

Name of Herb	Short Description	A, P or B	+	C	☺	✿	♻️	❤️	☕	!
Angelica	Very versatile. Use stems, roots and leaves for both culinary and medicinal uses. Self seeds.	<b>B</b>	✓	✓	✓		✓			
Anise Hyssop	A very versatile herb with a delightful licorice aroma. It has medicinal, cosmetic and culinary uses. Self seeds.	<b>P</b>	✓	✓	✓	✓	✓		✓	
Arnica Montana	Used for centuries in muscle liniments and to stimulate healing. <b>External use only!</b> Arnica oils are toxic. <b>Do not apply to broken skin.</b>	<b>A</b>	✓		✓					
Basil	If I could only have one culinary herb, this would be it. Plant a lot to make pesto.	<b>A</b>		✓						
Bergamot	Love the flowers. This is the tea the colonists used as a substitute for English tea after the Boston Tea Party.	<b>P</b>	✓			✓			✓	
Burdock	Another name for the invasive cocklebur, the root is edible and like dandelion, makes a good spring tonic. Also has skin soothing properties.	<b>B</b>	✓	✓	✓			✓		
Calendula	Pretty flowers and easily reseeds.	<b>A</b>	✓		✓	✓	✓			
Chamomile	So many uses. If I could only have one medicinal herb, this would be it.	<b>A</b>	✓		✓		✓		✓	
Chickweed	You are probably already growing this weed. Helps heal minor wounds, dryness, itching and rashes. A good addition to salves.	<b>A</b>	✓	✓				✓		
Chives	The easiest culinary herb to grow, I start harvesting and drying it in early spring.	<b>P</b>		✓						
Comfrey	A wonderful herb, with many medicinal cosmetic uses. It also helps fertilize, stimulates plant's root growth and heats up your compost.	<b>P</b>	✓		✓					✓
Dandelion	Considered a spring green, the first tender new leaves are good in salad or cooked as spinach. Roots are good in a spring tonic tea.	<b>P</b>	✓	✓				✓		
Dill	Essential for pickles. Reseeds easily.	<b>A</b>		✓			✓			
Feverfew	Pretty daisy-like flowers.	<b>P</b>	✓							
Horehound	In the mint family. Strong flavor, a little goes a long way.	<b>P</b>	✓							✓
Lemon Balm	In the mint family, makes a wonderful tea. Plant it in a bucket with the bottom cut out to prevent it from taking over your garden.	<b>P</b>	✓						✓	✓
Lemon Verbena	I like the lemon in this herb even more than in lemon balm. But it is not cold hardy, so you will have to replant every year or dig it up and bring it inside every winter. Worth the effort.	<b>*P</b>	✓						✓	
Nettles	Makes a wonderful tonic tea. By itself the flavor is so-so, but mixes well with chamomile, mints, or lemon balm. Another spring green, cook leaves like spinach.	<b>P</b>	✓					✓	✓	
Oregano	Start from seed or buy as a plant. Check your USDA Hardiness Zone. Some varieties may not be hardy enough for your area.	<b>P</b>		✓						
Parsley	I haven't had good luck starting from seed, so I usually buy this as a plant.	<b>A</b>		✓						

Peppermint	Wonderful in tea and cooking, but invasive. Plant it in a bucket with the bottom cut out, buried in the ground so that the rim of the bucket is level with the ground.	<b>P</b>	✓	✓				✓	✓	✓
Purslane	A weed that also makes a good cooked spring green.	<b>P</b>	✓	✓				✓		
Raspberry Leaf	Considered “the woman’s herb”, it helps with many woman’s complaints—morning sickness, cramps, menopause, etc.	<b>P</b>	✓		✓			✓	✓	
Rose Hips	Not really an herb, but since it’s high in Vitamin C, it sits in my medicinal herb shelf. It’s a great addition to teas and makes a nice jelly.	<b>P</b>	✓	✓		✓		✓	✓	
Sage	The <i>sine quo non</i> of delicious turkey stuffing.	<b>P</b>		✓	✓					
Yarrow	A pretty flower all by itself, it also has good medicinal qualities.	<b>P</b>	✓		✓	✓				

**Medicinal plants**—There are several sources on the Internet that will tell you about traditional and proven medicinal uses for these plants. Refer to trusted sources to determine if or how you should use medicinal herbs. Always check with your doctor if you are using prescription drugs before using any herbal remedy.

**Culinary**—Both herbs that are good for flavoring as well as those that are good for eating are listed under “culinary.” Not all the parts of the herb are safe to eat, so consult a reliable resource to learn how to use these herbs in cooking.

**Annual/Perennial/Biennial**—Annual plants are plants that die every year and must be replanted. If you do not till the ground too much, Self-seeding annuals will produce new plants every year and so do not need to be replanted. Perennial plants survive cold winters year to year without needing to be replanted. Biennial plants live for two years, producing seed only in the second year. Most Biennials self-seed so it may seem like they are perennials because there are always plants. Some herbs listed as annuals are technically a tender perennial or tender biennials that will not survive our cold winters and so are treated like annuals. Since there are always plenty of weeds (dandelions, nettles, etc.) I did not list whether or not they are annual or perennial. \*While Lemon Verbena is technically a perennial, it is not hardy in most of the US zones, so you will either have to dig it up and bring it indoors every fall, or treat it like an annual and replant it every year.

Symbol	Meaning
<b>A , P or B</b>	Annual, Perennial or Biennial
<b>+</b>	Medicinal uses
<b>C</b>	Culinary herb
☺	Cosmetic uses
✿	Cut flowers
↻	Reseeds easily
♥	A weed or something you may already have this growing in your yard.
☕	Makes a tasty tea
!	Potentially invasive plant. Take precautions to manage it.

## **SOURCES:**

**Seeds of Change** has mostly culinary herbs. I like their Calendula and Rue.

<http://www.seedsofchange.com/>

**Territorial Seed** is certified Monsanto-free. They have a fairly good selection of medicinal and culinary herbs. <http://www.territorialseed.com/>

**Baker Creek Nursery** is my all-time favorite catalog. They have an excellent selection.

<http://rareseeds.com/>

**Goodwin Creek Gardens** If I can't find the herbs seeds I want or it is an herb that is difficult to start from seed, I can usually find just what I want at Goodwin Creek. Their plants are always big and healthy and they pack them nicely. I've never been disappointed with this company.

[www.goodwincreekgardens.com](http://www.goodwincreekgardens.com)