



## *Common Herbs Grown in PNW by Kerri Bailey*

### **Herbs Require:**

**SUN** Most require full to part sun (southern-western exposure) example: rosemary, thyme, lavender. Shade tolerant to part sun herbs (eastern-northern exposure) example: peppermint, spearmint.

**WATER** Check plants regularly for water needs. Plants in pots need more water than plants grown in the ground.

**FOOD** A good soil and an appropriate organic fertilizer and compost is all you need. Don't over do the fertilizer. Mulch pots with natural products like oyster shells, lava rock, cocoa mulch or broken terra cotta pieces to conserve moisture and protect the soil.

**HARVEST:** Prune / pinch branches and use leaves, flowers and seeds use fresh. Leaves taste best before plants set flowers. If you want the leaves, prune regularly to discourage flowers. Collect flowers before they turn to seed. If you want seeds, allow flowers to grow, seeds follow flowers.

**DRYING HERBS:** Collect plants after dew is dried, wrap in a bundles and hang upside down in a dark cool place. Store dried herbs in a dark place preferably in glass jars(dark glass in a cupboard is ideal). Light destroys the plants qualities, color and effectiveness. More questions? Ask at [herbal.elements@yahoo.com](mailto:herbal.elements@yahoo.com)

**BASIL(Ocinum basilicum)** Tender annual. Prefers full sun, warm temps & rich soil. Many varieties, range up to 2', popular culinary herb. Use in containers, hanging baskets or in the garden. Discourage flowering for longer leaf harvest.

**BAY LAUREL (Laurus nobilis)** Evergreen Shrub up to 10' or more. Aromatic leaves used in stews & soups. Zn7

**CATNIP (Nepeta cataria)** Perennial, prefers a sun-part sun, well-draining site, grows to 2'-3' with whitish flowers in summer . Grow in hanging baskets, pots or in garden. Place a cage over if you want to keep some for yourself (so the cats don't get it all!) Known best as a kitty tonic, but has been also used for colds , flu & fevers; a mild sedative & mild stomach disorders (gas, diarrhea, colic, etc.) Zn3

**CHAMOMILE , ROMAN (Chamaemelum nobile)** Perennial, full to part-sun, 3"-12" tall-blooms in summer. Great ground cover. Zn4

**Chamomile, German (Matricaria recutita)** Annual, grows to 2' tall, aromatic dried flowers used in teas. Can reseed itself.

**CHIVES (Allium schoenoprasum)** Perennial, prefers sun-part sun site , in rich soil. Grows to a foot or so with rose purple spring flowers on the end of it's grass-like stems Use as edging

in flower borders or in pots. Has a delicate onion-like flavor great for cooking or use fresh in salads, sandwiches or sprinkled on soups. Zn3

**CILANTRO or CORIANDER (*Coriandrum ativum*)** Hardy annual, prefers a sun-part sun site in rich well-draining soil. Grows to 1'-1 1/2', with delicate fern-like foliage & flat clusters of whitish pink flowers in summer. Leaves are widely used as a seasoning for Mexican dishes & in salads. Seeds are used in sausage, beans, stews & breads.

**DILL (*Anethum graveolens*)** Annual, full to part sun. Leaves & seeds used in pickling & with fish, great butterfly host plant. Reseed for constant supply. Green feathery leaves with umbrella-like yellow flowers summer. 2' - 3'+

**FENNEL (*Foeniculum vulgare*)** Perennial, full to part-sun. Dark bronzy-purple (bronze fennel) foliage topped by yellow flower clusters in summer, grows to 6'. Species has licorice flavored seeds & leaves used medicinally & in cooking. Butterfly host plant. Zn5

**LAVENDER (several)** Perennial shrub, prefers a full sun, well draining site. Great in the garden, around roses or in containers. Use summer flowers in lemonade, in teas or cookies. Great for crafts, potpourri, and for the skin.

**\*English (*L. angustifolia*)** tend to bloom in early summer with deep purple flowers, hardy, compact & fragrant. Zn5

**'Hidcote'** one of darkest purple, silvery foliage, compact to 14" x 14" excellent dried flowers.

**'Munstead'** compact, like Hidcote but lighter purple flowers & blooms a couple weeks earlier 14"x12".

**\*Lavandin (*L x intemedia*)** blooms in midsummer, taller with longer flower heads & stems. Zn 5.

**'Grosso'** violet-blue flowers, vigorous, repeat bloomer. Excellent dried flower, heavy oil producer. 2'x2'.

**'Provence'** compact plant with light purple flowers, very long stems. Repeat bloomer, great for "wands" 2'x2'.

**'Super'** large mounding with tall light violet flower spikes. One of best for oil production & quality. 3'x3'.

**'Goodwin Creek Grey'** (*L. dentate* hybrid) silver-gray, toothed wooly leaves, lavender-blue flowers 24"x30" Zn7.

**\*Spanish (*L. stoechas*)** stocky plants, narrow leaves, short flower spikes topped by 2-4 "rabbit ear" bracts.

**'Quasti'** large heads of fragrant deep purple flowers topped with bright purple bracts 32"x30" Zn 7

**LEMON BALM (*Melissa officinalis*)** Perennial, Zn 4 prefer full to part-sun, rich soil. Grows up to 2' has lemon scented foliage and small flower spikes in summer (Cut back flowers if a pest). Leaves used fresh or dried for tea. 'All Gold' gold splashed leaves 18"x24".

**LEMON GRASS (*Cymbopogon citratus*)** Tender Perennial Zn 9 Full sun, over winter indoors. Leaves used in teas & in cooking.

**MAJORAM (*Origanum vulgare*)** Perennial. Prefers full to part- sun. Culinary herb for meat & egg dishes, flavor vinegars . Zn6 'Dwarf' 3"x12"; 'Hardy' 16" x 18"; 'Golden' 4" x16" (mild flavor) 'Tricolored' '5"x18" (ornamental)Zn8. Use in garden or in containers.

**MINT (Mentha)** Perennial, prefers part sun, moist site & will spread! . Aromatic leaves used fresh or dried in teas & drinks, salads, many uses medicinally. 'Curly Spearmint' 2'x2-5'; 'Spearmint' 28"x2-5'; 'French Peppermint' 28" 2-5'; 'Orange' 2'x 3-5' Zn4 Summer flower spikes. Use in containers by themselves, can be invasive.

**OREGANO (Origanum vulgare)** Perennial, prefers a sun-part sun, well-draining site, grow in pots or as a ground cover. Greek & Italian dishes. Zn5 'Golden' 3-5" x18"; **Hot & Spicy** 'Greek' 12" x 18"; 'Variegated (ornamental)' 6-10" x 24" Zn6

**PARSLEY (Petroselinum )** Biennial prefers full to part-sun, rich soil. White umbrella-like flower clusters in summer 2nd yr.

**Italian Flat (P. neapolitanum)** 24"x16", large flat flavorful leaves, used in many dishes. Butterfly host plant Can reseed .

**Triple Curled (P. crispum)** 10" x 2". Cooking & for garnish, not as flavorful as flat leaf; high in iron, vitamins A & C

**ROSEMARY (Rosemarinus)** Evergreen Shrub, prefers sun-part sun well draining site. Use in landscape or in containers. Lite to dark blue flowers in Spring. Many culinary & medicinal uses. *Deer Resistant.* 'Arp' 2-3'x2' Zn6 'Trailing Irene' 1'x4' Zn7

**SAGE (Salvia)** Evergreen Perennial, prefers a sun-part sun site in well-draining soil. Leaves are used as a seasoning for cooking used in sausage, meats, stuffings & marinades. Leaves also used medicinally for skin & in teas (esp. fruit flavored) Hummingbird plant.

**Berggarten**' 18"x24", best for cooking; 'Dwarf Green' 12-16" x18" season meats & sausages. Zn 6 has purple flower clusters in summer.

**Freida Dixon**', pineapple scented leaves 3-4'x3' watermelon colored flowers late summer Zn9

**Scarlet Tangerine**' citrus scented leaves. Use in tea, garnish or potpourri 3'x3' hummingbirds love! Zn8.

**THYME (Thymus)** Perennial, some evergreen. Prefers a full sun, well draining site. Masses of little flowers in whorls. Great in the garden, as a ground cover or in containers. Many medicinal uses, very antiseptic. Used also in meat & poultry dishes, salads, marinades, vinegars & oils. Use in potpourri or herb pillows. Many varieties, some evergreen, some are ornamental.

**English Wedgewood**' nice habit, good flavor 9"x14" Zn6

**Lemon-Gold Variegated**' intense lemon flavor, Lite pink flowers 8"x12" gold/gray foliage Zn7;

**Orange Balsam**' neat & upright, orange scented leaves, lavender flowers 1'x18" Zn5

**Silver Posie**' white margins on leaf, new growth has rosie tinge Zn7;

**Spicy Orange**' excellent groundcover, orange scent 1"x24" Zn5

The following list are herbs that can be grown in the PNW. Variety availability varies through out the year. Classes are available and special requests may be possible. This list is intended for information only, and not intended for diagnosis or treatment. [www.herbalelements.net](http://www.herbalelements.net)

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