

HISTORY OF HERBS

HERBS HAVE PLAYED AN IMPORTANT PART IN MAN'S LIFE SINCE THE CAVE-MAN FIRST FLAVORED HIS WOOLY MAMMOTH STEW WITH A HANDFUL OF SWEET GRASS. HERBS HAVE BEEN INVOLVED WITH LOVE, POLITICS, RELIGION, HEALTH AND SUPERSTITION.

CELERY WAS USED BY THE ABYSSINIANS FOR STUFFING PILLOWS. ANCIENT GREEKS AND ROMANS CROWNED THEIR HEROES WITH DILL AND LAUREL. DILL WAS ALSO USED TO PURIFY THE AIR IN THE GREAT BANQUET HALLS.

SOME HERBS WERE THOUGHT TO HAVE MAGICAL PROPERTIES, PROBABLY BECAUSE OF THEIR MEDICINAL USES. THE EARLY CHINESE BELIEVED THE ARTEMISIA PLANTS TO HAVE SPECIAL CHARMS. ANCIENT GREEKS USED SWEET MARJORAM AS A TONIC, AND PARSLEY AS A CURE FOR STOMACH DISORDERS. ROSEMARY WAS EATEN IN THE MIDDLE AGES AS CURE-ALL FOR HEADACHES DUE TO ITS TRANQUILIZING EFFECTS.

MINT, ANOTHER POPULAR HERB TODAY, ALSO HAD ITS BEGINNINGS EARLY IN HISTORY. GREEK ATHLETES USED BRUISED MINT LEAVES AS AN AFTER BATH LOTION. IN THE MIDDLE AGES MINT WAS USED TO PURIFY DRINKING WATER THAT HAD GONE STALE ON LONG OCEAN VOYAGES.

OTHER HERBS IMPORTANT EARLY IN HISTORY INCLUDE BASIL, SAFFRON, SAGE, SAVORY, TARRAGON, AND THYME. EARLY SETTLERS BROUGHT HERBS TO AMERICA TO USE AS REMEDIES FOR SICKNESS, TO FLAVOR FOOD, FOR STORING WITH LINENS, FOR STREWING ON FLOORS, OR FOR BURNING FOR THEIR PLEASANT FRAGRANCES. OTHER HERBS WERE USED TO DYE HOMESPUN FABRICS.

HERBS GARDENS WERE ALMOST AN ESSENTIAL FEATURE AROUND THE HOMES OF OUR PIONEERS. THE GARDENS WERE USUALLY IN A SUNNY LOCATION CLOSE TO THE HOUSE FOR AVAILABILITY TO THE BUSY HOMEMAKER. AS THE POPULATION OF THE NEW COUNTRY GREW, PEOPLE, REPRESENTING MANY COUNTRIES, BROUGHT HERBS WITH THEM RESULTING IN AN EXCHANGE OF SLIPS, SEEDS, AND PLANTS.

MANY HERBS FAMILIAR TO THE FOREIGN SETTLERS WERE FOUND GROWING WILD IN THE NEW COUNTRY- PARSLEY, ANISE, PENNYROYAL, SORREL, WILD LEEKS, AND LAVENDER. AMERICAN INDIANS KNEW USES FOR ALMOST EVERY WILD PLANT (NON-POISONOUS). THEY USED THESE PLANTS MOSTLY FOR DOMESTIC PURPOSES- TANNING AND DYEING LEATHER AND EATING.

DEFINITION OF AN HERB

FROM A BOTNICAL VIEWPOINT, AN HERB IS A SEED PLANT THAT DOES NOT PRODUCE A WOODY STEM AS DOES A TREE. BUT AN HERB WILL LIVE LONG ENOUGH TO DEVELOP FLOWERS AND SEEDS- INCLUDING ANNUALS, BIENNIALS, AND PERENNIALS.

TO SIMPLIFY THIS DEFINITION, CONSIDER AN HERB AS A PLANT WHICH, BECAUSE OF ITS PARTICULAR AROMATIC OR HEALING PROPERTY, IS USEFUL FOR SCENTING, FLAVORING OR MEDICINAL PURPOSES. IN ADDITION, SOME HERB PLANTS ARE GROWN STRICTLY FOR THEIR ORNAMENTAL VALUE.

CULTURAL HINTS FOR OUTDOOR CONTAINER PLANTS

Plants

Choice of plants should be determined by conditions, esp. light, in which the plants will be grown. Growing sun-lovers in sun, etc. will help ensure success.

Containers

Any pot will do if it has drainage hole(s). Choose pots which will suit the plants, the surrounding and each other. A hodge-podge of different sorts of pots will be the focus of your container garden rather than the plants you are growing.

Soil

Any good house plant potting soil will do. It should have a balance of water holding ingredients (usually peat) and drainage material (sand, perlite or vermiculite). I have used Pro-Mix, Redi-Earth, and Peter's and I'm sure there are other good ones.

Fertilizers

Use a balanced house plant fertilizer such as Miracle Grow or Peter's 15-30-15. Use a low dosage ($\frac{1}{2}$ teas. of fertilizer per gallon of water) frequently rather than the stronger dosage (1 tbs. per gallon) once a month. If you don't like to mix and feed you can try a slow release fertilizer such as Osmocote 14-14-14 just once during the growing season.

Watering

This is definitely the work part of container gardening. You should check your plants daily, esp. in hot, sunny, windy weather. Those in clay pots will dry out more quickly than those grown in ceramic or plastic pots. You can mix water-holding polymer-granules into the soil to cut down on watering frequency. When you do water, water so that the entire soil mass is dampened.

Pests and Diseases

Good cultural practices should prevent disease problems but if you have a fungus disease try a fungicide. Always read instructions when using fungicides and insecticides. Pests are not generally troublesome on outdoor plants but if you have a few be sure that you do not bring them inside. A few pests on a summer container plant brought inside for frost protection in the fall can spread to your house plants and you'll be battling them all winter.

General Growing Practices

Remove spent flowers to prolong bloom time. Most annuals will bloom through the season if this is done. Turn plants to avoid one-sided growth. Keep dying leaves picked off.

Vacation

If you must leave your containers it is best to take them to a friend rather than expecting that friend to come to your place to water.

E -

- 2- "NO BRAINER" GROW SYSTEMS. THE SAME RULES APPLY WITH THESE UNITS AS WITH FLATS, ONLY YOU ARE SUPPLIED WITH A PLASTIC LID IN PLACE OF PLASTIC WRAP.
 - 3- SOWING SEEDS IN POTS: FILL A CLEAN, *STERILIZED POT (WITH DRAIN HOLES) WITH SOILESS POTTING MIX UP TO 1/4 INCH FROM RIM. MOISTEN SOIL, SOW SEEDS, COVER LIGHTLY WITH FINE SOIL, AND PLACE A PLASTIC SANDWICH BAG OVER POT SECURING IT WITH A RUBBER BAND AT BASE OF POT. FOLLOW SAME PRCEDURE WITH MISTING AND LIGHT REQUIREMENTS.
- F - TRANSPLANT SEEDLINGS ONLY WHEN THE SECOND SET OF LEAVES (TRUE LEAVES) APPEAR AND SEES TO BE STURDY AND NOT WILTING. IF OUTSIDE TEMPERATURES ARE STILL COOL, YOU WILL HAVE TO "HARDEN OFF" THE YOUNG PLANTS. THIS IS NOTHING MORE THAN GRADUALLY EXPOSING THEM FOR A FEW HOURS/DAYS TO THE OUTSIDE ENVIRONMENT.
- G - SOWING SEEDS DIRECTLY IN GARDEN: A GENERAL RULE OF THUMB IS TO SOW WHEN ALL DANGER OF FROST IS PAST. SOME SEEDS CAN BE SOWN WHILE WEATHER IS STILL COOL. I SUGGEST READING SOWING DIRECTIONS ON BACK OF THE SEED PACK.

"GOOD LUCK, AND HAPPY GARDENING....YOU EARNED IT!"

Ed

*TO STERILIZE POTS, MIX 1 PART BLEACH TO 4 PARTS WATER. PLASTIC POTS SHOULD SOAK FOR 15 MINUTES, AND NON-GLAZED CLAY POTS FOR 30 MINUTES. REMOVE POTS FROM THIS SOLUTION AND LET THEM AIR DRY. THIS PROCESS WILL KILL ANY FUNGI, PARASITE, OR MICROBE THAT HAS BEEN LURKING IN THE POT FROM THE PREVIOUS ROOT SYSTEM. I TEND TO DO THIS ON NEW POTS AS WELL AS OLD ONES.

SALSA!

GET YOUR TOMATILLOS, A COMBINATION OF PEPPERS, SHALLOTS OR ONIONS, AND CILANTRO HERE! MAYBE GET SOME BASIL, OREGANO, PARSLEY OR CHIVES FOR A DIFFERENT TASTE.

ANCHO PEPPERS

BASIL

☉ MRS. BURN'S LEMON

☉ LIME

CHILI PEPPERS

CHIVES

CILANTRO

HABANERO PEPPERS

JALAPENO PEPPERS

MEXICAN OREGANO

ONIONS

OREGANO

☉ HOT AND SPICY

PARSLEY

TOMATILLOS

☉ PURPLE OR GREEN

Deer-resistant Plants

These plants are deer-resistant. However, when deer are starving, they will eat almost anything, and have been known to change their tastes.

- Aloe
- Artemesia
- Borage
- Bugleweed (Ajuga)
- Butterfly bushes (Buddleia)
- Calendula
- Campanula
- Centaurea (Batchelor's Button)
- Chives
- Columbine
- Dames Rocket (Hesperis)
- Dicentra (Bleeding Heart)
- Fennel
- Ferns
- Fig trees
- Forget-Me-Not (Myosotis)
- Foxglove (Digitalis)
- Garden sage (Salvia)
- Garlic
- Geranimun spp.
- Germander (Teucrium)
- Golden Marguerite (Anthemis)
- Iris spp.
- Japanese Kerria
- Jasmine
- Jupiter's Beard (Cetranthus)
- Lady's Mantle (Alchemilla)
- Lambs ears
- Lamium (Deadnettle)
- Lavenders
- Lemon Grass
- Mints
- Native Hops
- Nepeta (Catnip, Catmint)
- Oregano
- Oxalis
- Parsley
- Rosa Rugosa
- Rose Campion (Lychnis)
- Rosemary
- Rudbeckia (Black-eyed Susan)
- Russian Sage
- Saint John's Wort (Hypericum)
- Santolina
- Sweet Woodruff
- Tansy
- Thymes
- Verbena
- Yarrow (Achillea)

USING THE ROSE SCENTED GERANIUM

ROSE GERANIUM JELLY:

WASH 2- 3 LEAVES OF A ROSE SCENT GERANIUM IN COLD WATER
LET THE LEAVES AIR DRY. PLACE THE LEAVES IN THE BOTTOM OF A
JELLY JAR, AND THEN POUR HOT APPLE JELLY OVER THEM AND COOL
AND FINISH CAPPING AS YOU WOULD ANY JELLY.

ROSE GERANIUM SUGAR

LAYER ROSE GERANIUM LEAVES WITH A POUND OF SUGAR IN A
JAR OR CANNISTER. USE 8 - 12 LEAVES FOR A GOOD STRONG FLAVOR.

ROSE GERANIUM TEA

USE A 6 CUP POT . WARM THE POT AND ADD TWO TEA BAGS,
6 CLOVES, AND 3 ROSE GERANIUM OR " ROBER'S LEMON ROSE FOR A
TRUE ROSE FLAVOR AND AROMA. ALLOW THE TEA TO STEEP FOR ABOUT
10 MINUTES AND LET THE LEAVES REMAIN IN THE POT DURING SERING.
IT IS RECOMMENDED THAT A POT OF HOT WATER BE AT HAND TO REDUCE
STRENGTH AS NECESSARY AND SERVE WITHOUT CREAM OR SUGAR.

ROSE GERANIUM ALCOHOL RUB

FILL A QUART BOTTLE A BIT MORE THAN HALFWAY WITH CLEAR
RUBBING ALCOHOL . ADD WHOLE ROSE GERANIUM LEAVES TO THE TOP.
SET THE BOTTLE OUT IN A SUNNY AREA WHERE THE HEAT WILL RELEASE
THE GERANIUM OIL WHICH WILL QUICKLY DIFFUSE THROUGHT THE ALCOHOL
ALLOW ABOUT A MONTH FOR THE PROCESS.

Lemon Scented Herbs

- ✧ Lemon Balm
- ✧ Basil, Sweet Dani
- ✧ Basil, Mrs. Burns' Lemon
- ✧ Lemon Catnip
- ✧ Lemon Grass
- ✧ Lemon Savory
- ✧ Lemon Southernwood
- ✧ Lemon Verbena
- ✧ Mint, Lemon
- ✧ Monarda (Bee Balm)
- ✧ Scented Geraniums
 - ✧ Citrosa
 - ✧ Prince Rupert
 - ✧ Lemon Rose
 - ✧ Lemon Crisp
- ✧ Thyme, Creeping Lemon
- ✧ Thyme, Lemon
- ✧ Thyme, Variegated Lemon

HERBS FOR FERTILIZER ???

MANY GARDENERS CONSTANTLY SEARCH FOR A BETTER AND MORE COST EFFECTIVE FERTILIZERS. HERE ARE SOME HERBS THAT FUNCTION AS ORGANIC TREATS FOR YOUR GARDEN, AND WON'T SEND YOU INTO DEBT.

- 1- COLTSFOOT (TUSSILAGO FARFARA) SULPHUR AND POTASSIUM
- 2- DANDELION (TARAXACUM OFFICINALE) GOOD SOURCE OF COPPER
- 3- FENUGREEK (TRIGONELLA FOENUM-GRAECUM) SEED HEADS HAVE HIGH AMOUNT OF NITRATES AND CALCIUM
- 4- HORSETAIL GRASS (EQUISETUM HYEMALE) HIGH IN SILICA
- 5- STINGING NETTLE (URTICA DIOICA) RICH IN IRON AND NITROGEN. SOME MINERALS AND TRACE ELEMENTS PRESENT AS WELL
- 6- TANSY (TANACETUM VULGARE) POTASSIUM
- 7- YARROW (ACHILLEA MILLEFOLIUM) HIGH IN COPPER AND IS A GOOD BASIC FERTILIZER

HOW TO;

STANDARD FERTILIZER--POUR 4 CUPS BOILING WATER OVER A GOOD HANDFUL OF FRESH HERB (OR 2 TBS DRIED HERB) COVER AND ALLOW TO INFUSE (STEEP) FOR ABOUT 10 MINUTES. STRAIN THROUGH CHEESECLOTH OR SIMILAR MATERIAL (NO OLD SOCKS!) AND USE.

ED MACFARLAND

* I STILL HOLD HORSE AND COW MANURE IN HIGH REGARD!!!!!!

FROM THE GARDEN.....by ED

AT THE TIME YOU DIG THE HERB GARDEN, YOU SHOULD PREPARE THE SOIL. GOOD SOIL IS A NECESSITY FOR A HEALTHY HERB GARDEN. HERBS WILL THRIVE AND SURVIVE ALMOST ANYTHING IF THEY HAVE GOOD DRAINAGE AND GOOD FRIABLE SOIL IN WHICH TO GROW. SOME SOILS ARE SO SANDY THAT WATER PASSES THROUGH BEFORE THE ROOTS CAN ABSORB IT; OTHERS ARE SO FULL OF CLAY, THAT WATER DOESN'T DRAIN OFF, DROWNING THE ROOTS. YOU CAN TEST THE DRAINAGE OF YOUR SOIL BY WATERING IT WELL: IF WATER SITS ON TOP AND DOESN'T DRAIN OFF - TOO MUCH CLAY; IF SOIL IS DRY TO A DEPTH OF 1 INCH THE DAY AFTER WATERING, - TOO SANDY.

ALL GARDENS SHOULD BE DUG TO A DEPTH OF ABOUT 12 inches(DON'T DIG A GRAVE!). I PERSONALLY WOULD SUGGEST DIGGING IN A 6-8INCH LAYER OF COMPOST (IF NOT AVAILABLE USE SOME PEAT MOSS). PLEASE DO NOT ADD CHICKEN MANURE OR THE MANURE FROM YOUR PET EMU, AS THIS MANURE IS TOO"HOT" FOR ANYTHING TO GROW IN.

HERBS LIKE A NEUTRAL/ SLIGHTLY ALKALINE SOIL, WITH A pH OF 7 - CHECK THE pH OF YOUR SOIL WHILE YOU ARE PREPARING THE SOIL(THIS IS A GOOD TIME SAVER). SIMPLE TEST KITS ARE AVAILABLE AT ALMOST ALL GARDEN CENTERS. TO COUNTER EXCESS ACIDITY, JUST ADD SOME LIME.

I ALSO WOULD SUGGEST DIGGING IN A LITTLE ORGANIC FERTILIZER WHEN YOU PREPARE THE BED, TO GET THE HERB PLANTS OFF TO A GOOD START. ONCE THE PLANTS ARE ESTABLISHED, YOU DON'T NEED AS MUCH OF AN AMOUNT AS OTHER PLANTS IN THE GARDEN (NON- HERBS). IF YOU GIVE TOO MUCH FERTILIZER TO HERBS YOU WILL GET GOOD LOOKING PLANTS, BUT THEIR FRAGRANCE AND TASTE WILL DIMINISH. AFTER THE GARDEN MATURES DIG IN A SMALL AMOUNT OF COMPOST INTO THE-SOIL EACH FALL; AND FEED THE FEW HERBS THAT NEED NUTRIENTS INDIVIDUALLY.

STARTING UP YOUR GARDEN

PRIOR TO THE ACTUAL PHYSICAL LABOR ON A GARDEN, YOU SHOULD MAKE SOME PLANS AS TO THE ACCESSIBILITY AND LOCATION. REMEMBER, A GARDEN IS TO BE A SOOTHING PLACE TO GO TO AND RELEASE TENSION AND PRESSURE FROM YOUR DAILY ACTIVITIES!!

HERE ARE SOME TIDBITS OF ADVICE THAT I HAVE ACQUIRED OVER THE YEARS.

- A - PICK AN AREA THAT WILL RECEIVE A HALF DAY OF SUN (YOU'LL BE GLAD WHEN THE SUN IS SCORCHING HOT!!!!), AND MEASURE OFF AS MUCH AS YOU FEEL YOU CAN HANDLE.
- B - ASSESS SOIL COMPOSITION
 - 1- BUILDER'S FILL (USUALLY CONTAINS ROCKS, BROKEN GLASS, ETC.)
 - 2- CLAY (COMMON PROBLEM IN MOST AREAS)
 - a- TO BREAK UP CLAY AND HELP DRAINAGE, USE GARDEN GRADE GYPSUM 1LB PER 4 SQ. FEET.
 - 3- SOIL DRAINAGE
 - a- WATER FOR 3-4 HOURS AND LET STAND FOR 1 HOUR. IF YOU STICK YOUR INDEX FINGER IN TO THE SECOND JOINT AND WATER DRIPS OFF, SOIL HAS HIGH CLAY CONTENT (USE REMEDY ABOVE). IF YOUR FINGER COMES OUT ON THE DRY SIDE, SOIL IS TOO SANDY (REMEDY BY ADDING PEAT MOSS)
 - 4- SOIL pH SHOULD BE IN 6.8 - 7.2 RANGE
 - a- IF SOIL IS TOO ACIDIC (1-6.7 pH), ADD LIME (1LB/2 SQ. FT) CHECK pH 2 WEEKS LATER. ADD MORE LIME UNTIL YOU GET A SUITABLE pH.
 - b- IF SOIL IS TOO ALKALINE (7.3-9), ADD ALUMINUM SULFATE. PLEASE READ MANUFACTURER'S RECOMMENDED APPLICATION ON BAG.
- C - SPADE OR ROTO-TILL SOIL. MAKE SURE ANY LARGE CLUMPS ARE BROKEN UP.
 - 1- ADD FERTILIZER AND ANY SOIL AMENDMENTS (COMPOST, HUMUS, ETC)
 - a- CHEMICAL FERTILIZERS: OSMOCOTE, ELEKTRA, ANY GENERAL FERTILIZER (NPK 15-15-15).
 - b- ORGANIC FERTILIZERS: DEHYDRATED COW MANURE (MY FAVORITE), ALFALFA MEAL, ROTTED LEAF MULCH, KELP MEAL.
 - c- IF YOU ADD TOPSOIL, PLEASE GET IT SCREENED AND GRADED.
- D - WATER GARDEN TO INSURE FERTILIZER GETS INCORPORATED IN SOIL. I USUALLY WAIT 2 WEEKS BEFORE PLANTING TO MAKE CERTAIN THAT ALL NUTRIENTS ARE AT ROOT ZONE.
- E - YOU CAN START SEEDS INDOORS (END OF MARCH) WHILE YOU ARE COUNTING THE DAYS UNTIL IT IS SAFE TO PLANT OUTSIDE AND THE DANGER OF FROST IS PAST (APRIL 20 IS FROST DATE IN THIS ZONE).
 - 1- GROWING SEEDS IN FLATS: FILL A PLASTIC PLANT FLAT (MAKE SURE THAT THERE ARE DRAIN HOLES IN BOTTOM) WITH A SOILESS POTTING MIX (PRO-MIX BX, PETER'S POTTING MIXTURE TO NAME A FEW). MOISTEN SOIL WITH A SPRAY BOTTLE BUT NO SOAKING IT. MAKE A ROW BY USING A STICK OR PENCIL POINT. SOW SEEDS. PAY CLOSE ATTENTION TO INSTRUCTIONS ON BACK OF SEED PACK. COVER SEEDS WITH FINE SOIL (USE A LIGHT LAYER), AND COVER SURFACE OF FLAT WITH PLASTIC WRAP. THIS CREATES A "MINI GREENHOUSE". PLACE FLAT IN A WELL LIT AREA, AND GRADUALLY MOVE TO A SUNNY SPOT TO FINISH OFF. MIST SEEDLINGS WHEN NECESSARY, BUT DON'T SATURATE THEM.

Salad Herbs

- Basils** (*ocimum basilicum*) – combination of spicy and sweet flavors with overtones depending on cultivar. Try Lemon, Lime, Cinnamon
- Borage** (*borago officinalis*) – petals and leaves have a mild cucumber flavor.
- Calendula** (*calendula officinalis*) - slightly bitter flavor. Also called poor man's saffron.
- Chervil** (*anthriscus cerefolium*) – delicate subtle anise flavor, also good in omelets
- Chives** (*allium schoeono-prasum*) - onion flavor – not overpowering. Blossoms are edible too. Add to salad or mix in salad dressing.
- Cilantro** (*coriander sativum*) leaves and flowers are edible, similar to parsley but with a lemony flavor that imparts an Asian or Mexican flavor.
- Cutting Celery** (*apium graveolens*) - Use leaves in salad, it has a spicy celery flavor.
- Dill** (*anethum graveolens*) – leaves or flowers can be used fresh or dried
- Fennel** (*foeniculum vulgare*) – flowers and plant bulbs (usually eaten) have mild anise flavor. Add sprigs to salad
- Garlic Chives** (*allium tuberosum*) – garlic flavor, use like chives.
- Lovage** (*levisticum officinale*) – strong celery/slight curry flavor. Use fresh leaves or chopped stems.
- Nasturtium** (*tropaeolum majus*) – spicy peppery flavor. Use leaves and flowers in salad. Chop flowers and add to vinaigrette.
- Parsley** (*petroselinum crispum*) - fresh green taste, use leaves or chopped stems in salad or in dressing. Try both Italian Parsley, or Curly Parsley
- Pineapple sage** (*salvia elegans*) – flowers have a sweet, fruity and minty taste leaves are milder.
- Sage** (*salvia officinalis*) - aromatic herb with distinct flavor. Try the eating the flowers in salads for a milder taste.
- Salad burnet** (*sanguisorba minor*) – cool creamy cucumber flavor. Sprinkle young leaves into salad, or use to make vinaigrette dressing
- Summer Savory** (*satureja hortensis*) – aromatic, taste is slightly bitter and thyme-like. Add to vinegar for salad dressings
- Violas** (*viola tricolor*) – if flower is eaten whole, wintergreen flavor. Can be toxic in large amounts.

HERBS FOR WATERSCAPES

Herbs for waterscapes range from tiny floating forms to substantial trees and shrubs. They are listed here according to the depth of the water in which they grow.

FLOATING PLANTS

(Plants that float unattached on the water surface)

Water clover - *Marsilea vestita*

Water fern - *Azolla pinnata*

SURFACING HERBS

(Plants that root in leaves and mud and send leaves and flowers to the surface)

American lotus - *Netumbo lutea*

Fragrant white water lily - *Nymphaea odorata*

Tuberous water lily - *Nymphaea tuberosa*

Water shield - *Brasenia schreberi*

HERBS FOR SHALLOW WATER

(Wet feet, 0 - 6 inch depth, herbs that like water on their roots)

Arrowhead - *Sagittaria variabilis*, *S. latifolia*

Cardinal flower - *Lobelia cardinalis*

Cattail - *Typha latifolia*

Chinese water chestnut - *Eleocharis dulcis*

Copper iris - *Iris fulva*

Double creeping buttercup - *Ranunculus repens* 'Pleniflorus'

Eastern water violet - *Viola lanceolata*

Golden club - *Orontium aquaticum*

Great blue lobelia - *Lobelia siphilitica*

Jack-in-the-pulpit - *Arisaema triphyllum*

Japanese iris - *Iris ensata*

Louisiana iris - *Iris hexagona*

Northern blue flag - *Iris versicolor*

Quamash - *Camassia quamash*

Scouring rush - *Equisetum hyemale*

Skunk cabbage - *Symplocarpus foetidus*

Swamp milkweed - *Asclepias incarnata*

Sweet flag - *Acorus calamus*

Virginia iris - *Iris virginica*

Water arum - *Calla palustris*

Watercress - *Nasturtium officinale*

Yellow flag - *Iris pseudacorus*

SHRUBS

(Moist to wet soil with seasonal standing water)

Blueberry - *Vaccinium ashel*, *V. corymbosum*

European Elder - *Sambucus nigra*

Inkberry - *Ilex glabra*

Swamp rose - *Rosa palustris*

Yaupon - *Ilex vomitoria*

HERBS FOR MOIST SOIL

(No standing water)

Angelica - *Angelica archangelica*

Blue Vervain - *Verbena hastata*

Bog rosemary - *Andromeda glaucophylla*

Boneset - *Eupatorium perfoliatum*

Common rose mallow - *Hibiscus moscheutos*

Cow parsnip - *Herracleum lanatum*

Cranberry - *Vaccinium macrocarpon*

Cranesbill - *Geranium maculatum*

Curly dock - *Rumex crispus*

Daylily - *Hemerocallis* spp. and hybrids

Evening primrose - *Oenothera biennis*, *O. fruticosa*

Field mint, water mint - *Mentha arvensis*

Fireweed - *Epilobium angustifolium*

Goldenrod - *Solidago* spp.

Great angelica - *Angelica atropurpurea*

Great water dock - *Rumex orbiculatus*

Jerusalem artichoke - *Helianthus tuberosus*

Jewelweed, touch-me-not - *Impatiens capensis*,
I. pallida

Joe-Pye weed - *Eupatorium purpureum*

Peppermint - *Mentha x piperta*

Purple meadow rue - *Thalictrum dasycarpum*

Skullcap - *Scutellaria galericulata*, *S. lateriflora*

Turtlehead - *Chelone* spp.

Water horehound - *Lycopus americanus*

White vervain - *Verbena urticifolia*

Wild madder - *Galium trifidum*

A Suggested Beginner's Collection of Scented Geraniums -- Pelargonium

Common Name	Botanical Name	Height if Not Pruned	Foliage
<u>Rose Scented</u>			
1. Attar of Roses	<i>P. capitatum</i> 'Attar of Roses'	Sprawling, usually less than 1'	velvety rounded leaves
2. Lady Plymouth	<i>P. graveolens</i> 'Lady Plymouth'	4'	grey-green, irregular shape, creamy yellow markings
3. Robers Lemon Rose	<i>P. graveolens</i> 'Robers Lemon Rose'	3'-4'	irregular oak leaf
<u>Lemon Scented</u>			
1. Lemon Crispum (fingerbowl)	<i>P. crispum</i> 'Mino'	2'	tiny crinkled, dark green
2. Dr. Livingston (Lemon Rose)	<i>P. radens</i> 'Dr. Livingston'	3'-4'	deeply cut, coarse
3. Mabel Grey	<i>P. 'Mabel Grey'</i>	3'-4'	coarse
<u>Mint Scented</u>			
1. Mint Scented Rose	<i>P. graveolens</i> 'Variegatum'	3'-4'	snow white edged leaves
2. Joy Lucille	<i>P. tomentosum</i> 'Joy Lucille'	3' sprawling	large, velvety
3. Pungent Peppermint	<i>P. tomentosum</i> 'Pungent Peppermint'	3'-4'	grey-green, deeply cut, fuzzy
<u>Fruit & Spice</u>			
1. Lime	<i>P. x nervosum</i>	3'-4'	small waxlike crinkly leaves
2. Variegated Nutmeg	<i>P. fragrans</i> 'Variegatum'	1'-1 1/2'	small, rounded, white markings
3. Apple	<i>P. odoratissimum</i>	1'	small, pea green, trailing
<u>Pungent Scented</u>			
1. Fair Ellen	<i>P. quercifolium</i> 'Fair Ellen'	2'-3'	small oak-leaved, dark mid-zone
2. Dean's Delight	<i>P. 'Dean's Delight'</i>	2'	deeply cleft oak-leaf, streaked with chocolate
3. Clorinda	<i>P. 'Clorinda'</i>	2'-3'	rounded leaves

Herbal Teas

Use these herbs and plants either fresh or dried for a wonderful variety of flavors. Experiment by combining one or more!

- ☞ Basil
- ☞ Borage
- ☞ Catnip
- ☞ Chamomile
- ☞ Lemon balm
- ☞ Lemon Grass
- ☞ Lemon Thyme
- ☞ Lemon Verbena
- ☞ Marjoram
- ☞ Mints, Apple Mint
- ☞ Mints, Blue Tea
- ☞ Mints, Candy Mint
- ☞ Mints, Chocolate mint
- ☞ Mints, Orange Mint
- ☞ Mints, Peppermint
- ☞ Mints, Pineapple mint
- ☞ Mints, Spearmint
- ☞ Mints, Swiss Mint
- ☞ Monarda
- ☞ Pineapple Sage
- ☞ Rose hips
- ☞ Rosemary
- ☞ Sage (*Salvia officinalis*)
- ☞ Savory
- ☞ Tangerine Sage
- ☞ Yarrow