



Morning Dew Herb Farm

2009

Plant
Catalog

*46 Glenn Oaks Dr.
Labadie, MO*

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Welcome! *Morning Dew Herb Farm is a small, family operated establishment that is dedicated to producing quality culinary, medicinal, magical and ornamental herb plants. We do not use pesticides or herbicides and our focus is to provide you with plants that are EASY TO GROW!*

Based on our personal experiences, we know that most wildlife do not like annual, biennials, and USDA Zone 6 or below perennial herbs. In addition, any plant that is temperamental or tricky to grow is dropped from our catalog because our focus is to provide you with healthy, easy to grow plants.

*Many of our customers use our organic herbs to not only enhance cooking but also for medicinal purposes. **We recommend you research any herb when using them for medicinal purposes.***

We try to have every plant available at all times, when this is not possible, please list any acceptable substitutions.

GUARANTEE: *We will replace or refund, the product price, if anything is found to be unsatisfactory within 10 days of receipt. This does not cover plants delayed due to insufficient or incorrect address information.*

Cultural INFORMATION: *Most herbs grow best in full sun, any exceptions have been noted in the catalog. Herbs are listed by common name, (if any), botanical name, life cycle (if annual or biennial), or USDA hardiness zone and height upon maturity.*

ORDERING & PRICING INFORMATION: *Our prices are \$4 per plant unless otherwise priced plus postage charges which are as follows:*

Orders up to: \$20.00 add \$8.75

\$30.00 to \$65.00 add \$9.75

\$65.00 and up add 15%

We will ship our plants to any of the 48 contiguous states.

To order our plants, please complete an order form, enclose the payment, and send to:

Morning Dew Herb Farms

46 Glenn Oaks Dr.

Labadie, MO 63055

We accept Master Card, Visa, checks, and money orders.

SPECIAL ORDERS: *Not all plants that we grow are included in this catalog. However, please contact us by phone or e-mail for any a plant that you are interested in, or for large orders.*

HERB LIST

Anise Hyssop (*Agastache* 'Butterfly Blue') Anise flavored foliage with blue blooms that adds color and flavor to salads, tea, and potpourri. A beautiful plant, butterflies and bees love it! [Zone 4 / Height 24"]

Order number: **AH10**

Aztec Sweet Herb (*Lippia Dulcis*) Used by the Aztecs for coughs, colds, asthma, and colic. Contains the sweet compound hemandulcin that is 1000 times sweeter than sugar. Can be used as a sunny ground cover that self sows freely. Makes an attractive indoor hanging basket. To sweeten herbal teas year round. [Zone 10 / Height 24"]

Order number: **LD10**

Basil An herb of romance, centuries ago, and basil grown on a single woman's windowsill signaled that she was ready to receive a suitor. When a man gave a woman a sprig of basil, she would fall in love and never leave him. Basil tea has been used as an aphrodisiac, given to horses at mating season. It was also believed that basil would expel melancholy and hatred. It is customary to sow basil seeds with a curse.

Basil tea makes a slightly sedative sleep tonic. A few other ways of using basil include steeping a few leaves in wine for several hours, drop a few basil flowers in your bath water, or set a few pots in the kitchen to discourage flies.

Basil is a wonderful culinary herb. The complex flavors in basil blend well with garlic, thyme, lemon, and will flavor and enhance the color of vinegar. Try melted butter basil sauce for grilling or add fresh basil to salads as the flavor of basil will intensify when cooked. Try this culinary tip:

Basil cubes: Fill ice cube trays with fresh chopped basil leaves, add water and freeze. Put the frozen basil cubes in plastic bags and pop them into sauces and dishes as desired. Freezing preserves the color

African Blue Basil (*O*, 'African Blue') Unique basil with purple veined leaves and stems with balsam/camphor scent. Add leaves to pesto and blooms to salads for a dash of color. Grow inside for year round culinary use. [Zone 10 / Height 24"]

Order number: **OB10**

East Indian Basil (*O*, *gratissimum*) Also known as Tree Basil with wonderful clove flavor and scent. It is an excellent culinary basil especially on vegetable and chicken dishes. Over winter in a sunny window. Said to repel mosquitoes, lower fever, relieve headaches, and treat impotence. [Zone 10 / Height 2']

Order number: **OB20**

Green Pepper Basil (*O*, *b. selloi*) Unique basil with flavor and aroma of green pepper that is native to Chiapis, Mexico. Over winters in a sunny window. [Zone 9 / Height 24"]

Order number: **OB50**

Kilimanjaro Basil (*O*, *kilimandscharicum*) Tall basil from Africa with medicinal properties. Tea is reported to sooth coughs and arthritis, lowers fever, and repels insects. Bring inside inside for winter in cold climates.

[Zone 10 / Height 24"]

Order number: **OK10**

Bee Balm Chopped leaves and flowers add flavor and color to salads and fruit dishes. Add to hot milk for a sleep aid. Bee balm has the aroma of bergamot orange, the flowers and leaves are used in potpourri. Early American colonists used bee balm as a tea substitute at the time of the Boston Tea Party to boycott British imports. Ornamental mophead blooms are used in floral arrangements and are a hummingbird favorite.

‘Blue Stocking’ (*Monarda*) Bright blue blooms. [Zone 4 / Height 24”]

Order number: **BB10**

‘Cambridge Scarlet’ (*M.*) Bright red blooms. [Zone 4 / Height 3’]

Order number: **BB20**

Blackberry Lilly (*Belamcanda chinensis*) Very ornamental plant with orange spotted blooms that turn into capsules with black shiny fruits that resemble blackberries. Sword shaped iris-like foliage is very drought tolerant. Tea is used to treat coughs and arthritis. [Zone 5 / Height 3’]

Order number: **BC10**

Bo-Tree (*Ficus religiosa*) Sacred tree of the Budhists and Hindus. Makes a nice potted indoor plant. Leaves are very attractive, nice for making rubbings and decorating stationary. Grow one for your meditation space. Prune to keep manageable. [Zone 10 / Height 20’]

Order number: **B010**

Cost: \$ 8.00

Borrachera (*Alternanthera lahmannii*) Colombian native used to alter the intoxicating effects of alcoholic drinks. The Colombian name means ‘intoxicant.’ Beautiful red plant with white starlight blooms, a very ornamental houseplant.

[Zone 10 / Height 6’]

Order number: **B020**

Cost: \$8.00

Brahmi (*Bacopa monnieri*) Said to bring the knowledge of Brahman (Supreme Reality) and to have restorative activity on the cells of the brain. Native to India, with lovely diminutive bacopa flowers. Tropical tender perennial eaten fresh or as a tea. Grow in moist shade. Easily grown as a houseplant. [Zone 10 / Height 6”]

Order number: **BR10**

Cardamom (*Elettaria cardamomum*) Powerful love potion used in witchcraft. The leaves are used in perfumery. Pest free, aromatic houseplant. The young shoots are eaten raw, leaves used as a food wrap, roots used as seasoning. Nice shady patio plant.

[Zone 10 / Height 2’]

Order number: CA30

Chameleon Plant (*Houttuynia cordata*) Fragrant tricolor foliage that smells of cilantro and oranges used in Asian cooking, and is eaten raw in parts of China. It cleans toxins from the body, reportedly the survivors of the Hiroshima atom bomb who drank the tea recuperated from radioactivity better and faster. Beautiful groundcover that will tolerate wet and shady locations. Can be invasive. [Zone 6 / Height 24’]

Order number: **HC10**

Chamomile Ancient Egyptians dedicated chamomile to the sun and worshipped it above all other herbs for its healing properties. A facial steam relieves a heavy head cold. Tea is a pleasant tonic. With its apple fragrance, the dried flowers are added to potpourri mixtures and soaps and as an ingredient in herbal pillows. Fresh and dried flowers are delightful in arrangements. Wonderful cosmetic herb, used as a mouthwash and soothing eye bath. At beauty salons, chamomile tea is often served to relax facial muscles, and as a beautifying hair rinse for light colored hair.

Roman Chamomile (*C. n.*) Spreading plant with bright green finely cut foliage. Delightful apple scented tiny daisy like flowers. [Zone 5 / Height 5"]

Order number: **OB50**

Comfrey (*Symphytum officinale*) Old World herb said to have been brought back to England by the Crusades. Known as knit bone, the ground root moistened and applied to a broken bone would set like plaster. Roots and leaves reduce swelling of sprains, bruises, and cuts. Steep young leaves in good almond oil to make a cleansing skin oil. Leaf stalks have anti-inflammatory properties that speed wound healing and encourage new skin and cell growth. Herb added to bath softens skin. Dried roots and fresh leaves used externally. Soak leaves in water 4 weeks for high potash organic fertilizer for tomatoes and potatoes. Wilt leaves 48 hours then apply as mulch. A composting plan helping rapid breakdown of other compost materials. [Zone 4 / Height 4']

Order number: **CO10**

Costmary (*Tanacetum balsamita*) Easily grown old world herb with sweetly scented leaves for flavoring soups, stuffing, and salads. Use chopped leaves to add a sharp tang to melted butter for flavoring peas and new potatoes. Known as Bible Leaf, the Puritans used the leaf tucked in a Bible to help stay alert during a long sermon. Another tea substitute for boycotting imports called Liberty Tea. Dedicated to Saint Mary Magdalene patron saint of fallen women. Sweet water made from leaves is used as a final rinse for clothing that imparts fragrance as well as a rinse water for hair and skin. Dried leaves are tucked into linens to scent them and are used to fill herbal pillows. Used in potpourri, it intensifies the scent of other ingredients. A tea made of fresh or dried leaves were considered to be a refreshing tonic and blood purifier. [Zone 4 / Height 3']

Order Number: **CM10**

Country Mallow (*Sida cordifolia*) Yellow flowering shrub that makes a stimulating tea that contains ephedrine, a stimulating alkaloid. Externally cooling and astringent. Easily grown houseplant. [Zone 9 / Height 18"]

Order Number: **CM20**

Culantro (*Eryngium foetidum*) is a perennial from the West Indies that is used as a cilantro substitute. When finely chopped the toothed leaves are very tasty. Indispensable for West Indian, Colombian, Cuban, and Chinese cuisine. Easily grown in pot or, hanging basket for year round harvest. Used in Caribbean medicine as a cure all for high blood pressure, fevers, and to relax spasms. [Zone 7 / Height 12"]

Order Number: **EF10**

Elderberry was originally planted near houses to prevent the evil work of witches. Carried by undertakers to protect them from unwelcome spirits. Old tradition was that you never burned or cut down an elderberry without the permission of 'Hyldemoer' the elder tree mother. The botanical name of *Sambucus* is from Greek 'sambuka', a musical pipe made from the hollowed out shoots. Flower heads are fried in butter as fritters. Berries make a syrup and wine (not to be eaten raw). Medicinally the syrup and flowers relieve coughs, colds and flu. Tea is a nightcap. Leaves used for bruises, sprains, and wounds. Good in bath bags. A compress made from flowers can be used as a face pack for wrinkles, sunburn, and freckles. Leaves can be dried and crushed and used as an organic insecticide in the garden. Flowers and berries make a greenish yellow

to purple dye. Birds love the berries.

Golden American (*S. canadensis* 'Aurea') Outstanding yellow green foliage. [Zone 4/ Height 6']

Order number: **EB15**

Feverfew (*Tanacetum parthenium*) Migraine remedy, add fresh leaves to sandwiches or salads. Beautiful daisy flowers that dry well and have a pleasant fragrance. Use in fresh and dried arrangements and add dried blooms to potpourri mixes. Roots contain pyrethrin that repels insects. [Zone 4 / Height 2']

Order Number: **FE10**

Foti (*Fallopia multiflora*) A vine that is one of the most traditional and tonic herbs. The roots are used. Known as the 'Elixir of Life' with rejuvenating qualities that restores the body's vital energy. Used for insomnia and nervous exhaustion.

[Zone 9 / Height 10']

Order Number: **FO10**

Gotu Kola (*Hydrocotyle asiatica*) Used fresh or in a tea, this herb is said to clarify the mind and aid the memory. Promotes good skin and tissue growth and slows the aging process. Add tender leaves to salads. Easy to grow as hanging basket. Cures insanity, which always comes in handy. Tolerates light shade. [Zone 7 / Height 8']

Order Number: **GK10**

Gopher Purge (*Euphorbia lathyris*) Beautiful and unusual blue green spiked euphorbia that adds height and interest to your garden. Self sows freely. As names implies a folk gopher deterrent. **Caution: seeds are poisonous.** [Biennial / Height 3']

Order Number: **GP10**

Henna (*Lawsonia inermis*) Dye plant for skin, hair and nails with orange/red colorant. Fragrant lilac-like flowers. Young leafy shoots are dried for use as powder. Can be grown as a houseplant in colder climates. [Zone 9 / Height 4']

Order Number: **HE10**

Henna Paste Recipe

1 cup boiled water or coffee

2 T. lemon or lime juice

Few drops of eucalyptus or lavender oil

Few teaspoons henna powder

Smooth to a paste-like consistency, let past set in airtight container away from light for 5 hours. Apply henna paste to small portion of skin as a test, and wait 12 to 24 hours to make sure there are no adverse reactions. Paste lasts for about 2 days.

Hops, Golden (*Humulus lupulus* 'Aureus') One of the finest golden leafed climbers that will tolerate shade and sun.

Young shoots are eaten like spinach. Tea from fowers eases tension and anxiety. Has antiseptic properties and aids digestion. Used by American Indians for insomnia and pain. Dried flowers are excellent for winter flower arrangements and are used in sleep pillows. [Zone 3/ Height 12']

Order Number: **HG10**

Horseradish Stately perennial with thick taproot that can be grated with vinegar and cream for the pungent condiment. Cooking decreases the pungency. Young leaves can be added to salads and sandwiches. Syrup made from roots is a remedy for coughs. Good source of vitamin C. Crushed root treats aching joints. Stimulating herb that can be used as cayenne pepper for colds. May fade age spots and freckles. Grate a 4” piece of root with 1 pt cider vinegar, steep 14 days shaking often, strain, and then apply directly two times a day for a few weeks.

Horseradish (*Armoracia rusticana*) Traditional condiment herb. [Zone 3 / Height 4’]

Order number: **AR10**

Houseleek (*Sempervivum tectorum*) Charlemagne, First emperor of the Holy Roman Empire, demanded that all tenants on the Imperial Estates should plant houseleek upon their roofs as protection against evil, pestilence, fire, and war. It was also proclaimed to “welcome home husband however drunk you be”. Flowers are to be cut off as soon as they appear, as they are considered unlucky. Greeks used it as an aphrodisiac and as a protection against witchcraft. Safe remedy for inflammation and swelling. It takes away pain of insect stings. Fresh leaves can be added to salads, and bath to nourish skin. The tea treats mouth ailments. [Zone 5 / Height 4”]

Order Number: **HL10**

Indigo (*Indigofera tinctoria*) A lovely lacy shrub that is the true indigo plant that produces leaves that are steeped to produce blue dye. Leaves are used to deepen black hair in India. Used in Chinese medicine. [Zone 4 / Height 2’]

Order Number: **IO10**

Indigo, False (*Baptisia australis*) Beautiful blue lupine like flowers adorn this medicinal shrub. Lacy foliage with arching racemes. Roots are lifted and used for decoctions and can be kept for up to two years. [Zone 5 / Height 2’]

Order Number: **BT10**

Jaioguan (*Gymnostemma pentaphyllum*) Climbing tonic herb said to strengthen the immune system, lower blood pressure and cholesterol levels. Native to the Chinese Mountains. Tasty tea from stems and leaves contains four times the ginseng saponins that improves focus and memory. Used in Chinese medicine to delay the aging process. Enhances circulation and increase energy without over stimulating. Can increase stamina and endurance for athletes. Part Sun. [Zone 8 / Height 10’]

Order Number: **JG10**

Cost: \$8.00

Justica (*J. pectoralis*) A medicinal Latin American plant from the area of upper Orinoco River used as a pneumonia cure.

Highly respected and revered by local shamans. [Zone 9 / Height 18”]

Order Number: **JP10**

Cost: \$8.00

Ladies Bedstraw (*Galium verum*) Fragrant thread like leaves with yellow tiny honey scented flowers that appear all summer. Used to stuff fragrant mattresses. It is rumored that it was the bedding in the manger at Bethlehem. Used as rennet for cheese, flowers give cheese a golden color. Add leaves and flowers to potpourri and herb pillows. Boil with alum for a soothing footbath. Flowers are used as a golden hair dye, the red roots are used to produce a coral pink dye. Great ground cover. [Zone 3 / Height 4”]

Order Number: **GA10**

Lavender is dedicated to Hecate, goddess of witches and sorcerers. Used in embalming the dead, flavoring snuff and spurring romance. Used on the battlefield as a disinfectant in WWI. Symbolizes concealed love, and wards off evil spirits. Lavender contain soothing, sedating phytochemicals readily absorbed into the skin including the sensitive membranes inside the nose, even the scent of lavender oil tends to calm and relax. Relieves stress headaches. Tuck sachets in drawers and linen closets to perfume and refresh the contents and keep moths away.

Lavender Oil Recipe

One cup of almond or sunflower oil poured into a glass jar. Add a handful of fresh lavender flowers. Cover with a piece of muslin. Leave in sun for three days. Strain off oil and repeat process adding fresh flowers until oil is strongly scented (2 to 3 weeks). Strain and store in screw top jar.

Lavender is from the Latin word *lavare* to wash, great bath herb. Fresh flowers flavor vinegar, syrup, milk and cream. For deserts use candied blooms to decorate cakes. With its antibacterial action it treats burns and stings and heals cuts. Use in fresh and dried flower arrangements. Flower buds add wonderful scent and color to potpourri. The deeper the color of the calyx the stronger the scent. Rub the foliage on the skin when outside to keep away mosquitoes and biting flies, it works and you smell great.

English Hardy (*Lavandula angustifolia*)

Edelweiss Compact pure white flowers. [Zone 5 / Height 18"]

Order number: **LA20**

Hidcote Pink Spherical lavender with pink/mauve flower spikes. [Zone 5 / Height 28"]

Order number: **LA30**

Royal Velvet Gray green foliage with vivid dark purple blooms on long stems. Retains color well when dry, good for dried flower arrangements. [Zone 5 / Height 18"]

Order number: **LA50**

Lavandin (*L. intermedia* hybrids between *L. angustifolia* x *L. latifolia*)

Grosso Plump purple flowers, used for oil production. [Zone 5 / Height 24"]

Order number: **LI10**

Tender French Lavender

Grey French Lace (*L. multifida*) Unusual grey form of French Lace, beautiful lacy foliage.

[Zone 8 / Height 2']

Order number: **LM10**

Variagated French (*L. dentata*) Fragrant and rare form of white variegated French lavender.

[Zone 8 / Height 2']

Order number: **LD10**

Licorice (*Glycyrrhiza glabra*) Lovely herb with lacy dark green leaflets, the thick root is the source of the flavor licorice. Ancient medicinal plant for the treatment of sore throats and coughs. Harvest roots after third year, removing the flowers to increase flavor. Refreshing tea that can neutralize many toxins and treat chronic fatigue. [Zone 6 / Height 4']
Order Number: **GG20**

Lily of the Valley (*Convallaria majalis*) Creeping shade ground cover with white bell shaped fragrant blooms. Traditionally used in bridal bouquets. Dry flowers for potpourri, fresh flower used in perfumery. **Caution: All parts of this plant are toxic if eaten.** [Zone 4 / Height 12"]
Order Number: **LV10**

Madder (*Rubia tinctorum*) The dried root is a source of natural red-purple dye. A wide range of dye colors can be obtained according to the mordant used, from lilac to black, pale pink to garnet, crimson red to brown. Leaves used to scour and polish metal. Has tonic and antiseptic properties. [Zone 6 / Height 36"]
Order Number: **MD10**

Melissa (Lemon Balm) Balm was the sacred herb of the temple of Diana, as it brings health and happiness. If one would wear a Melissa sachet under one's dress, all wishes will be fulfilled and you will be gay and happy. Melissa makes a gentle sedative tea with anti depressive properties. Add leaves to any recipe that calls for lemon juice and can be used as a lemon peel substitute. Use as a skin toner and clothing rinse. Helps relieve colds, tension and stress. Tonic effect on the heart and circulatory system. Use fresh or freeze dry the leaves to keep the volatile oils. Can be grown in full or part sun. The juice disinfects, polishes and perfumes furniture as well as floors. "The several chairs of order look you scour/With juice of balm and every precious flower." Shakespeare

All Gold (*Melissa officinalis* 'Aurea') Vibrant bright gold foliage contrasts all the greens in the garden with traditional lemon fragrant leaves. [Zone 3 / Height 18"]
Order number: **LB10**

Lime (*M. o.*) Unusual lime scented form of Melissa. [Zone 3 / Height 18"]
Order number: **LB20**

Variegated (*M. o.* 'Variegata') Early growth is flecked with gold. Makes attractive herbal ice cubes that add a zing to hot or cold drinks. [Zone 3 / Height 18"]
Order number: **LB30**

Milk Thistle (*Silybum marianum*) Beautiful rosettes of white marbled leaves. Flower stalk with purple thistle flowers, followed by seeds that can be ground and used as a nutty condiment. Seeds aid the liver. Self sows easily. [Annual / Height 4']
Order Number: **SM10**

Mexican Marigold (*Tagetes lucida*) Strong tarragon like flavor. Can be used as substitute for tarragon. description and general information. Medicinal and culinary, dried and burned as incense and repels insects. Sweet scented marigold with taste of tarragon. [Zone 9 / Height 30"]
Order Number: **TL10**

Mint In Greek mythology the name *Minthe* comes from the daughter of Cocytus, who was loved by Pluto, whose jealous wife, Persephone, transformed her into the herb. Mints have cleansing properties and the ancient Greeks added the herb to their baths. In Rome when women who drank spirits were threatened with death, secret drinkers would mask their breath in mint. Treats colds, flu, and flatulence and is a reviving tonic. Eases anxiety and tension. Harvest non-flowering shoots for tea and culinary use. Add dried leaves to potpourri and to flavor vinegar. Can be grown in part shade. Reportedly deters aphids from roses.

Apple (*Mentha suaveolens*) Soft gray green leaves with sweet apple scent that flavors tea. When dried retains good green color. [Zone 5 / Height 24"]
Order number: **ME10**

Banana (*M. arvensis*) Vigorous upright growing mint with mild banana fragrance and flavor fruity ice cubes for punch. [Zone 3 / Height 18"]
Order number: **ME15**

Basil (*M. species*) Spicy mint with basil flavor. Try in pasta sauces and pesto, spicy mint scent of basil. [Zone 5 / Height 18"]
Order number: **ME20**

Bergamot / Eau-de-cologne (*M. x piperita* 'Citrata') This mint has the power to enhance the perfume of any plant growing near it. [Zone 4 / Height 18"]
Order number: **ME30**

Chocolate (*M. cv. X spicata*) Use your culinary imagination with this mints chocolate flavor. Grow close to a path to pass and enjoy the scent. [Zone 5 / Height 18"]
Order number: **ME35**

Crispa (*M. Spicata*) Upright growing crinkle leaf variety, a fragrant, attractive addition to floral arrangements. [Zone 5 / Height 2']
Order number: **ME40**

Egyptian (*M. niliaca*) Apple scented with showy lavender flowers. [Zone 3 / Height 3']
Order number: **ME45**

Grapefruit (*M. suaveolens x piperita*) Vigorous upright grower with fruity favor and scent. Attractive distinct foliage. [Zone 3 / Height 3']
Order number: **ME48**

Heliotrope (*haplocalyx*) Uncommon sweetly scented mint used extensively in Chinese medicine. [Zone 3 / Height 2']
Order number: **ME50**

Kentucky Colonel (*M. spicata*) Don't make a Mint Juliep without it. Large leaves and robust growth habit, spearmint type. [Zone 3 / Height 2']
Order number: **ME52**

Lavender (*M. piperita*) Delightful, mildly lavender scented minut with upright growing habits. [Zone 3 / Height 2']
Order number: **ME55**

Nigra (*M. 'Nigra'*) Lovely dark stems and leaves adorn this strongly peppermint scented herb. [Zone 3 / Height 2']
Order number: **ME60**

Orange (*M. piperita v.*) Strong citrus scent, used in tea blends. [Zone 3 / Height 2']
Order number: **ME65**

Peppermint (*M. piperita*) The volatile oil acts as mild stomach anesthetic, which helps relieve motion sickness. Tea makes a pleasant nightcap. [Zone 3 / Height 2']
Order number: **ME75**

Silver (*M. Spicata*) Heat tolerant mint with silvery green foliage, spearmint flavor. [Zone 3 / Height 18"]
Order number: **ME80**

Spearmint (*M. spicata*) Sweetly scented culinary mint that flavors cocktails and mint sauce. [Zone 4 / Height 24"]
Order number: **ME82**

Variegated Ginger (*M. x gentilis*) Attractive golden variegation on new growth of this mildly ginger scented variety, prostrate growth habit. [Zone 5 / Height 2']
Order number: **ME85**

Motherwort (*Leonurus cardiaca*) Ancient medicinal herb used to treat anxiety in pregnancy and menopause. One of the best tonic herbs, most effective if the bitter tasting tea is taken. Research shows that it promotes a better volume of blood throughout the body and can slow a rapid heart rate. Attractive flowers. [Zone 4 / Height 3']
Order Number: **MW10**

Mullen (*Verbascum thapsus*) A magical herb of antiquity. Homer's enchantress, Circe, used it in her incantations and was the plant of all witches and sorceresses. The tall flowering stalks were dipped in suet or wax to burn. It protects against sorcery. Tea is a reputed insomnia aid. Known as candlewick plant the silky down of the leaves are used to form wicks that ignite readily and burn slowly. A green dye is made from the leaves. [Zone 5 / Height 3']
Order Number: **MU10**

Oregano has been used for 2000 years. Greeks placed it on tombs to give peace to departed spirits and to ensure their contentment. Oreganos were strewn in churches for funerals as a disinfectant, and protector. Known as the Herb of Happiness and a symbol of marital bliss, oregano is traditionally worn as garlands to crown brides and bridegrooms. Oregano was introduced to the U.S. from WWII veterans who loved European cuisine. Strong flavor used fresh or dried for pizza and spaghetti and is a favorite in tomato sauces. Like most culinary herbs, leaves are sweetest if taken just before flowering. Use an oregano poultice for aching muscles and as a tonic for baldness. Externally soothes insect stings and bites. Rubbing the forehead and temples with the oil can ease tension headaches. Use fresh flowers in arrangements. Dried herb used for sweet bags to scent linens.

Cuban Oregano (*Coleus amboinicus*) Fleshy, succulent rosettes that have a strong oregano fragrance. Used in Cuban cuisine. Makes a very attractive and easily grown houseplant. [Zone 9 / Height 10"]
Order number: **CO10**

Dark (*Origanum vulgare*) Upright growing oregano with large dark leaves, excellent culinary oregano. [Zone 3 / Height 2"]
Order number: **OV05**

Dwarf Oregano (*O. v. ssp. hirtum*) Excellent culinary Greek basil for limited space gardens or container growing. [Zone 5 / Height 8"]
Order number: **OV10**

Golden Compact (*O. vulgare* 'Aureum') Golden compact low grower that adds brightness to the garden. Good for container growing, cascades beautifully. [Zone 5 / Height 6"]
Order number: **CO20**

Greek Oregano (*O. v. ssp. hirtum*) Compact, low growing oregano with true oregano flavor, a must for any kitchen garden. [Zone 5 / Height 12"]
Order number: **OV25**

Hopley's Purple (*O. laevigatum*) An ornamental oregano from England. Very showy blue-lavender flowers that blooms all season. Dries well for arrangements. [Zone 5 / Height 18"]
Order number: **OL10**

Hot and Spicy (*O. v.*) Use in dishes that call for oregano, but this one has a kick to it. [Zone 6 / Height 12"]
Order number: **OV30**

Jim's Best (*O. v.*) Low growing brightly colored cascading oregano with nice flavor. [Zone 6 / Height 6"]
Order number: **OV35**

Kaltera (*O. v.*) Kaltera means 'the best' in Greek. High quality spicy oregano with lovely white blooms. [Zone 6 / Height 8"]
Order number: **OV40**

Kent Beauty (*O. rotundifolium*) Exceptional ornamental oregano that has cascades of pink bracts that dry well. Beautiful cascading over sides of containers and window boxes. [Zone 7 / Height 12"]
Order number: **KB10**

Kent Beauty (*O. rotundifolium x scab.*) Exceptional ornamental oregano that has cascades of pink bracts that dry well. Beautiful cascading over sides of containers and window boxes. [Zone 7 / Height 12"]
Order number: **KB10**

Mexican Oregano (*Lippia graveolens*) Aromatic herb with oregano scent. Grown in Mexico, dried leaves are exported as "oregano" although not a species of *Origanum*. Used in same way, esteemed in cookery. A very good houseplant. [Zone 9 / Height 12"]
Order number: **KB10**

Marjoram, Wild (*Origanum vulgare*) Sweet oregano with a thyme flavor on low growing mat. This marjoram has the strongest medicinal constituents and produces a purple to red/brown dye. [Zone 5 / Height 8"]

Order number: **OV50**

Santa Cruz (*O. species*) Hardy and vigorous grower that is ornamental and culinary, pink flowers.

[Zone 8 / Height 12"]

Order number: **OS20**

Syrian Oregano (*O. syriacum*) Oregano with thyme flavor that is used in the mild eastern spice blend za 'atar. Great to mix with olive oil and brush on bread. Considered to be the hyssop mentioned in the bible. [Zone 8 / Height 12"]

Order number: **OS30**

Orris Root Iris (*Iris germanica* x 'Florentina') White flowering iris with traces of sky blue. The dried rhizome is violet scented and the scent intensifies over time. The ground root is used as a fixative for potpourri, talcum powder and used as a dry shampoo. The pearly iridescent root have been carved for rosary beads. Native to Florence, Italian cloth manufacturers produced 'swete cloth' that would scent the royal wardrobe of kings and queens. [Zone 5 / Height 2']

Order Number: **OR10**

Cost: **\$6.00**

Passionflower Vigorous vine with fabulous funky flowers. The egg shaped fruit contains delicious nectar syrup. The flowers and vine relax the nervous system and has long been used as a treatment for insomnia, anxiety, pain and is anti spasmodic. Ripe fruits are eaten raw and made into jams, jellies, and fruit based drinks.

Maypop (*Passiflora incarnata* 'Maypop') Most hardy passion flower vine. It is a very vigorous grower with blue and white blooms. [Zone 5 / Height 12']

Order number: **PI10**

Cost: **\$6.00**

Patchouli (*Pogostemon cablin*) Upright evergreen with large leaves with a long lasting, pervasive aroma. Used in aromatherapy for nervous exhaustion and stress-related illnesses. When used in potpourri it preserves the scent of other ingredients. Makes a nice houseplant. [Zone 9 / Height 3']

Order Number: **PC10**

Pomegranite (*Punica granatum* 'Wonderful') The first tree it is said to have been planted by Venus at Cyprus in classical times. Symbol of fertility and eaten by childless women. Spiny shrub or small tree that bears purple-red fruits and wonderful juice. This is a dwarf variety that originated in CA in 1896 that you can grow in a pot on a patio. Grown commercially, this variety bears large purple-red fruits with deep pink flesh and is extra juicy. [Zone 7 / Height 10"]

Order Number: **PG10**

Cost: **\$8.00**

Rosemary "That's for remembrance" In ancient Greece, students wore sprigs of rosemary on their heads when they studied to enhance their memory. Symbol of fidelity, often worn in bridal wreaths. Prevents the evils of witchcraft. The legend of the blue flower is that the Virgin Mary dried her sky blue cloak on a rosemary bush and the flowers turned from white to blue. Rosemary hidden under the bed deliver the sleeper from all evil dreams. Rosemary was carried by mourners at funerals

and used as a clothing rinse to keep mourning clothes richly black. Tonic tea is made from the leaves and repeated use greatly improves bad memory and eyesight. Rosemary is antibacterial and anti-fungal. Boil a handful of leaves in 2 cups of water for 10 minutes to make an antiseptic solution for an organic bathroom cleaner. Rosemary is an effective moth repellent, use in sachets and hang in closets or tuck in drawers. Rosemary is especially good with Italian cuisine, the flavors blend well with olive oil, wine and garlic. Toss fresh young leaves in salads, broth, soups and cooked as vegetable in butter sauce.

Arp (*Rosemarinus officinalis*) Exceptionally hardy rosemary that is an upright grower with resinous gray green lemon scented leaves and pale blue flowers. [Zone 6 / Height 4']

Order number: **ROI0**

Corsican Blue (*R. o.*) European rosemary with excellent flavor. Upright grower that makes a nice topiary.

[Zone 7 / Height 24"]

Order number: **RO30**

Foxtail (*R. o.*) Prostrate grower with fluffy foxtail branches. Attractive foliage that is dark and shiny. [Zone 7 / Height 2']

Order number: **RO50**

Gorzia (*R. o.*) Stout, upright grower with large leaves and medium blue flowers, good flavor for cooking. Originated in Gorzia, on the border of Italy and Slovenia. [Zone 7 / Height 2']

Order number: **RO60**

Huntington Carpet (*R. o.*) Prostrate growth with needle like leaves with light green undersides, fast grower.

[Zone 7 / Height 12"]

Order number: **RO70**

Mrs. Howard's Creeping (*R. o.*) Prostrate grower with shiny dark green leaves. [Zone 7 / Height 18"]

Order number: **RO80**

Shish Kabob (*R. o.*) Long branches are ideal barbecue skewers. Attractive rosemary with large dark green shiny leaves.

[Zone 7 / Height 3']

Order number: **RO87**

Tuscany (*R. o.*) Thick, long leaves grow on this attractive rosemary. [Zone 7 / Height 3']

Order number: **RO90**

Rue The common name 'herb of grace' is from the tradition of using a sprig of rue to sprinkle holy water during mass. Michelangelo and da Vinci claimed that rue helped artists find their inner vision, and was used for failing eyesight. The leaf shape inspired the suit of clubs in playing cards. Greeks and Romans wore chaplets of rue to prevent inebriation. Rue was an ingredient in the Vinegar of Four Thieves, to protect the thieves that stole from the plague victims. A bundle of rue was used as a witch finder and is fastened over the door to prevent witches from entry. Main medicinal use is to regulate menstrual periods and is anti spasmodic. (*Not to be used during pregnancy.*) Seed heads are dried for floral arrangements. Some people experience contact dermatitis from rue.

Rue (*Ruta graveolens*) Beautiful lacy gray green evergreen foliage with yellow blooms, can be grown in part shade.
[Zone 3 / Height 2']
Order number: **RU10**

Sage comes from the Latin word *salvere* to save. For centuries sage has been esteemed for its healing powers. In the 17th century, merchants traded 3 to 4 chests of tea for one sage. If sage flourishes in the garden, the wife rules. Introduced in the 16th century in England and was universally drunk like tea is today. He that would live for aye (ever) must eat sage in May. Rich in anti oxidants, first rate remedy for colds. Has antibacterial and antiseptic properties make it useful for the treatment of hot flashes at menopause. Rub on the teeth to whiten. Tea is a blood and nerve tonic. Delightfully aromatic savory and sweet. Dip leaves in batter and fry.

Berggarten (*Salvia officinalis*) Compact grower with exceptional blue-green color, fat flavorful leaves.
[Zone 4 / Height 24"]
Order number: **SO05**

Crimson Sage (*S. miltiorhiza*) One of the finest medicinal sages with beautiful, long lasting blue blooms.
[Zone 5 / Height 30"]
Order number: **SO10**

Discolor (*S. discolor*) Unusual gray-green sage with white undersides. Flowers look black and has the scent of eucalyptus and fruit. [Zone 8 / Height 24"]
Order number: **SO15**

Dwarf (*S. officinalis* 'Compacta') Compact sage with culinary qualities , good for small spaces. [Zone 5 / Height 10"]
Order number: **SO20**

Grape Scented (*S. sphecelifolia*) Also known as Tarahumara Indian Sage. Smells of ripe grapes and is used medicinally.
[Zone 8 / Height 18"]
Order number: **SO35**

Holt's Mammoth (*S. officinalis*) Excellent culinary sage that is a big producer. [Zone 5 / Height 3']
Order number: **SO40**

Jefferson (*S. o.*) Produced commercially in Jefferson, Oregon in the 1930's. This sage has reddish pink flowers.
[Zone 3 / Height 2']
Order number: **SO45**

Large Leaf (*S. o.*) Large, flavorful aromatic leaves adorn this excellent culinary sage. [Zone 5 / Height 2"]
Order number: **SO47**

Pineapple, Golden (*S. elegans*) Beautiful chartreuse pineapple scented sage with red flowers. [Zone 9 / Height 3']
Order number: **SO55**

Purple (*S. elegans*) Purple-gray aromatic foliage, beautiful ornamental and culinary sage. [Zone 6 / Height 2']
Order number: **SO60**

Sage of Bath (*S. o.*) Silvery form of sage from England. [Zone 6 / Height 18"]
Order number: **SO65**

Scarlet (*S. coccinea*) Fruity scented leaves with vivid red blooms. A fabulous hummingbird / butterfly garden plant.
Leave some blooms to go to seed for more plants next year. [Annual / Height 2']
Order number: **SC10**

White Edge (*Salvia officinalis*) Unusual form of sage with white variegation on edges of leaves, good culinary sage.
[Zone 5 / Height 24"]
Order number: **SO70**

Woodcote (*S. o.*) Excellent culinary and decorative form of sage with two-tone green variegation.
[Zone 5 / Height 24"]
Order number: **SO75**

St. John's Wort (*Hypericum perforatum* 'Medizinal') Ancient Greeks regarded the herb as magical. When hung from the door, witches cannot cross the threshold. 'Wort' is an Anglo Saxon word meaning a medicinal herb used by the Knights of the Order of St. John to heal deep wounds during the battle of the crusades. Known to brighten the mood, the oil and ointments help heal wounds. Sedative, pain relieving, and eases menopausal symptoms. The cultivar is said to contain more medicinal constituents. Lemon Scented yellow flowers dye wool yellow and silk violet red. [Zone 4 / Height 18"]
Order Number: **SJ10**

Savory Plant of the Satyrs, the lustful woodland gods who believed it to be an effective aphrodisiac. Good flavoring for vegetables, legumes and meats. Excellent culinary companion for thyme, it has a hot and peppery flavor. To be used sparingly in salads.

Spanish Mint (*Satureja douglasii*) This tea stimulates digestion, nice hanging basket, yerba Buena or "good herb" in Spanish. [Zone 8 / Height 6"]
Order number: **SA05**

Purple Winter Savory (*Satureja montana*) Strong flavor, to be used with discretion in soups and vegetable dishes. Same as winter savory with beautiful purple blooms. [Zone 4 / Height 24"]
Order number: **SM20**

Scented Geranium (*Pelargonium*) Victorian women placed pots of scented geraniums so their long skirts would brush them and release their fragrance. Fresh leaves are infused with milk and cream for desert syrups. Chop in softened butter or cream cheese to add flavor. Dried leaves are added to potpourri mixes and sachets. Fresh leaves can be infused in bath water to scent body and hair.

Attar of Rose Compact grower that is grown commercially for the oil used in perfumery. [Height 18"]
Order number: **SG10**

Chocolate Peppermint Large, fuzzy leaves with peppermint patty scent. [Height 24"]
Order number: **SG25**

Cinnamon Rose Upright grower with deeply cut leaves with hint of a cinnamon scent. [Height 24"]

Order number: **SG29**

Cintronella Popular at pool side and patios to naturally repel mosquitoes. [Height 24"]

Order number: **SG29**

Cocoa Mint Rose A sport of mint rose that has an added fragrance of hot cocoa. [Height 24"]

Order number: **SG32**

Dr. Livingston Skeleton Rose Upright-growing habit with a skeleton like leaves, lemon rose scent with lavender spotted blooms. [Height 24"]

Order number: **SG38**

Mint Tomentosum Prostrate grower with large fuzzy leaves that are strongly scented of peppermint. [Height 12"]

Order number: **SG48**

Pine Small scalloped leaves with a pine scent and a hint of a rose fragrance. [Height 18"]

Order number: **SG50**

Robbers Lemon Rose Upright grower with tomato plant shaped leaves that are wonderfully scented. A favorite for culinary use. [Height 24"]

Order number: **SG55**

Variegated Prince Ruppert Small crinkled leaves with creamy leaf margins, clean lemony scent. [Height 18"]

Order number: **SG65**

Soapwort (*Saponaria officinalis*) Has been used for centuries for washing fabrics before soap production in the 1800's.

Brought to the U.S. from England by the colonists, it is now naturalized along the streams where clothes were washed.

Excellent skin wash for Eczema, and is believed to eliminate toxins. Still used today by museums to clean antique tapestries.

Lovely light pink flowers that resemble phlox. [Zone 5 / Height 2']

Order Number: **SW10**

Society Garlic (*Tullbaghia violacea*) Showy pink blooms atop foliage that is striped with white, green, and pink. Leaves

and edible flowers are used like chives. Nice to add height in containers. Keeps the wolf man at bay. [Zone 9 / Height 18"]

Order Number: **TV10**

Solomon's Seal Lovely arching stems dotted with white bell flowers. Grows best in moist deep shade. When the root is

cut transversely, the plant bears hieroglyphics sealed by Solomon. Grown primarily as an ornamental as all parts are harmful if

eaten. Used in Voodoo.

Solomon's Seal (*Polygonatum odoratum*) Native woodland flower. [Zone 3 / Height 30"]

Order number: **PB10**

Variegated Solomon's Seal (*P. o. variegata*) White margined leaves. [Zone 3 / Height 30"]

Order number: **PB 20**

Cost: **\$6.00**

Stevia (*S. rebaudiana*) Leaves are used as a sweetener, they are 10 to 15 times sweeter than sugar. Remove flowers as they appear to increase flavor of leaves. The flavor remains stable when cooked, use in jams, fruit dishes, cakes and cookies. It is said to increase mental alertness and decrease fatigue. [Zone 8 / Height 36"]

Order Number: **SR10**

Sweet Annie (*Artemisia annua*) Lacy aromatic foliage retains its apple like scent even once dried. Used in making herbal wreaths. Medicinal properties include antiviral and immune suppressing activity. Self sows freely. [Annual / Height 5']

Order Number: **AT05**

Sweet Grass (*Hierochloe odorata*) Aromatic perennial grass that stimulates circulation and relieves pain and spasms. Baskets woven from sweet grass retain their fragrance for decades. Medicinally used as a remedy for hay fever.

[Zone 3 / Height 20"]

Order Number: **HO10**

Sweet Woodruff (*Galium odoratum*) Used for centuries as a strewing herb, used to scent churches, tucked beneath carpets, stuffed in mattresses, herb pillows, and sachets. The sweet scent intensifies as it ages. Used in the 17th century as an aphrodisiac. Tea is sedative and tonic, use hot water rather than boiling water to retain its beneficial properties. With its mild vanilla scent, refreshes tired limbs in the bath. Great shady groundcover with starry white blooms in spring.

[Zone 3 / Height 6"]

Order Number: **GA20**

Thyme symbolizes courage. In the Middle Ages, sprigs were given to knights by their ladies to keep up their courage. Cures nightmares, melancholy, insanity and can enable one to see fairies. Nicholas Culpepper writes, "an infusion of the leaves removes the headache occasioned by inebriation." Used as an antiseptic on WWI battlefields. Tea is sweat inducing, effective for colds and fever. Thyme in the bath eases joint pains, and is a soothing gargle with strong antiseptic properties for cuts. A strong decoction can be used for household disinfecting (see recipe on Rosemary page.) Use this aromatic herb to scent linens, potpourri and sleep pillows. When used in the kitchen, thyme should be merely a suspicion of a flavor and should merge with the dish and not dominate.

Caraway (*Thymus herba-barona*) Unusual wire like growth with pronounced caraway scent and flavor. [Zone 6 / Height 6"]

Order number: **TH10**

Coconut (*T. serpyllum* v.) Thick mat with coconut scent, pink flowers. High in thymol content. [Zone 5 / Height 4"]

Order number: **TH20**

Elfin (*T. serpyllum*) Resembling moss, minute glossy leaves with magenta-pink blooms. [Zone 4 / Height 1"]

Order number: **TH30**

English Wild (*T. serpyllum*) Robust and bushier growth with large leaves with traditional English flavor.

[Zone 5 / Height 12"]

Order number: **TH45**

Lavender (*T. thracicus*) Use your culinary creativity with this thyme with lavender scented leaves.

[Zone 5 / Height 12"]

Order number: **TH60**

Lemon Caraway (*T. herba barona*) Wire like stems with delicious caraway / lemon scented leaves.

[Zone 6 / Height 6"]

Order number: **TH70**

Lemon Creeping (*T. citriodorus*) Deep green foliage with strong lemon scent, culinary favorite. [Zone 5 / Height 6"]

Order number: **TH75**

Lime (*T. cv.*) Bright green foliage on dense mat, lime scented leaves.

[Zone 5 / Height 6"]

Order number: **TH80**

Mother of Thyme (*T. serpyllum*) Traditional herb garden thyme for herb benches and ground cover, lovely scent when trodden upon. [Zone 5 / Height 2"]

Order number: **TH85**

Oregano (*T. pulegioides*) Strong oregano-thyme flavor, shiny green leaves. [Zone 5 / Height 10"]

Order number: **TH87**

Rose (*T. cv.*) Low growing mat with faint scent of rose, shiny tiny leaves.

[Zone 5 / Height 3"]

Order number: **TH95**

English Wedgewood (*T. Vulgaris*) Cultivar with strong thyme flavor with a hint of vanilla. Chartreuse stripe in leaf, Wedgewood blue blooms. [Zone 5 / Height 6"]

Order number: **TH98**

Valerian (*Valeriana officinalis*) The Latin name *Valeriana* means 'well being' as it reduces tension and anxiety. The Greeks used valerian root to help them fall asleep. It treats insomnia and anxieties during menopause sweet scented masses of flowers are nice in fresh flower arrangements. Ointments from roots and leaves heal sores and wounds, nice in bath bags. Leaves are mineral rich and are a beneficial addition to compost. [Zone 5 / Height 4"]

Order Number: **VO10**

Vanilla Grass (*Hierochloe odorata*) Fragrant perennial grass burned as incense and used to scent clothing and hair.

Leaves are used to weave fragrant baskets and flavor vodka. Fixative for other scents in potpourri. A tincture of flowers in wine is said to give immediate relief from hay fever. [Zone 3 / Height 20"]

Order Number: **VP10**

Vietnamese Coriander (*Polygonum odoratum*) Lemony cilantro substitute, only this one is a tender perennial that you can harvest year round. Makes a great hanging basket that you can bring inside and hang in a sunny window.

[Zone 9 / Height 12"]

Order Number: **VC10**

Yarrow At the Battle of Troy, Achilles healed many of the warriors with yarrow's ability to staunch blood flow. Considered sacred, the Chinese foretell the future with assistance of *I Ching*, the Book of Changes. Yarrow speeds decomposition of compost and the root secretions will activate disease resistance and intensifies medicinal actions of other herbs. Deepens the fragrance of flowers grown nearby and attracts many beneficial insects to the garden. Young fresh leaves are added to salads and mixed with cream cheese, which is delicious on sandwiches. Infusion with flowers is good for cleansing the skin as it has astringent properties and is a very good bath herb. Strong tea used to reduce fevers. Use in fresh flower and dried flower arrangements.

Common (*Achillea millefolium*) Traditional white blooming. [Zone 3 / Height 18"]

Order number: **YA10**

Moonshine (*A. m.*) Sunny yellow flowers that retain their color. [Zone 3 / Height 18"]

Order number: **YA15**

Paprika (*A. m.*) Red-orange flower tops. [Zone 3 / Height 24"]

Order number: **YA20**

Errata if these shadows have offended...

William Shakespeare