

# Herbs at a Glance

Name	item#	Botanical name	ABP	height	uses	part	sow	temp	days	notes	cover	sun
Anise	4405	<i>Pimpinella anisum</i>	A	1-3'	S B M	S	DS	M	7-28		L	PF
Anise Hyssop	4406ff	<i>Agastache foeniculum</i>	P Z4	2-3'	B M	L F	DW TP	W	7-14	Lt	P	FP
Arnica	4408ff	<i>Arnica chamissonis</i>	P Z3	20"	M O	F	TP	C		St, Lt	N	F
Ashwagandha	4411	<i>Withania somnifera</i>	TP/A	2-3'	M	R	TP	M	7-21	Lt	N	FP
Astragalus	4412	<i>Astragalus membranaceus</i>	P Z4	18-48"	M	R	DS TP	M	7-28	Sc Sk	L	F
Basil	4414ff	<i>Ocimum basilicum</i>	TA	8-24"	S E M	L	TP DW	W	4-10	W	R	F
Basil, Sacred	4468	<i>O. tenuiflorum</i>	TA	18-24"	S M	L	TP DW	W	4-10		R	F
Bergamot	4481	<i>Monarda fistulosa</i>	P Z3	3-4'	B M O	L	DS DF	M	7-14	Lt	N	FP
Boneset	4485	<i>Eupatorium perfoliatum</i>	P Z3	4-6'	M O	L F	DF	C	7-21	St	P	F
Borage	4490ff	<i>Borago officinalis</i>	SSA	2-3'	E M O	F L	DS DF	C	7-14		P	FP
Calendula	pg 96	<i>Calendula officinalis</i>	SSA	18-24"	M O	F	DS	M	4-14		R	FP
Caraway	4507	<i>Carum carvi</i>	SSB	2'	S E M	S L	DS	C				F
Catnip	4509	<i>Nepeta cataria</i>	P Z3	1-2'	M B	L	DS DF	M	7-10	Lt	N	F
Chamomile	4511	<i>Matricaria recutita</i>	SSA	8-18"	B M	F	DS	M	10-14	Lt	N	F
Chervil	3044ff	<i>Anthriscus cerefolium</i>	A	12-18"	S	L	DS	W	7-14	Lt	L	P(F)
Chives	4513	<i>Allium schoenoprasum</i>	P Z3	1-2'	S M E	L F	DS	C	7-14		L	FP
Cilantro	4514ff	<i>Coriandrum sativum</i>	SSA	1-2'	S E M	L S	DS	C	7-14		R	F(P)
Codonopsis	4520	<i>Codonopsis pilosula</i>	P Z4	5-6'	M O	R	TP	M	7-42		N	P(F)
Cumin	4522	<i>Cuminum cyminum</i>	A	1-2'	S M	S	TP	M	7-14	PP		F
Dill	4530ff	<i>Anethum graveolens</i>	SSA	2-5'	S M O	S L	DS	W	7-21		R	F
Echinacea	4547	<i>Echinacea purpurea</i>	P Z3	2-4'	M O	R F	TP DW	W	14-21	St Lt	L	F
Elecampane	4550	<i>Inula helenium</i>	P Z3	5-8'	M O	R	TP	M	7-10	Lt	N	FP
Epazote	4551	<i>Chenopodium ambrosioides</i>	TP/A	2-4'	S M B E	L F	DW	C	7-14		P	F
Fennel, for seed	4560	<i>Foeniculum vulgare</i>	TP/A	1-3'	S M E	L S	DS	M	7-14		R	F
Fenugreek	4569	<i>Trigonella foenum-graecum</i>	A	10"	S M E	S L	DW	C	7-10		L	F
Feverfew	4572	<i>Tanacetum parthenium</i>	P Z4	18-30"	M O	L	TP DS	M	7-14	Lt	N	FP
Garlic Chives	4577	<i>Allium tuberosum</i>	P Z4	12-18"	S E M	L F	DS	C	7-14		L	FP
Horehound	√ web	<i>Marrubium vulgare</i>	P Z3	20-24"	M C	L	TP DS	M	10-21		P	F
Hyssop	4582	<i>Hyssopus officinalis</i>	P Z3	12-18"	M O	L F	TP DF	C	7-21		R	FP
Lady's Mantle	4584	<i>Alchemilla mollis</i>	P Z3	12-18"	M O	L	TP	M	21-30	St Lt	N	FP
Lavender	4583ff	<i>Lavandula angustifolia</i>	P Z5	2-3'	M O	F L	TP DF	W	14-28	St Lt	P	F
Lemongrass	4587	<i>Cymbopogon flexuosus</i>	TP/A	3-4'	S B M	L	TP	W	21-42		L	FP
Lemon Balm	4588	<i>Melissa officinalis</i>	P Z4	1-2'	B M S	L	TP DS	M	7-14	Lt	N	FP
Lemon Mint	4589	<i>Monarda citriodora</i>	SSA	2-3'	B M	L	DS	M	7-21		R	P(F)
Lovage	4592	<i>Levisticum officinale</i>	P Z4	3-6'	S M	L	DS DF	M	10-21		R	F(P)
Marjoram	4615	<i>Origanum majorana</i>	TP/A	1'	S	L	TP	M	7-21	W	N	F
Marshmallow	4618	<i>Althaea officinalis</i>	P Z4	4-6'	M O	R L	DS DF	C	14-21	St	L	FP
Milk Thistle	4629	<i>Silybum marianum</i>	SSA	3-5'	M E	S F L	DS DF	M	7-14	Lt	L	F
Motherwort	4640	<i>Leonurus cardiaca</i>	P Z3	2-4'	M	L F	DS DF	M	7-21	Lt	L	F
Mustard Seed	4642	<i>Sinapis alba</i>	A	2-4'	S E M	S	DS	C	7-10		L	F
Nettle, Stinging	4644	<i>Urtica dioica</i>	P Z2	3-6'	E M	L	DS	M	10-14	Lt	R	FP
Oregano, Greek	4648	<i>Origanum heracleoticum</i>	P Z4	6-12"	S M	L	TP	M	7-21	Lt	N	F
Oregano, Zaatar	4649	<i>O. syriacum</i>	TP/A	8-24"	S	L	DS TP	M	7-21		N	F
Parsley	3158ff	<i>Petroselinum crispum</i>	B Z3	8-12"	S E M	L	DS DF	M	14-60	Sk	R	FP
Pennyroyal	4651	<i>Mentha pulegium</i>	P Z5	8-12"	M O	L	TP	C	10-14		N	FP
Rosemary	4657	<i>Rosmarinus officinalis</i>	TP/A	3-4'	S M O	L	TP	M	10-42	St Lt	P	F
Sage, Broadleaf	4664	<i>Salvia officinalis</i>	P Z4	2-3'	S B M	L	TP DS	W	10-21	Lt	P	F
Savory, Summer	4672	<i>Satureja hortensis</i>	A	12-18"	S M	L	DS	W	7-14	Lt	R	F
Savory, Winter	4674	<i>Satureja montana</i>	P Z3	6-12"	S M	L	TP	M	10-21	Lt	N	F
Shiso	pg 38	<i>Perilla frutescens var. crispa</i>	TA	2-3'	S M O	L	TP	W	7-14	Sk St Lt	L	FP
Skullcap, Baikal	4678	<i>Scutellaria baicalensis</i>	P Z4	1-2'	M O	R	TP	M	14-21	St	P	F
Skullcap	√ web	<i>S. lateriflora</i>	P Z4	1-2'	M O	L F	TP	M	14-21	St	P	P
Spilanthes	4683	<i>Acmella oleracea</i>	TA	8-12"	M O E	F L	TP	W	4-10		P	F
Stevia	4684	<i>Stevia rebaudiana</i>	TP/A	24"	S	L	TP DW	W	7-21	Lt	L	FP
St Johnswort	4686	<i>Hypericum perforatum</i>	SP Z3	1-3'	M	F L	DS DF	M	14-28	St Lt	N	F
Thyme	4687	<i>Thymus vulgaris</i>	P Z4	10-12"	S M	L	TP	C	14-28	Lt	N	F
Valerian	4690	<i>Valeriana officinalis</i>	P Z3	3-5'	M O	R	DS	M	10-21	St	L	FP
Vervain	4692	<i>Verbena hastata</i>	P Z3	5-6'	M O	R	TP	M	21-28	St Lt	N	F
Wild Lettuce	4695	<i>Lactuca virosa</i>	TP/A	6'	M E	L, latex	DS DF	C	10-21		L	F
Woodruff	4698	<i>Galium odoratum</i>	P Z5	6-8"	S M C	L	DS TP	C	21-200	St	L	Sh,P
Yarrow	4699	<i>Achillea millefolium</i>	P Z2	1-2'	M O C	F L	DS DF	W	10-14	Lt	N	F

**ABP:** A=annual, B=biennial, P=perennial, Z=hardiness zone.  
**TA=** tender annual, **SSA=**self-sowing annual, **SSB=**self-sowing biennial,  
**SP=**short-lived perennial, **TP=**tender perennial,  
**TP/A=**tender perennial grown as annual.

**height:** typical height at maturity.

**uses:** S=seasoning, M=medicine, O=ornamental, B=beverage, E=edible, C=ceremony.

**part:** part that is used: S=seed, L=leaf, F=flower, R=root.

**sow:**

DS=direct sow in spring ASAP,

DW=direct sow when soil has warmed or after danger of frost has passed,

TP=transplant,

DF=direct sow in fall.

**temp:** suggested soil temperatures for good germination:

C=cool, 60-65°, M=moderate, 65-70°, W=warm, 70-85°.

**days:** number of days to seedling emergence.

**notes:**

Lt=needs light to germinate,

Sk=soak seed 12-24 hrs,

Sc=scarify seed with sandpaper or emery board, W=water sparingly,

PP=start in peat pots and take care not to disturb root in transplanting,

St=stratify seed; place in moist soil and freeze or refrigerate or alternate between

the fridge and freezer. Nearly any herb requiring stratification can be fall-sown

outdoors or in a cold frame—let winter do the work for you!

**cover:**

L=cover lightly, P=pat down gently, R=rake or into soil,

N=no, don't cover.

**sun:** F=full sun, P=part sun, Sh=shade,

FP=prefers full sun but tolerates part, PF=prefers part but tolerates full,

P(F)=prefers part, tolerates full only in cool or moist areas,

F(P)=prefers full sun, needs part shade in hot climates.

