



# Herbs

**BASIL** - "*Ocimum Basilicum*" Culinary and Medicinal- warm spicy tasting leaves on square stems. The leaves are used in many different cuisines. They also repel mosquitoes, expel worms, treat ringworm, snakebite, insect bites and acne. Annual Mammoth; Very large lettuce-like leaves, very flavorful full flavored, used for pesto and other Italian dishes 2' Lemon; Heirloom basil, large leaves that have an intense lemon scent. Useful as an accent with tea, chicken, fish and vegetables.

Purple Ruffles; Culinary and ornamental, dark purple ruffled leaves, pink flowers 2'

Spicy Globe; Small dome-shaped plant, great for container growing 1'

**BORAGE** - "*Borago officinalis*" Culinary and Medicinal- Edible blue flowers with a sweet cucumber taste. Used in soups, salads and drinks. A leaf tea is taken for stress, fevers and coughs. Fun and easy to grow. 2' Annual

Caraway; Heirloom, Seeds used for flavoring bread, meat and liquors. Used for flavoring in breads, soups, salads, stews, cheeses, pickling brines, and meat dishes. Will help in the digestion of heavy, rich meals. Caraway seeds were so revered by the 6th. century Persians that citizens used them to pay taxes. Biennial

**CHAMOMILE, ROMAN** - "*Chamaemelum nobile*" - Medicinal- Apple scented leaves with white daisy-like flowers. Good ground cover. Anti-inflammatory, analgesic and disinfectant properties. An infusion tea made from the flowers and leaves is an excellent sedative. 6-12"

**CHIVES** - "*Allium schoenoprasum*" -Perennial Garlic Chives; Heirloom. Chinese Leeks. Mild garlic flavor; grassy leaves and broader and taller than regular onion chives. Very popular in salads and stir-fry recipes. If they begin to stretch, cut back for dense growth. Purple flowers.

Onion Chives: Heirloom. Excellent onion flavor for cooking and seasoning. Purple flowers used in China over 3000 years ago. Both are Perennial.

**CILANTRO** - (A) "*Coriandrum sativum*" - Culinary- the leaves are pungently aromatic and are used extensively in Southwestern, Middle Eastern and Asian cooking. The seeds are called Coriander and are a popular spice. 2'

**DILL** - "*Anethum graveolens*" - Culinary and Medicinal- Dark green feathery foliage with summer flowers followed by heads of oval seeds. Dill is used in pickling and vinegars. The seeds also aid digestion. 3' Annual

**FENNEL**, "*Foeniculum vulgare*, var." - Culinary and Medicinal- the bronze foliage is feathery like that of

Dill, with an anise flavor, especially the seeds. Fennel seed tea is detoxifying and diuretic. 3-4' Annual

**HOREHOUND:** (*Marrubium vulgare*)  
Horehound, Early settlers used this herb as a honey flavored tea remedy for coughs, colds, tuberculosis, hepatitis, and as a laxative. Current herbalists suggest using it as a gargle for tonsillitis, sore throat, and coughing. Perennial.

**LAVENDER** - There are 28 species of lavender, all with linear leaves and spikes of flowers ranging from blue to white. Lavender is used for cooking as well as for its medicinal properties. The flowers are used to flavor jams, stews, pastries, creams and vinegars. Dried flowers are used in sachets and potpourris. The flower water is an antiseptic that treats acne and a skin toner for speeding cell renewal. Flower tea treats anxiety, headaches, nausea and dizziness. The essential oil is highly valued as perfume and is also antiseptic, mildly sedative and pain killing. It will relieve the itching of insect bites and the pain of burns, headaches and sore throats. Adding the oil to bath water is very relaxing and induces sleep. Tender perennial

~ Hidcote ~ (P) "*Lavendula angustifolia*" - Dark violet flowers with gray green leaves. Popular variety. 1'

~ Munstead ~ (P) "*Lavendula angustifolia*" - Very fragrant and compact. Early blooming. 12"

**LEMON BALM:** *Melissa officinalis* This bushy herb has square stems, lemon-scented foliage, and late-summer flowers that mature from white or yellow to pale blue. Fresh leaves add a delicate flavor to many dishes, oils, vinegars, and liqueurs, provide a relaxing bath, soothe insect bites, and make a sedative and tonic tea. Perennial

**LOVAGE** - "*Levisticum officinale*" - Culinary and Medicinal- Dark green leaves with clusters of yellow flowers that are strongly scented of celery. The leaves are used in soups and stews. Aromatic seeds used in cakes. Celery like plant ideal in soups and salads. A tea made of the seeds, leaves and roots are detoxifying, slimming and reduces water retention. 4' Perennial.

**MARJORAM** - "*Origanum majorana*" - Culinary and Medicinal- Aromatic, hairy leaves with white to mauve flowers. It is a popular herb used in salads, sauces, cheeses, and liquors and as part of "Herbs de Provence". As a tea, it aids digestion, relieves colds and headaches and soothes the nerves. 2'

**MINTS** - "Mentha" - All mints are perennial and are used for both cooking and medicinally. They are easily hybridized and are invasive if the plant is not contained. Mint flavors drinks, candy, cigarettes, toothpaste and medicine. Mint aids digestion and treats stomach complaints. Peppermint in particular has additional antiseptic, antiviral and sweat inducing properties. Perennial

Apple "Mentha rountundifolia" Large wolly green leaves, sweet apple scent.

Chocolate "Mentha x peperita x M" - bronze foliage with a chocolate-mint fragrance. 2'

Spearmint "Mentha spicata var." - delicious spearmint flavor. Large leaves, great for Mint Juleps and Iced Tea. 2'

Lemon "Mentha x peperita V. citrata" - lemonmint flavor 18"

Peppermint "Mentha peperita var." - small pointed dark green leaves with a strong peppermint flavor. 1'

Pineapple "Mentha suaveolens "Variegata" - pineapple-mint scented with variegated leaves. 1'

**OREGANO** - "Origanum vulgare" - Culinary and Medicinal- Oregano is a woody perennial with pungent dark green leaves. It is used in Italian and Mediterranean cooking and Mexican chili powders. A tea made from the leaves soothes coughs, muscle spasms and headaches. Perennial

Greek ~ "Origanum vulgare Greek" - sweet, spicy, aromatic, pungent leaves. Purple flowers. 1'

Italian ~ "Origanum x onites" - spicy, sweet aroma, grows upright with small white flowers. 18"

**PARSLEY** - "Petroselinium crispum" - Culinary and Medicinal- Parsley is an all time favorite herb used for seasoning and garnishes in almost all types of cuisines. The fresh leaves are a rich source of Manganese, Chlorophyll, Vitamins and Calcium. The leaves, roots and seeds are diuretic, reduce the release of histamines and scavenge skin aging free radicals. Grown near roses, parsley improves their health and scent.

Curly ~ Very bushy dark green leaves. Densely curled, used for cooking and garnishes. 1"

Italian ~ Flat, flavorful leaves preferred by cooks. 1"

**ROSEMARY** - "Rosmarinum officinalus" - All Rosemaries are tender perennials. It is an ancient, savory herb, especially popular in Italian dishes. Rosemary has dense, aromatic, needle-like leaves with woody stems. The leaves are antiseptic, anti-oxidant and aid in the digestion of fat. The essential oil is antibacterial, antifungal and invigorating. It relieves muscular pain and stimulates circulation.

Arp "Rosmarinum officinalus "ARP" - The hardiest of all rosemaries with

an upright habit and gray/green leaves. 1'

Creeping "Rosmarinum officinalus "PROSTRATUS" - Trailing rosemary,

excellent for hanging baskets. 1'

**SAGE** - "Salvia officinalus" - Fresh or dried leaves for seasoned poultry, sausage meats, dressing, and fillings. Will attract butterflies and repel insects all season. Physicians will often suggest a cup of hot sage teas to soothe the stomach or as a gargle for tonsillitis. Perennial.

**SAVORY, SUMMER** - "Satureja hortensis" -- Culinary and Medicinal- The strongly aromatic leaves bring out the flavor in all bean dishes. They have a spicy, peppery taste. Medicinally, Savory is an antiseptic and an astringent. 1' Annual

**SORREL** "Rumex acetosa" -- Culinary and Medicinal- This herb has tall stems with arrow shaped leaves that are rich in vitamins. The leaves have a sour lemony flavor that adds zest to soups and salads or can be eaten like spinach. Medicinally, a tea made from the leaves is used as a thirst quencher, a fever reducer and as a diuretic. 1' Perennial

**THYME** - "Thymus vulgaris" - Culinary and Medicinal- Thyme is either a shrubby herb with woody stems or a creeping ground cover. It has small leaves that are strongly aromatic. It's an ideal flavoring for soups and stews

Thyme aids in the digestion of fatty foods. The essential oil is an antiseptic and a nervine.

Creeping Thyme

Elfin T. praecox 'Elfin' Seldom bloomin, tight growing, excellent on paths. 1" tall.

Juniper\*Needle like foliaage trails along the ground juniper scent

Lime T. citriodorus 'Lime' Prolific spreads rapidly. Small light green leaf, lime scented. Flowers pink 6" tall

Mother of Thyme T. praecox 'Coccineum' Bright scarlet flowers blooms June July 4" tall.

Spicy Orange T. x. 'Spicy Orange' Needle like foliage forms nice carpt that gives off a citrus scent when touched. Lavender flowers 3-4" tall.

Woolly T. praecox 'Pseudolanuginosus' Form thick wolly silver gray aromaatic maaaaat. Can take light traffic 2-3"

Upright

English T. vulgaris Tiny lavender flowers June July Fragrant, gray green leaves. Culinary variety 6-12"

Lemon T. citriodorus ' Aureus' Gold-Lemon Striking yellow and green fiage with lemon scented leaves. 6-12"

Silver T. vulgaris argenteus Silver leaf Gray leaves edged with white. 6-12"



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