

#	NAME, Common & Botanical		CLASS	LIGHT	HEIGHT	PART USED	COMMENTS
1	angelica		B	w l	4–6 ft.	seeds & leaves	Angelica prefers a moist, slightly acidic, soil. Infuse fresh or dried leaves; decoct seed.*
	Angelica archangelica						
2	anise hyssop		P	m w	3–4 ft.	leaves & flowers	Anise hyssop has a licorice flavor & aroma. Try a hot or iced tea. Fresh leaves are more flavorful.
	Agastache foeniculum						
3	basil, lemon		A	m	1–2 ft.	leaves	Lemon basil has a strong citrus scent. Try a summer tea combined with mint.
	Ocimum basilicum 'Citriodorum'						
4	bee balm (red flowered)		P	m w	2–4 ft.	leaves & flowers	Also called bergamot & Oswego tea. Decoct flowers for "Golden Melissa" tea. Drying 'tames' leaf flavor (spicy~minty~citrus taste).
	Monarda didyma						
5	Calendula		A	m w	2 ft.	blossum	Calendula tea helps soothe digestion . Cheery bright flowers that are dried for tea and other uses
	Calendula officinalis						
6	caraway		B	m	1–2 ft.	seeds	Makes a soothing, licorice-flavored tea. Seed teas are prepared by the decoction method.
	Carum carvi						
7	chamomile, Roman		P	m w	3–12 in.	flower heads	Caution: May cause an allergic reaction (this plant is in the same family as ragweed). Dried flower heads make a soothing, apple-scented tea.
	Chamaemelum nobile						

8	dittany of Crete		TP	m	8-12 in.	leaves	Dittany of Crete has played an important part in Greek Mythology, as a medicinal herb through medieval times, and as a perfume and flavoring for drinks such as vermouth, absinthe and Benedictine liqueur
	Origanum dictamnus						
9	fennel		B	m	1-2 ft.	seeds	Makes a soothing, licorice-flavored tea. Seed teas are prepared by the decoction method.
	Foeniculum vulgare						
10	lavender, English		P	m	1-2 ft.	flowers	Infused flowers make a naturally sweet tea. Thought to stimulate the appetite.
	Lavandula angustifolia						
11	lemon balm		P	m w	2-3 ft.	leaves	Fresh leaves have more flavor ~ tea has a lemony taste/scent. The colonists used for "Melissa tea."
	Melissa officinalis						
12	lemon grass		TP	m	2-3 ft.	leaves	Use fresh or dried leaves; strong lemon aroma. Also used as a flavoring in oriental cooking.
	Cymbopogon citratus						
13	lemon verbena		TP	m	2 ft. +	leaves	Called the "queen of the lemons." Fresh/dried leaves have a wonderful flavor & fragrance.
	Aloysia triphylla						
14	mint, spearmint		p	m w	1 1/2 ft.	leaves	Mint tea is a herbal tea made by infusing mint leaves in hot water.
	Menta spicata Kentucky Colonel						
15	mint, spearmint		P	m w	1-2 ft.	leaves	Fresh spearmint has a refreshing taste & scent. May be a bit strong on its own.
	Mentha spicata						

16	New Jersey tea		P	m w	3 ft.	leaves	The dried leaves of this nitrogen-fixing shrub make an excellent tea that was very popular during the Revolutionary War period
	Ceanothus americanus						
17	rose, rugosa		P	m	2 1/2 ft. height	hips (fruit)	A relatively small, hardy rugosa with deep pink buds, double white flowers/lavender overtones~ recurring bloom; red hips (high in vitamin C).
	Rosa rugosa 'Schneekoppe'						
18	rosemary		TP	m w	1-3 ft.	leaves	Fresh or dried leaves make a mild, soothing tea. Traditionally grown in pots to overwinter indoors.
	Rosmarinus officinalis						
19	sage, common		P	m w	2 ft.	leaves	Dried leaves make a full-bodied, therapeutic tea; valued in China (for long life). We exported sage and imported "regular" tea.
	Salvia officinalis						
20	tea		TP	m w	to 6 ft.	leaves	This plant is the source of "regular" tea (black, green & oolong). This ornamental evergreen prefers slightly acidic soil. Commercial growers harvest only the tender new growth.
	Camellia sinensis						
21	thyme, lemon		P	m w	6-8 in.	leaves & flowers	Use fresh or dried leaves (tender stems/flowers may also be used) for a fragrant, spicy brew.
	Thymus x citriodorus						
Key:	A = annual, B = biennial, P = perennial, TP = t m = sun, w = partial shade, l = shade The N.E. Unit of the HSA 5/11/96						