

New England Unit Teaching Herb Garden Culinary Plant List

Common Name	Botanical Name	Cultivation in Zone 5	Culinary Uses
Anise Hyssop	<i>Agastache foeniculum</i>	Perennial. Height 2-4 feet. Long purple flower spikes in summer. Prefers sun, rich, well drained soil.	Young leaves and flower petals have anise flavor. Use in savory dishes, chicken marinade, salads, cold drinks, baked goods.
Bay Laurel; Sweet Bay	<i>Laurus nobilis</i>	Tree. Can grow to 50 feet. Not hardy. Grow in containers and winter over inside. Full sun or partial shade. Prune to keep shape desired. Prone to scale.	Dry the leaves and store up to a year. Use in stews, sauces, soups. Especially good in tomato sauce. Leaves are primary ingredient in bouquet garni.
Bronze Fennel	<i>Foeniculum vulgare rubrum</i>	Perennial. Height 3-5 feet. Member of parsley family. Prefers full sun, light, rich, well drained soil. Self sows freely. Don't grow near dill as will cross pollinate. Used for its ornamental value in landscape.	Adds anise like flavor to salads, soups, stews, marinades. Especially good with fish. Seeds used in making pickles, soups and bread. Best to harvest leaves before the flowers open. Harvest seeds when they turn brown.
Chive	<i>Allium schoenoprasum</i>	Perennial. Height 1-2 feet. Forms clumps. Plant in full sun to partial shade. Prefers well drained but moist soil. Cut back after flowers to stimulate growth.	Leaves have a mild onion flavor. Use to flavor and garnish salads, soups, egg and cheese dishes, herbal butters. Add to baked, boiled or mashed potatoes. Edible flowers can be used as a garnish or added to salads. Chop and freeze chives to use during the winter.
Circle chive	<i>Allium senescens ssp. Glaucum</i>	Perennial. Height 9". Plant in full sun, well drained soil. Curly silver grey foliage. Lavender flowers bloom in late summer.	Used mostly as edging and for its ornamental appeal.
Cilantro, Coriander	<i>Coriandrum sativum</i>	Annual. Height 12 to 30 inches. Prefers full sun to partial shade, well drained, moderately rich soil. Sow seed successively for a continuous supply. Leaves resemble parsley.	Leaves are referred to as cilantro and the seeds as coriander. Used in Indian, Middle Eastern and Mexican cooking. Add cilantro leaves at the end of cooking to preserve full flavor. Use in salsa, guacamole, soups, salads, stir fry. Harvest seeds as they ripen. Seeds used in pastries, sausage, pickling and curry powder.

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Day Lily	<i>Hemerocallis</i>	Perennial. Height 2-3 feet. Grow in full sun to partial shade. Average, well drained soil.	Dried flowers used in Moo Shu pork and hot and sour soup. Buds can be sauteed. Flavor resembles green beans or asparagus. Flowers minus stamens and pistils can be stuffed, breaded and deep fried. Tubers can be cooked like potatoes.
Dwarf Quince, Apple	<i>Cydonia oblonga</i>	Small shrub. Height. 2-3 feet. Full sun to partial shade. Prefers acid, moist, but well, drained soil.	Make into jelly or marmalade.
Basil, Genoa	<i>Ocimum basilicum</i> 'Genova'	Annual. Italian variety. Height 24 to 30 inches tall. Prefers full sun, rich, well drained soil. Pinch tops to encourage branching. Harvest stems down to two or four leaves to encourage new growth.	Use in pesto, tomato sauces, salads, in vegetables dishes, herb butter and to flavor soups.
Lavender	<i>Lavandula angustifolia</i>	Small shrub. Height 1 to 3feet. Full sun. Well drained , neutral to alkaline soil.	Flowers used to flavor sorbets, vinegars, lemonade. Use lavender flavored sugar for baking. Crystallized flowers can be used as garnish.. Leaves are used in marinades and stews. Caution, use in small quantities as flavor can be overpowering. Also ingesting large quantities can be toxic.
Lavender, Grosso	<i>Lavandula x intermedia</i>	Perennial. Height 24 inches. Very dense foliage. Violet-blue flowers. Disease resistant. Well drained, neutral to alkaline soil. Full sun. Pick as buds begin to open.	Same as above.
Lemon Balm, Golden	<i>Melissa aureum</i> <i>officinalis</i>	Perennial. Height. 12 - 32 inches. Best in part shade. Cut back after flowering to encourage new growth. Member of mint family. Can be invasive.	Subtle lemon flavor. Use young leaves in salads, soups, sauces, vinegars, teas and punches.
Basil, Lemon	<i>Ocimum x Citridorum'</i>	Annual. Height 12 to 18 inches. Prefers full sun, rich, well drained soil. Comes from Indonesia. Somewhat more tender to cold temperatures.	Use in salads, with fish and chicken.

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Lemon Grass	<i>Cymbopogon citratus</i>	Annual. Height 3ft. Full sun. Well drained soil. Forms clumps.	Flavor subtle. Leaves make a tea. Use lower part of the stalk in cooking. Bruise stalk to release flavor. Use with fish, shell fish. Add to stock for poaching chicken or fish. Slice into rings and use in salads or soups. Discard portions too hard or fibrous.
Low Bush Blueberry	<i>Vaccinium angustifolium</i>	Deciduous shrub. Height 6 inches x 2feet . Grow in acidic, low fertility soil that is moist, but well drained. Prefers full sun to light shade. Fine ground cover.	Fruit is rich in vitamin C and can be used raw, cooked or dried like raisins.. Use in pies, pastries, cereals, jellies etc. A tea is made from the leaves and dried fruit
Marigolds, Signet Gem	<i>Tagetes 'Lemon Gem' and 'Tangerine Gem'</i>	Annual. Height 10 inches. Well drained, fertile soil in full sun. Dead head to prolong growth.	Use flowers in salads and as garnishes. The Gem varieties have a citrus flavor.
Mignonette Strawberry	Alpine <i>Fragaria vesca</i>	Perennial. Height 8-10inches. Prefers full sun and neutral to alkaline soil. Short-lived.	Use fruit in desserts, jam, syrup and wine.
Nasturtium	<i>Nasturtium Tropaeolum 'Empress' 'Peaches and Cream '</i>	Annual. Height 12 inches. Sun. Well-drained but moist, average soil.	All parts used. Has a peppery flavor. Use leaves in salads. Add flowers to salad and use as garnish. Flower buds and seeds can be pickled and substituted for capers.
Orange Mint	<i>Mentha x piperita x f. citrata 'Orange'</i>	Perennial. Height 12 inches. Rich, moist soil in sun or partial shade. Purple edged leaves with strong citrus-like scent. Like all mints can become invasive.	Use in teas, iced drinks and fruit salads.
Oregano	<i>Origanum vulgare</i>	Perennial. Height 12-36 inches. Well drained, alkaline to neutral soil. Purple pink flowers in summer.	Used in Italian, Greek and Mexican cooking. Often used dried and added to tomato sauces, chili, eggplant dishes, stews, stuffing.
Oregano, Greek	<i>Origanum vulgare subsp. hirtum 'Greek'</i>	Perennial. Height 18-24 inches. Well drained to dry, alkaline to neutral soil. Bright green leaves and white flowers.	Same as above.

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Golden Marjoram	<i>O. vulgare 'Aureum'</i>	Perennial. Height 12 inches. Full sun. Well drained to dry, alkaline to neutral soil. Small, bright yellow-green leaves and lavender pink flowers. Dense foliage. Can be used as a groundcover.	Milder flavor than other oreganos. Use in vegetable dishes, salads.
Parsley, curly	<i>Petroselinum crispum</i>	Annual in zone 5. Height 12 inches. Full sun. Rich, well drained, neutral soil. Leaves have curly margins. Ornamental use as edging.	Use as garnish, in herbal butters, bouquet garni, to flavor salads, stuffing, egg dishes, fish, tomatoes, vegetables, potatoes.
Parsley, Italian	<i>Petroselinum Italicum</i>	Annual in zone 5. Height to 36 inches. Full sun. Rich, well drained, neutral soil. Dark green leaves with flat segments. Hardier than curly parsley.	Same as above. Best flavor for cooking. Use in Italian gremolata , salsa verde and tabbouleh.
Peppermint	<i>Mentha x piperita</i>	Perennial. Height 12 inches. Rich, moist soil in sun or partial shade. Creeping purple tinged leaves. Like all mints can become invasive.	Use in teas, iced drinks and fruit salads.
Basil, Purple Ruffles	<i>Ocimum basilicum 'Purple Ruffles'</i>	Annual. Height 18-24 inches. Prefers full sun, rich, well drained soil. Its dark purple leaves and pink flowers have ornamental value as well as culinary use.	Use in salads and as garnish. Gives herb vinegar and jellies a deep rich, red color.
Rosemary	<i>Rosmarinus officinalis</i>	Annual or over winter inside. Height 2-3 feet. Full sun. Well drained, neutral to alkaline soil. Prune after flowering to encourage bushy growth.	Strong flavor. Use in marinades, stews, in grilling meats, with chicken, lamb, pork, vegetables such as parsnips, potatoes and acorn squash.
Sage, Garden	<i>Salvia officinalis</i>	Perennial. Height 24-30 inches. Shrub like evergreen. Member of mint family. Prefers well drained, neutral to alkaline soil. Responds to fertilizer. Draught tolerant once establish.	Use leaves in poultry or pork stuffing, in bouquet garni, in stews, cheese and egg dishes. Can be overpowering so use sparingly.
Sage, Purple	<i>Salvia officinalis 'Purpurescens'</i>	See above. Height 18 inches. Less hardy. Colorful, variegated foliage adds to garden design.	Milder flavor than garden sage. Use colorful foliage as garnish.
Salad Burnet	<i>Sanguisorba minor</i>	Perennial. Height 18 inches. Grow in sun to light shade. Prefers light, average, well drained soil. Needs to be watered regularly. Self sows.	Leaves have mild, cucumber flavor. Best used fresh. Add to salads, soups, herbal butters, cream cheese, herbal vinegars.

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Savory, Summer	<i>Satureja hortensis</i>	Annual. Height 18 inches. Grows easily from seed. Prefers light, well drained, rich soil in full	Thyme-like flavor. Use in stews, legumes, in bouquet garni for lamb, pork dishes. Add to potato, lentil or
Savory, Winter	<i>Satureja montana</i>	Perennial. Woody, compact sub shrub. Height 4-16 inches. Full sun. Well drained to dry, neutral to alkaline soil.	Strong flavor. Use sparingly to flavor legume dishes, fish stews, lamb dishes
Basil, Spicy Globe	<i>Ocimum 'Spicy Globe'</i>	Annual. Height 10 inches. Compact, rounded shape. Prefers full sun, rich, well drained soil. Nice edging plant.	Pungent flavor
Marjoram, Sweet	<i>Origanum majorana</i> <i>syn. Majorana hortensis</i>	Annual. Height 24 inches Full sun. Well drained to dry, alkaline soil.	More delicate flavor than oregano. Add at end of cooking. Used in Greek and Italian cooking. Use in sauces, soups, salads, to flavor oil and vinegar.
Tarragon	<i>Artemisia dracunculus</i>	Perennial. Height 1-2 feet. Full sun in rich and well drained soil. Protect in winter until well established.	Mild anise flavor. Use in fish, poultry and egg dishes. Also used in herbal vinegars and mustards. Main ingredient in bearnaise sauce.
Thyme, Common	<i>Thymus vulgaris</i>	Short-lived perennial. Upright, sub shrub. Height 12 inches. Full sun. Prefers light, well drained, alkaline soil. Protect with mulch in winter. Cut back to prevent woody growth.	Use fresh or dried leaves to flavor stews, meat and fish dishes. Add to carrots and onion dishes. Use to flavor marinades, in salad dressings, in bouquet garni.
Thyme, Lemon	<i>Thymus X citriodorus</i>	Short-lived perennial. Compact, upright sub shrub. Height 10-12inches. Full sun and light, well drained, alkaline soil. Protect with mulch in winter. More tender than common thyme.	Lemony over tones. Use to flavor fish, seafood, chicken dishes. Use also to flavor fruit salads and baked goods.

Compiled and researched by Jennifer Brindisi and Riekie Sluder for the New England Unit Inc. of The Herb Society of America. 2008
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