

Cultural Information and Planting Instructions for Herbs

Name	item#	Botanical name	ABP	height	uses	part	sow	temp	days	notes	cover	sun	
Anise	4406	<i>Pimpinella anisum</i>	A	1-3'	S B M	S	DS	M	7-28		L	PF	
Anise Hyssop	4407	<i>Agastache foeniculum</i>	P Z4	2-3'	B M	L F	DW TP	W	7-14	Lt	P	FP	
Arnica	4409	<i>A. chamissonis</i>	P Z4	20"	M O	F	TP	C		St		F	
Ashwagandha	4411	<i>Withania somnifera</i>	TP/A	2-3'	M	R	TP	M	7-21	Lt	N	FP	
Astragalus	4412	<i>A. 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	4464	<i>Ocimum sanctum</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	
Blessed Thistle	4484	<i>Cnicus benedictus</i>	A	1-2'	M	F L	TP DS	M	7-21	St	L	F	
Borage	4491	<i>Borago officinalis</i>	SSA	2-3'	E M O	F L	DS DF	C	7-14		P	FP	
Calendula	5079ff	<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	S L	DS	C				F	
Catnip	4509ff	<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>	SSB	12-18"	S	L	DS	W	7-14	Lt	L	P(F)	
Chives	4512	<i>Allium schoenoprasum</i>	P Z3	1-2'	S M E	L F	DS	C	7-14		L	FP	
Cilantro	4515ff	<i>Coriandrum sativum</i>	A	1-2'	S E	L S	DS	C	7-14		R	F(P)	
Dill	4530ff	<i>Anethum graveolens</i>	SSA	2-5'	S M O	S L	DS	W	7-21		R	F	
Echinacea	4545ff	<i>Echinacea spp.</i>	P Z3	1-3'	M O	R F	TP DW	W	14-21	St Lt	L	F	
Elecampane	4550	<i>Imula helenium</i>	P Z3	5-8'	M O	R	TP	M	7-10	Lt	N	FP	
Fennel	4556ff	<i>Foeniculum vulgare</i>	TP/A	1-3'	S M E	L S	DS	M	7-14		R	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	L F	DS	C	7-14		L	FP	
Horehound	4580	<i>Marrubium vulgare</i>	P Z3-4	20-24"	M C	L	TP DS	M	10-21		P	F	
Hyssop	4582	<i>Hyssopus officinalis</i>	P Z3-4	12-18"	M O	L F	TP DF	C	7-21		R	FP	
Joe Pye Weed	6266	<i>Eupatorium purpureum</i>	P Z3-4	5-9'	M O	R	DS DF	M	14-21	St Lt	N	P	
Lady's Mantle	4584	<i>Alchemilla mollis</i>	P Z3	12-18"	M O	L	TP	M	21-30	St Lt	N	FP	
Lavender	4585ff	<i>Lavandula angustifolia</i>	P Z5	2-3'	M O	F L	TP DF	W	14-28	St Lt	P	F	
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)	
Licorice	4590	<i>Glycyrrhiza glabra</i>	P Z4	18-48"	B M	R	TP						
Lovage	4592	<i>Levisticum officinale</i>	P Z4	3-6'	S M	L	DS DF	M	10-21		R	F(P)	
Marjoram	4616	<i>Origanum majorana</i>	TP/A	1-2'	S	L	TP	M	7-21	W	N	F	
Marshmallow	4619	<i>Althaea officinalis</i>	P Z4	4-6'	M O	R L	DS DF	C	14-21	St	L	FP	
Milk Thistle	4630	<i>Silybum marianum</i>	SSA	3-5'	M E	S F L	DS DF	M	7-14	Lt	L	F	
Mint	4632	<i>Mentha spicata</i>	P Z4	12-18"	S B M	L	TP DS	M	7-14	Lt	N	FP	
Motherwort	4639	<i>Leonurus cardiaca</i>	P Z3	2-4'	M	L F	DS DF	M	7-21	Lt	L	F	
Nettle, Stinging	4644	<i>Urtica dioica</i>	P Z2	3-6'	E M	L	DS	M	10-14	Lt	R	FP	
Oregano	4648	<i>Origanum heracleoticum</i>	P Z4	6-12"	S M	L	TP	M	7-21	Lt	N	F	
Parsley	3158ff	<i>Petroselinum crispum</i>	B Z3	8-12"	S E	L	DS DF	M	14-60	Sk	R	FP	
Pennyroyal	4651	<i>Mentha pulegium</i>	P Z5-6	8-12"	M O	L	TP	C	10-14		N	FP	
Pleurisy Root	6034	<i>Asclepias tuberosa</i>	P Z3	18-30"	M O	R	DW	M	14-28	St	L	F	
Rosemary	4657	<i>Rosmarinus officinalis</i>	TP Z7	3-5'	S M O	L	TP	M	10-42	St Lt	P	F	
Rue	4659	<i>Ruta graveolens</i>	P Z3-4	2-3'	M O	L	DS TP	M	10-21		R	FP	
Sage	4664	<i>Salvia officinalis</i>	P Z4	2-3'	S B M	L	TP DS	W	10-21	Lt	P	F	
Sage, White	4666	<i>Salvia apiana</i>	P Z6	2-3'	M C	L	TP	W	14-28	W	L	F	
Sagebrush, Silver	4668	<i>Artemisia ludoviciana</i>	P Z4	1-3'	M C	L	DW	M					
St Johnswort	4686	<i>Hypericum perforatum</i>	SP Z3	1-3'	M	F L	DS DF	M	14-28	St Lt	N	F	
Salad Burnet	4669	<i>Sanguisorba minor</i>	P Z4	1'	E M	L	TP	C				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	4680	<i>Perilla frutescens</i>	TA	2-3'	S M O	L	TP	W	7-14	Sk	St Lt	L	FP
Skullcap	4682	<i>Scutellaria lateriflora</i>	P Z4	1-2'	M O	L F	TP	M	14-21	St	P	P	
Skullcap, Baikal	4681	<i>Scutellaria baicalensis</i>	P Z4	1-2'	M O	R	TP	M	14-21	St	P	F	
Spilanthes	4683	<i>Spilanthes 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	
Sweet Woodruff	4698	<i>Galium odoratum</i>	P Z5	6-8"	O M S	L	DS DF	C	28-200		P	Sh	
Thyme	4687	<i>Thymus vulgaris</i>	P Z4	6-12"	S M	L	TP	C	14-28	Lt	N	F	
Valerian	4690	<i>Valeriana officinalis</i>	P Z4	3-5'	M O	R	DS	M	10-21	St	L	FP	
Vervain	4692	<i>Verbena hastata</i>	P Z4	5-6'	M O	R	TP	M	21-28	St Lt	N	F	
Yarrow	4699	<i>Achillea millefolium</i>	P Z2	1-2'	M O	F L	DS DF	W	10-14	Lt	N	F	

ff=and following

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

**height:** typical height at maturity.

**uses:** S=seasoning, B=beverage, M=medicine, O=ornamental, 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. Nearly any herb can be started indoors and transplanted, but this tends to be more work; TP means this method is strongly suggested for best results. Many perennials can be started in early summer indoors or out; they take several years to mature anyway, what's a few months?

**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.

**cover:** L=cover lightly, P=pat down gently, R=rake or scuffle into soil, N=no, don't cover.

**notes:** Lt=needs light to germinate, Sc=scarify seed with sandpaper or emery board, Sk=soak seed 12-24 hrs, W=water sparingly, 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 in a cold frame—the winter does the work for you!

**sun:** F=full sun, P=part sun, FP=prefers full but tolerates part, PF=prefers part but tolerates full, Sh=shade,

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

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

