mail order nurseries can offer plants not available locally. Keep track of your plants with labels, or if you do not want labels in the garden, do a sketch showing the names and locations of the plants for future reference.

Garden Tools

The enjoyment of working in an herb garden depends in part upon using the right tools. Select only those that are strong and durable enough for long years of service and take good care of them, keeping them in a convenient area ready for use.

The tools and supplies most often used in a modest garden are: spade, spading fork, rake, trowel, hand weeder, cultivator, pruning shears, scissors, watering can, raffia or tape, plant stakes, and a hose.

The minimum needed is a good pair of pruning shears, a sturdy trowel, watering can or hose and a spade. It is better to buy less and get the best quality you can afford. Other tools that may later become necessary are a wheelbarrow or garden cart, long-handled cultivator, transplanting spade, loppers and even a pruning saw if trees are included in the garden.



GARDEN MAINTENANCE

Pruning & Harvesting

Pruning improves the shape of herb plants. To do a good job, use pruners, loppers or a pruning saw, according to the size of the plant. Dead material should always be removed, and a weak plant should be cut back so that its food and water can be used to greater advantage.

Harvesting herbs is a form of pruning. Take clippings of two or three inches, preserving the shape of the plant as much as possible. The volatile oil in the leaves is most potent just before the plant blooms. Cutting at this time under optimum conditions will produce the best harvest, although two more cuttings may often be taken before the end of the growing season. Harvesting after the dew has dried on a sunny morning is ideal. Collect the clippings for drying or freezing in a basket or paper bag, never a plastic one.

Garden Cleanup

The garden should be kept clean at all times. Constantly remove dead leaves, spent flower stalks, and dead flowers (unless you want the plant to go to seed). Decaying plant matter encourages slugs, insects and disease. The flowering period of many plants can be extended considerably if dead flower heads are faithfully removed. Remove annual herbs at the end of their growing season and collect plant stakes for another year of use.

Winter Protection

Fortunately, many plants are hardy and can withstand cold and snow. Snow itself is a natural and perfect mulch, provided it is a winter-long covering. In lieu of snow, a mulch of straw, oak or beech leaves may be applied when the ground has frozen. If they are available, place small tree branches over the leaves to hold them in place. Evergreen branches can add further protection.

A winter mulch helps maintain an even soil temperature and thus prevents alternate freezing and thawing with its consequent winter kill. The mulch should be removed gradually in the spring.



HERBS IN COMMON USE

Many beginners may want to start their gardens with plants from a local or out-of-town nursery. Beginners with some experience may wish to experiment by starting plants from seeds or cuttings. Listed below are some of the herbs most commonly used.



Basil

BASIL, SWEET

Ocimum basilicum

Description: Annual; height 1-2'. The well-known sweet basil is a bushy plant with green leaves, white flowers.

Culture: Well-drained, medium-rich soil in full sun.

Propagation: Seed, cuttings.

Notes: There are many wonderful varieties of basil available. Those in the “red” group make excellent herbal vinegars. Try ‘Red Rubin,’ ‘Dark Opal,’ or ‘Purple Ruffles.’ They also add striking foliage color to the garden.



Chives

CHIVES

Allium schoenoprasum

Description: Hardy perennial; height 10-15". Erect plant with fine green onion-like leaves. Pompoms of lavender flower heads.

Culture: Well-drained, medium-rich soil in full sun.

Propagation: Seed, but slow germination. Divided clumps increase rapidly. Should be divided every two or three years.

Notes: The flower head is edible as well as the leaves and make an attractive addition to herb vinegars and fresh salads.

DILL

Anethum graveolens

Description: Annual; height 2-3'. Feathery blue-green foliage, large umbels of small yellow flowers.

Culture: Well-drained, medium-rich soil in full sun. Weeding and cultivating required to produce large plants. Individual plants may require staking.

Propagation: Seed. Self-sows readily, resists transplanting, better to sow directly in the garden or start in peat pots, thin out as necessary.

Notes: Newer varieties have relegated the older form of dill to the vegetable garden where its large and often ungainly growth is more in place. The newer dills are compact and leafy, looking much neater in the herb bed. Two good choices are 'Bouquet' and 'Fernleaf.'

GERANIUM, ROSE

Pelargonium xasperum 'Rose'

Description: Perennial only in frost-free areas; height 18-30". Deeply cut, heart-shaped, scented foliage, small lavender blossoms.

Culture: Well-drained, medium-rich soil in full sun. Plants are often grown in containers to facilitate bringing them indoors for the winter months.

Propagation: Cuttings.

Notes: There are many leaf shapes, textures and scents to



Lavender

(*Geranium*, *Rose cont.*)

choose from among the pelargoniums. All are tender north of Zone 10 and do well in containers. The rose geranium is often the first tried by beginning herb gardeners.

LAVENDER

Lavandula angustifolia

Description: Hardy perennial; height 2'. Narrow gray-green leaves, sometimes with bluish-cast, spikes of lavender flowers. Once established, plant becomes woody.

Culture: Well-drained, alkaline sandy loam in full sun. Prune plants back in spring.

Propagation: Seed, cuttings - difficult to root.

Notes: Some varieties feature pink or white flowers also. Others, such as *L. stoechas* (Z.7) and *L. dentata* (Z.10), are tender perennials and need to be indoors for the winter in colder areas.



Lemon Balm

LEMON BALM

Melissa officinalis

Description: Hardy perennial; height 1-2', spreading plant, dark green wrinkled leaves, small cream-yellow flowers.

Culture: Moist, well-drained, medium-rich soil in full sun or partial shade.



Lovage

(Lemon Balm cont.)

Propagation: Seed, cuttings, division.

Notes: A refreshing lemon scent, excellent in teas. It is important to remove spent flowers, as lemon balm reseeds readily and may become a nuisance.

LEMON VERBENA

Aloysia citriodora

Description: Tender north of Zone 8; height 2-4'. Shrub-like plant with crisp, light green leaves, small white flowers.

Culture: Well-drained, medium-rich soil in full sun or partial shade. Often grown in containers.

Propagation: Cuttings—green stems which have begun to harden seem to root best.

Notes: The best herbal lemon —the scent and flavor strongly persist, even when dried.

LOVAGE

Levisticum officinale

Description: Hardy perennial; height 3-5'. Dark green, shiny, celery-like leaves, umbels of small greenish- yellow flowers.

Culture: Moist, well-drained, medium-rich soil in full sun or partial shade.

Propagation: Seed, cuttings.

MARJORAM

Origanum majorana

Description: Tender perennial; height 8-12". Small gray-green scented leaves, knotted buds of overlapping bracts with small white flowers.

Culture: Well-drained, medium-rich soil in full sun.

Propagation: Seed, cuttings.



Mint

MINT

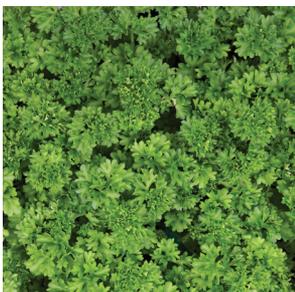
Mentha spp.

Description: Hardy perennial; height 1-3'. Shade of green on leaf and color of stem vary according to species; flowers are shades of white or lavender.

Culture: Moist, well-drained, medium-rich soil in partial shade. Spade spreading roots in spring to control the plant, or even better, keep in a large container above ground.

Propagation: Cuttings, division.

Notes: Many mints cross-pollinate, often producing seedlings of inferior flavor and scent. Deadhead plants or remove seedlings to be sure your plantings stay true to type.



Parsley

OREGANO, GREEK

Origanum vulgare ssp. *hirtum*

Description: Hardy perennial; height 2'. Light green oval leaves with downy underside, white flowers in terminal clusters

Culture: Well-drained, medium-rich soil in full sun.

Propagation: Cuttings.

Notes: This variety is the most commonly used culinary oregano. It is helpful to pinch and sniff before you buy to see if you like the flavor. A number of other oreganos are useful for dried flowers and as ornamentals.



Sage

PARSLEY

Petroselinum crispum

Description: Annual or biennial; height 8". Bright green leaves. Flower stalks appear in spring of second season.

Culture: Well-drained, medium-rich soil in full sun.

Propagation: Seed—slow to germinate, resists transplanting. Sow directly in the ground or in peat pots.

Notes: See Choice of Plants section for information on self-perpetuating planting using biennials. The curly parsley is very attractive; however, the flat-leaf (also called plain and Italian) has better flavor for culinary use.

ROSEMARY

Rosmarinus officinalis

Description: Tender perennial; height 1-3'. Dark green, needle-like leaves, woolly white on underside, small pale blue flowers.

Culture: Well-drained, medium-rich, alkaline soil in full sun; often grown in containers.

Propagation: Seed which is slow to germinate, cuttings.

SAGE

Salvia officinalis

Description: Hardy perennial; height 18-30." Gray-green oblong leaves, much-veined surface gives pebbly effect, purple flowers on whorls in loose spikes.

Culture: Well-drained, medium-rich, alkaline soil in full sun.

Propagation: Seed, cuttings, division.

Notes: There are many annual and perennial salvias, however, this is the main culinary variety. Two attractive cultivars are 'Tricolor' and 'Purpurea.'

SALAD BURNET

Poterium sanguisorba



Savory

Description: Hardy perennial; height 12-18'." Medium-green serrated leaves in opposite, rounded leaflets along a slender stem. Flowers have pink tufts of stigmas and dangling stamens and no conspicuous petals.

Culture: Dry, sandy loam in full sun or partial shade.

Propagation: Seed.

Notes: An attractive plant in the garden, the leaves add a cucumber-like flavor to salads.

WINTER SAVORY

Satureja montana



Thyme

Description: Hardy perennial; height 12." Dark green, short oblong leaves, small white blossoms. Mature plant is shrub-like.

Culture: Well-drained, medium-rich soil in full sun. Keep plant clipped to induce new growth.

Propagation: Seed, cuttings.

TARRAGON, FRENCH

Artemisia drancunculus 'Sativa'



Sweet Woodruff

Description: Hardy perennial; height 18-30." Smooth olive-green, narrow leaves; bushy plant with slender

(*Tarragon cont.*)

branching shoots. Does not set seed.

Culture: Well-drained, medium-rich soil in full sun; will tolerate partial shade. In the South, partial shade is essential. Does not do well in hot, humid climates.

Propagation: Cuttings, division.

THYME

Thymus vulgaris

Description: Hardy perennial; height 8-12." Small green ovate to elliptic leaves, light pink flowers. Mature plant is shrub-like with woody stems.

Culture: Light, well-drained alkaline soil in full sun. Raised beds are advantageous.

Propagation: Seed, cuttings.

Notes: There are many other varieties of thyme, including lemon-scented, creeping groundcovers and those with variegated foliage. Some are tender perennials.

WOODRUFF, SWEET

Galium odoratum

Description: Hardy perennial; height 8-10." Stiff whorls of glossy medium-green, lanceolate leaves. Stems square, brittle, slightly hairy. Small, pure white, star-like flowers.

Culture: Well-drained, rich soil in partial shade.

Propagation: Cuttings, division.



PLANT LISTS

Basil*Ocimum basilicum*
Borage*Borago officinalis*
Chervil*Anthriscus cerefolium*
Dill*Anethum graveolens*
Marigold, dwarf*Tagetes tenuifolia*
Marjoram, sweet ...*Origanum majorana*
Nasturtium*Tropaeolum majus*
Savory, summer*Satureja hortensis*

Biennials

Foxglove *Digitalis purpurea*
Parsley, curly *Petroselinum crispum*
Sage, clary*Salvia sclarea*

Perennials



Artemisia, Wormwood ..	<i>Artemisia</i> spp.
Bay	<i>Laurus nobilis</i> *
Bee balm	<i>Monarda didyma</i>
Boxwood	<i>Buxus</i> spp.
Burnet, salad	<i>Poterium sanguisorba</i>
Chives	<i>Allium schoenoprasum</i>
Clove pink	<i>Dianthus caryophyllus</i>
Comfrey	<i>Symphytum officinale</i>
Garlic	<i>Allium sativum</i>
Geranium, scented	<i>Pelargonium</i> (tender north of Z.10)
Germander	<i>Teucrium chamaedrys</i>
Heliotrope	<i>Heliotropium arborescens</i> *
Horseradish	<i>Armoracia rusticana</i>
Hyssop	<i>Hyssopus officinalis</i>
Lavender cotton	<i>Santolina chamaecyparissus</i>
Lemon verbena	<i>Aloysia citriodora</i> *
Mint	<i>Mentha</i> spp.
Oregano, Greek	<i>Origanum vulgare</i> ssp. <i>hirtum</i>
Rose, historic	<i>Rosa</i> spp.
Rosemary	<i>Rosmarinus officinalis</i> *
Sage, garden	<i>Salvia officinalis</i>
Sage, pineapple	<i>Salvia elegans</i>
Savory, winter	<i>Satureja montana</i>
Tarragon, French	<i>Artemisia dracunculus</i> 'Sativa'
Thyme	<i>Thymus</i> spp.
Valerian	<i>Valeriana officinalis</i>
Woodruff, sweet	<i>Galium odoratum</i>
Yarrow	<i>Achillea</i> spp.

* Tender perennials, not usually hardy north of Zone 8

Tall Plants (over 3')

Bay	<i>Laurus nobilis</i>
Bee balm	<i>Monarda didyma</i>
Comfrey	<i>Symphytum officinale</i>
Dill	<i>Anethum graveolens</i>

Fennel	<i>Foeniculum vulgare</i>
Foxglove	<i>Digitalis purpurea</i>
Lovage	<i>Levisticum officinale</i>
Rose, historic	<i>Rosa</i> spp.
Sage, clary	<i>Salvia sclarea</i>
Sage, pineapple	<i>Salvia elegans</i>
Southernwood	<i>Artemisia abrotanum</i>
Valerian	<i>Valeriana officinalis</i>
Yarrow	<i>Achillea</i> spp.

Medium Plants (18-3’)

Artemisia, Wormwood...	<i>Artemisia</i> spp.
Basil	<i>Ocimum basilicum</i>
Borage	<i>Borago officinalis</i>
Burnet, salad	<i>Poterium sanguisorba</i>
Dill, some varieties	<i>Anethum graveolens</i>
Geranium, scented	<i>Pelargonium</i> spp.
Heliotrope	<i>Heliotropium arborescens</i>
Horseradish	<i>A Armoracia rusticana</i>
Lady’s mantle	<i>Alchemilla vulgaris</i>
Lavender	<i>Lavandula</i> spp.
Lemon balm	<i>Melissa officinalis</i>
Lemon verbena	<i>Aloysia citriodora</i>
Mint	<i>Mentha</i> spp.
Marigold, pot	<i>Calendula officinalis</i>
Rosemary	<i>Rosmarinus officinalis</i>
Sage, garden	<i>Salvia officinalis</i>
Savory, summer	<i>Satureja hortensis</i>
Savory, winter	<i>Satureja montana</i>

Low Plants (Under 18’)

Boxwood	<i>Buxus sempervirens</i> ‘Vardar Valley’ *
Chervil	<i>Anthriscus cerefolium</i>
Chives	<i>Allium schoenoprasum</i>

Clove pink	<i>Dianthus</i> sp.
Garlic	<i>Allium sativum</i>
Germander	<i>Teucrium chamaedrys</i>
Hyssop	<i>Hyssopus officinalis</i> *
Lavender cotton	<i>Santolina chamaecyparissus</i>
Marigold, dwarf	<i>Tagetes tenuifolia</i>
Marjoram, sweet	<i>Origanum majorana</i>
Nasturtium	<i>Tropaeolum majus</i>
Oregano, Greek	<i>Origanum vulgare</i> ssp. <i>hirtum</i>
Parsley	<i>Petroselinum crispum</i>
Thyme	<i>Thymus</i> spp.
Woodruff, sweet	<i>Galium odoratum</i>
Wormwood, Roman	<i>Artemisia pontica</i>

* clipped

Culinary Herbs

Basil	<i>Ocimum basilicum</i>
Bay	<i>Laurus nobilis</i>
Burnet, salad	<i>Poterium sanguisorba</i>
Chervil	<i>Anthriscus cerefolium</i>
Chives.....	<i>Allium schoenoprasum</i>
Dill	<i>Anethum graveolens</i>
Fennel	<i>Foeniculum vulgare</i>



Garlic	<i>Allium sativum</i>
Horseradish	<i>Armoracia rusticana</i>
Marjoram, sweet	<i>Origanum majorana</i>
Mint	<i>Mentha</i> spp.
Oregano, Greek	<i>Origanum vulgare</i> ssp. <i>hirtum</i>
Parsley, curly	<i>Petroselinum crispum</i>
Parsley, Italian	<i>Petroselinum crispum</i> var. <i>neopolitanum</i>
Rosemary	<i>Rosmarinus officinalis</i>
Sage, garden	<i>Salvia officinalis</i>
Savory, summer	<i>Satureja hortensis</i>
Savory, winter	<i>Satureja montana</i>
Tarragon, French	<i>Artemisia dracunculus</i> ‘Sativa’
Thyme	<i>Thymus</i> spp.

Scented Herbs

Bee balm	<i>Monarda didyma</i>
Clove pink	<i>Dianthus</i> sp.
Geranium, scented .	<i>Pelargonium</i> spp.
Heliotrope	<i>Heliotropium arborescens</i>
Lavender	<i>Lavandula</i> spp.
Lavender cotton	<i>Santolina chamaecyparissus</i>
Lemon balm	<i>Melissa officinalis</i>
Lemon verbena	<i>Aloysia citriodora</i>
Rosemary	<i>Rosmarinus officinalis</i>
Rose, historic	<i>Rosa</i> spp.
Sage, pineapple	<i>Salvia elegans</i>
Southernwood	<i>Artemisia abrotanum</i>
Thyme	<i>Thymus</i> spp.
Valerian	<i>Valeriana officinalis</i>
Woodruff, sweet	<i>Galium odoratum</i>

Herbs for Edging

Boxwood	<i>Buxus sempervirens</i> ‘Vardar Valley’
Chives	<i>Allium schoenoprasum</i>

Germander	<i>Teucrium chamaedrys</i>
Hyssop	<i>Hyssopus officinalis</i> *
Lavender	<i>Lavandula</i> spp.*
Lavender cotton	<i>Santolina chamaecyparissus</i> *
Marigold, dwarf	<i>Tagetes tenuifolia</i>
Marjoram, sweet	<i>Origanum majorana</i>
Parsley, curly	<i>Petroselinum crispum</i>
Savory, winter	<i>Satureja montana</i> *
Thyme.....	<i>Thymus</i> spp.
Wormwood, Roman	<i>Artemisia pontica</i>

* clipped

Herbs for Shade

Chervil	<i>Anthriscus cerefolium</i>
Lady's mantle	<i>Alchemilla vulgaris</i>
Lemon balm	<i>Melissa officinalis</i>
Mint	<i>Mentha</i> spp.
Valerian	<i>Valeriana officinalis</i>
Woodruff, sweet	<i>Galium odoratum</i>



RESOURCES FOR BEGINNERS

All of the titles in this list are included in the HSA Library collection. Items denoted with an * circulate to HSA members.

BOOKS

* **Bown, Deni. *The Herb Society of America New Encyclopedia of Herbs and Their Uses*. New York: Dorling Kindersley, 2001.**

This revised edition of Bown's 1995 classic reference work covers everything from herb history and mythology to worldwide uses, cultivation, and herb garden design. The "A-Z of Herbs" includes detailed profiles of more than 1000 herbs with 1500 color photographs, arranged by botanical name. Also includes bibliography, a list of herb gardens, glossary and common name index. 448 pages

* **Gardner, Jo Ann. *Living with Herbs: A Treasury of New and Useful Plants for the Home and Garden*. Woodstock, VT: The Countryman Press, 1997.**

¹Covers growing, harvesting and using herbs in both the home and the landscape and includes multi-page portraits of seventy-four herbs, complete with personal anecdotes from the author, an HSA member. With black and white photographs, line drawings, resource lists and index. 288 pages

* **Hill, Madalene, and Gwen Barclay. *Southern Herb Growing*. Fredericksburg, TX: Shearer Publishing, 1987.**

This classic text by former HSA president and award

winner, Hill and fellow HSA member, Barclay, provides an introduction to herbs and herb gardening tailored to the American South with profiles of over 130 plants and a southern herb selection guide. Also includes guidelines for cooking with herbs and an extensive selection of recipes. With color photographs and index. 196 pages

Hopkinson, Patricia et al. *The American Garden Guides: Herb Gardening*. New York: Pantheon Books, 1994.

Compiled by Cornell Plantations, Univ. of California Botanical Garden and Matthaei Botanical Garden. Introduction includes “Botany for Gardeners.” “Plant Selector” section includes listing of herbs by use and color, plus color photographs and portraits of more than 200 herbs. Sidebars cover a variety of topics, including Native American uses, aromatherapy, history and tips. Also includes design guide, description of gardening techniques, and gardening for special conditions and climates. Includes glossary and index. 223 pages

*** McVicar, Jekka. *New Book of Herbs*. New York: Dorling Kindersley, 2002.**

This encyclopedic book provides information on growing herbs organically and using them in cooking as well as for home cleaning, first aid, beauty, relaxation and pet care. Also includes profiles of 100 plants with cultivation and use information. With color photographs, resource list and index. 288 pages

*** Michalak, Patricia S. *Rodale’s Successful Organic Gardening: Herbs*. Emmaus, PA: Rodale Press, 1993.**

A concise guide to gardening basics, plant selection, cultivation and maintenance, preserving, storing and using herbs. With profiles and color photographs of over ninety herbs. Includes index. 160 pages

* **Kowalchik, Claire and William H. Hylton, eds. *Rodale's Illustrated Encyclopedia of Herbs*. Emmaus, PA: Rodale Press, 1987.**

Entries for each plant range from one to several pages and include history, uses (medicinal, ornamental, culinary, cosmetic, dye), description, flowering, range, growing conditions, cultivation, and folklore. Includes entries on herbal topics as well as 140+ individual plants. 545 pages

* **Shaudys, Phyllis V. *The Pleasure of Herbs: A Month-by-Month Guide to Growing, Using, and Enjoying Herbs*. Pownal, VT: Storey Communications, 1986.**

Shaudys, an HSA member, devotes a chapter to each month of the year, highlighting an herb for the month and providing seasonal recipes, garden advice and crafts. Appendices include "A Brief Encyclopedia of Herbs," "Growing Fragrant Herbs for Profit," "Directory of Herb Businesses and Gardens" and a bibliography. Includes black and white illustrations and index. 275 pages

* **Swanson, Faith H. and Virginia B. Rady. *Herb Garden Design*. Hanover: University Press of New England, 1984.**

This classic reference work by two HSA members includes plans for over fifty types of gardens, from basic designs to historical, specialty, educational and formal gardens. Each design includes a list of plants and full-page design plan. With index and black and white photographs and illustrations. 155 pages

* **Tucker, Arthur O. and Thomas DeBaggio. *The Big Book of Herbs: A Comprehensive Illustrated Reference to Herbs of Flavor and Fragrance*. Loveland, CO: Interweave Press, 2000.**

Introductory chapters cover "Plant Identification," nomenclature, "Maximizing Flavors and Fragrances," "Container Cultivation," creating the best growing conditions,

“Propagation and Planting,” “Keeping Herbs Healthy,” and harvesting. Includes profiles of over 100 herbs. Individual profiles include common and botanical name, names in various languages, family, growth form, hardiness, light, soil, propagation, uses, chemistry and botanical description. With black and white line drawings, extensive reference list and index. An important resource from two of HSA’s expert members. 688 pages.

WEBSITES

Plant Information Online - <http://www.plantinfo.umn.edu/>

*A useful resource for sources for plants in American nurseries. Allows you to search for magazine and book citations as well as plant images.

Henriette’s Herbal Homepage

www.henriettesherbal.com

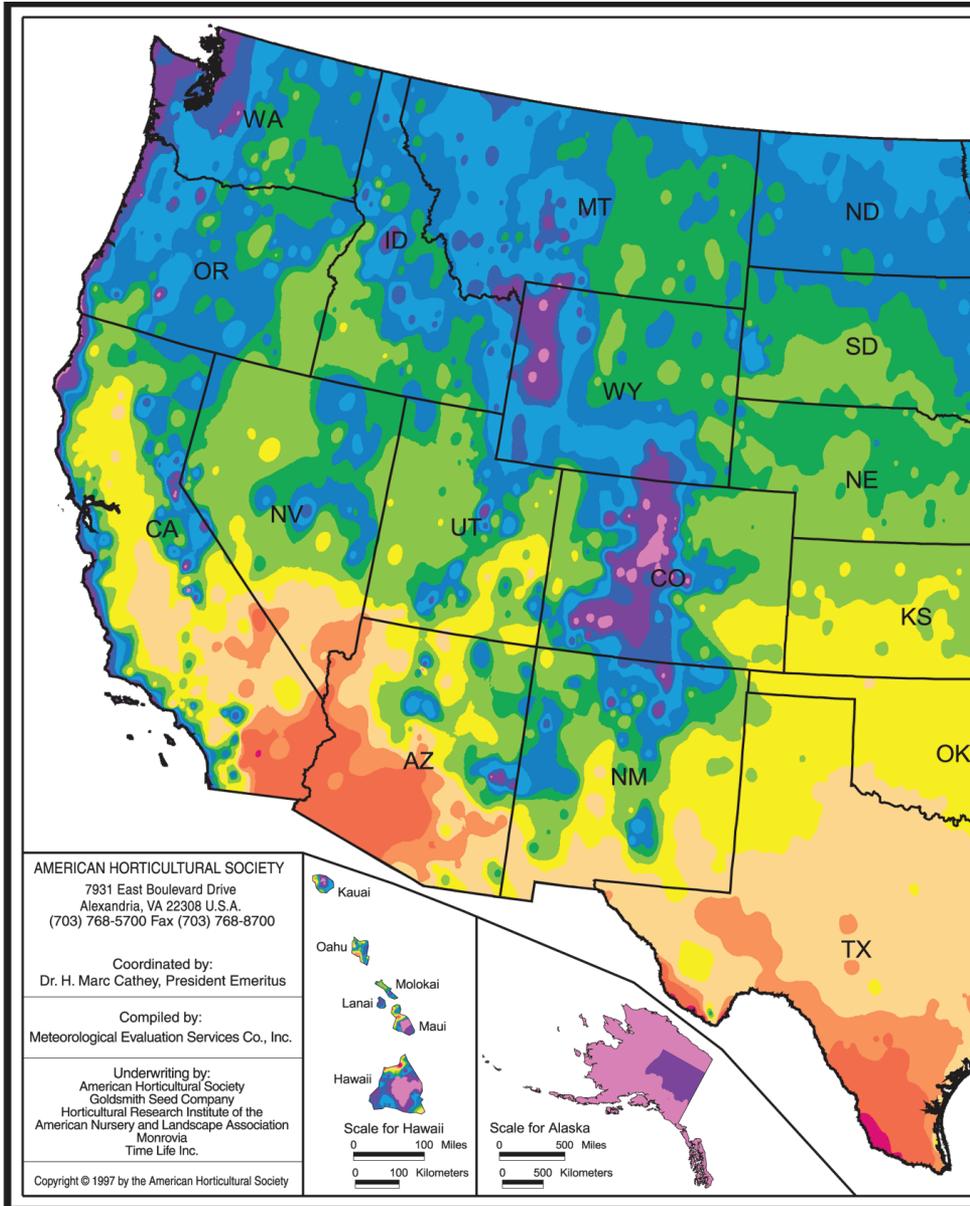
This site from Finnish herbalist, Henriette Kress, includes culinary and medicinal herbfaqs, the text of classic herbal works now in the public domain, a listing of plant names in various languages and over 9,600 plant images. Note that the herbfaqs on this site are archived from discussion lists so not all information may be authoritative.

Montreal Botanic Garden Green Pages - Herbs Section

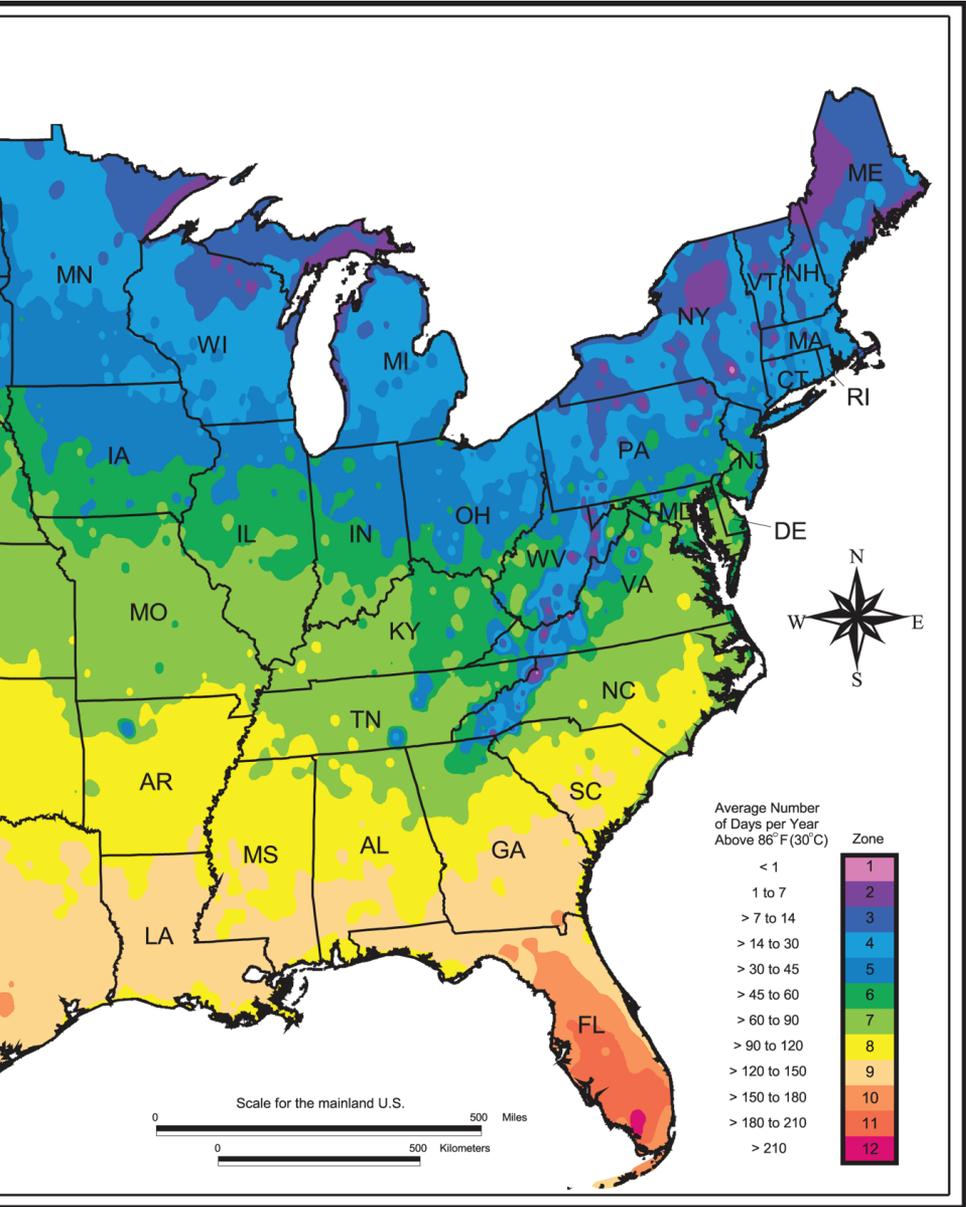
www2.ville.montreal.qc.ca/jardin/en/info_verte/fines_herbes/fines_herbes.htm

Includes information on planning, cultivation, harvesting, pests, drying, storing and indoor growing. Available in French and English. Also includes book list.

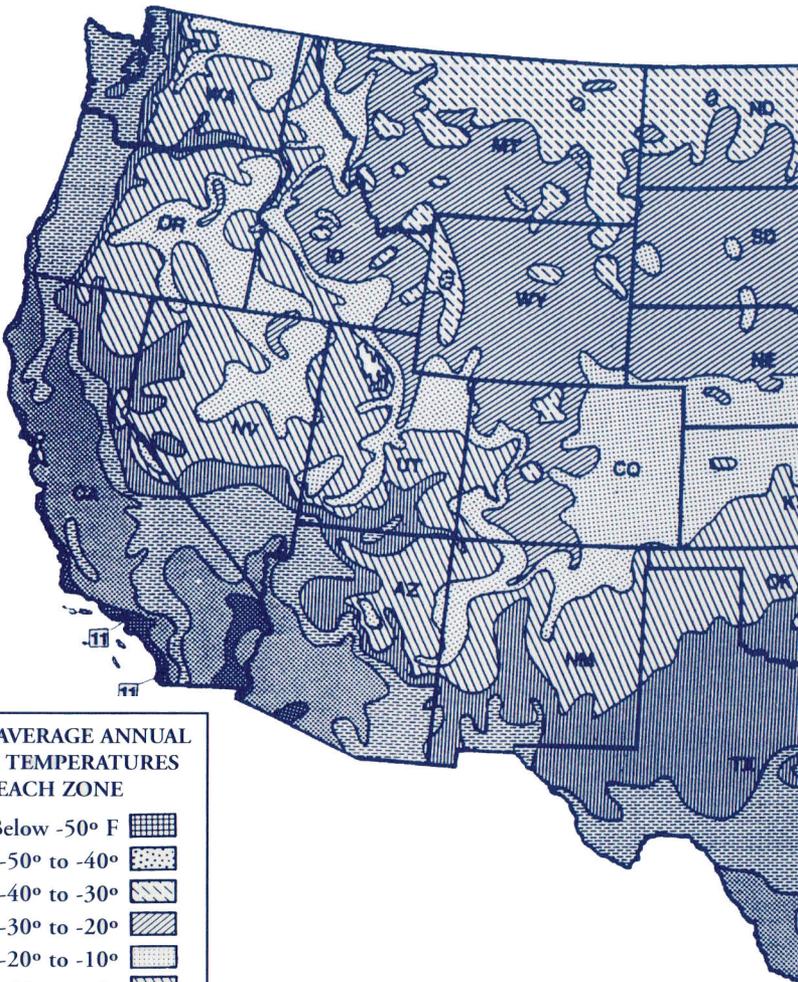
American Horticultural Society Heat Zone Map



American Horticultural Society Heat Zone Finder
http://www.ahs.org/publications/heat_zone_map.htm



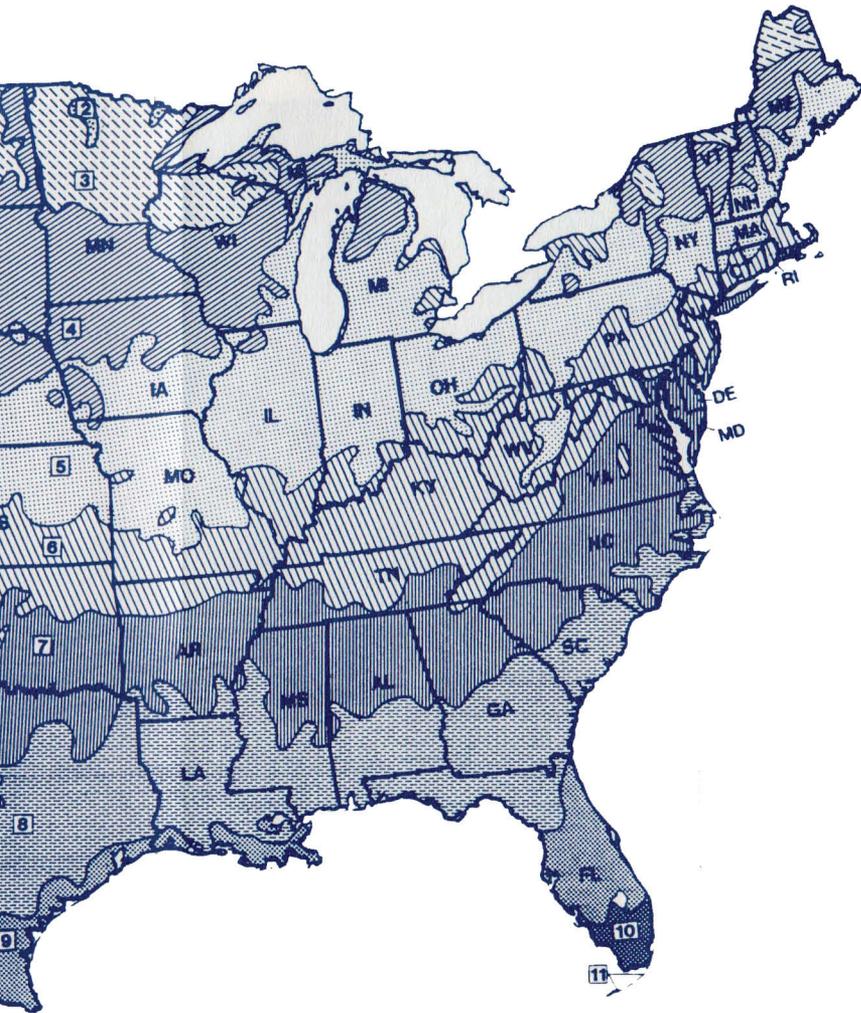
United States Department of Agriculture
Plant Hardiness Zone Map



**RANGE OF AVERAGE ANNUAL
 MINIMUM TEMPERATURES
 FOR EACH ZONE**

Zone 1	Below -50° F	
Zone 2	-50° to -40°	
Zone 3	-40° to -30°	
Zone 4	-30° to -20°	
Zone 5	-20° to -10°	
Zone 6	-10° to 0°	
Zone 7	0° to 10°	
Zone 8	10° to 20°	
Zone 9	20° to 30°	
Zone 10	30° to 40°	
Zone 11	Above 40° F	

For an online, interactive USDA Plant Hardiness Zone Map go to: <http://www.usna.usda.gov/Hardzone/ushzmap.html>



This map follows the USDA cold hardiness system which is based on average minimum temperatures in each area and gives guidelines for plant adaptability. For a more detailed color hardiness map, please call the U.S. Printing Office at (202)512-1800 and refer to stock number 001-000-04550-4.

Contributors and Acknowledgements

**Original text by the
1983 Handbook**

Committee:

Eleanor Donley
Blanche Harvey
Elizabeth B. Neavill
Nelle Neff
Jane C. Piwonka,
Chairman
Jean Ruh
Members of the
Western Reserve Herb
Society

1998 revision by:

Ann S. Lamb
Robin A. Siktberg
Linda M. White

2003 revisions by:

Michele Meyers,
*HSA Director of
Education*
Robin Siktberg
*HSA Editor/
Horticulturist*

Illustrations by:

Eleanor Donley

Photographs by:

Robin Siktberg
Janeen Wright

Special Thanks to:

Virginia (Ginny) Miller
Elizabeth (Bam) Postell
Arthur O. Tucker, Ph.D.

*Based on The Beginner's Herb
Garden, 2nd Edition*

© 1983, 1998, 2003 The Herb
Society of America



2010 revisions by:

Janeen Wright
Educator/Horticulturist
Robin Siktberg
HSA Editor/Horticulturist