



Bucks Country Gardens

Culinary & Medicinal Herbs: Culture & Use Guide

BASIL: SWEET,

(Dark Opal, Spicy Globe, Cinnamon, Licorice, Lemon Basil)

Annual, 12-18 inches; sunny and moist soil; remove flowers

Add to pesto, pasta & salads, garnish soups, vegetables (beans), and tomato dishes.

BORAGE:

BI-annual, 18-48 inches; sunny and dry

Ornamental and medicinal uses

BURNET:

Perennial, 18 inches; sunny locations;

Leaves used for salads & cold drinks

CATNIP:

Perennials, 36-48 inches; sun or shade areas

Cats LOVE it! Leaves used for teas

CHAMOMILE:

Annual (reseeds), 36 inches; sunny, dry area

Use flowers in teas and pot-pourris

CHIVES:

Perennial, 10 inches; sun or shade

Mild onion flavor, used in salads, spreads

CORIANDER:

Annual, 24 inches; sunny area; wild and pungent (may take time to learn to like this one),

Leaves season and garnish Chinese, Indonesian & Mexican foods, for salads, seeds used in confections

CURRY PLANT:

Tender perennial, 12-36 inches;

Ornamental, dry for pot-pourris

DILL:

Annual, 24 inches; pool soil conditions;

Culinary and medicinal, aromatic leaves

LAVENDER:

(Vera, Munstead & Dentata [French Lavender])

Perennial, 18-36 inches; sunny and dry areas;

Dry flowers and leaves for pot-pourries

LEMON BALM:

Perennial, 18-36 inches; t

Tea, eggs, add to Tarragon vinegar; in cool drinks

MARJORAM: SWEET:

Annual, 8-12 inches; overwinter as pot plant;
Seasoning fresh-dried; teas, stews, meats and salads

OREGANO: (WILD MARJORAM)

(Greek and Golden Oregano)
Perennial, 24 inches; grows in poor soils;
Seasoning for tomato dishes

MINT:

(Spearmint, Peppermint, Applemint, Pennyroyal, Orange and Pineapple Mint)
Perennial, 24 inches; sun, moist soil;
Remove flowers, used in teas, salads and cold drinks

PARSLEY:

(Flat plain or curled)
BI-annual, 6 inches; sunny and moist soils;
Brings out other flavors, garnishes salads, soups, hot breads

ROSEMARY:

Tender perennial, 24-72 inches; sunny and well-drained soil;
Leaves used for sauces, meats, soups & stews, tea, biscuits, season tomato sauces, garlic bread, sprinkle over pork and roast beef

SAGE:

(Golden, Grey, Purple and Tri-Colored Sage)
Perennial, 24-36 inches; sunny, dry soil;
Seasoning for meats and teas, fresh or dried, used in stuffing for chicken.

SANTOLINA:

(Grey & Green [Lavender Cotton])
Tender perennial, 15-24 inches;
Groundcover or edging, moth repellent

SAVORY: SUMMER:

Annual, 18 inches; best in loamy soil;
Leaves in salads, dressings, stews, meatloaf, fish

SAVORY: WINTER:

Perennial, 24 inches; best in sandy soil;
Accents strong flavors

SOUTHERN WOOD:

Semi-perennial, 24-60 inches; sunny and dry soils;
Aromatic, used for confections and medicinal purposes

SWEET WOODRUFF:

Perennial, 6-12 inches; shade and moist areas;
Used for medicinal purposes, perfumes, pot-pourris and repellent for insects

TARRAGON: FRENCH:

Perennial, 24 inches; sun or semi-shade;
Aromatic seasoning, for vinegar, salad, meat and fish sauces; use sparingly – has a strong flavor (as of licorice)

THYME:

(Lemon, Silver, Caraway, Mother, Oregano, Coconut, Nutmeg, & Wooley Thyme, also ornamental varieties)
Perennial, 6-10 inches; sunny and dry soils;
Aromatic seasoning for meats, soups, sauces, fish sauces, teas, stuffing.