



# Creative Gardener

... inspiring gardeners to create

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## YOUR GARDEN OF HERBS!

Grow an aromatherapy garden, attract pollinators to the garden, harvest for flavor and healing, landscape for beauty. Discover all the ways herbs give back to you throughout the year.



**Basil** (*Ocimum*): landscape design, edible leaves, container gardens. Warm season annual, easy started from seed. Dislike cool nighttime temperatures. Great for fresh dishes like pesto, an annual that loves the warmth of summer so wait until evening temperatures stay consistently above 50 degrees before placing plants out in the garden. In skin care basil is a healing skin tonic.

**Bee Balm** (*Monarda didyma*) landscape design, butterfly attraction, edible flower petals. Deer resistant and a hummingbird magnet. Will do better in moist soil. Is a member of the mint family, so can spread.

**Calendula**: landscape design, pollinator attraction, cut flowers, edible flower petals, healing and skin care. Annual. Full sun to part shade. Easy to grow and start from seed. Grows 1 to 2 feet tall. Deadhead faded blooms to encourage repeat blooming. Use flower petals fresh or dried.

**Chamomile** (*Chamaemelum nobile*) Landscape design, bee attraction, edible flowers, healing. Zone 4. Herbaceous perennial. Full sun to part shade. Grows up to 12 inches tall.

**Chives** (*Allium spp.*) landscape design, bee attraction, edible flowers, and stems, cutting garden. Zone 4. The allium species are bulbous perennials that make up one of most widely used flavoring groups of plants which includes chives, garlic, and onions. Easy to grow in a sunny, well draining location. This plant makes healthy abundant grass-like clumps and is the easiest herb to grow with purple flowers brighten the landscape. The flowers also have a spicy onion flavor that can be added to salads and vinegars. Pluck the purple petals to garnish cream cheese on crackers.

**Lavender** (*Lavandula spp.*) Landscape design, edible flowers, aromatherapy, cutting garden, healing. Zone 5. Herbaceous to semi-evergreen perennial. Varieties grow from 12 inches to 4 feet tall. Full sun. Prefers dry rocky soil, dislikes too much compost or richness. A classic aromatherapy and crafting favorite. Grow the English and intermediate hybrid varieties for best crafting and fragrance. Lavender is the all-time best skin healer. Use the flower buds in bathing blends and spa scrubs.

**Lemon verbena** (*Aloysia triphylla*): landscape design, aromatherapy, edible leaves. Not hardy to hard winter frost. Grow as a shrubby annual.

### HERBS FOR LANDSCAPING

Artemesia  
 Basil Genovese  
 Basil 'Magic Mountain'  
 Basil 'Purple Opal'  
 Basil 'Red Rubin'  
 Bee Balm 'Fireball' (*Monarda*)  
 Calendula  
 Catmint 'Walker's Low' (*Nepeta*)  
 Chamomile  
 Chives  
 Echinacea 'Kim's Knee high'  
 Echinacea 'Magnus'  
 Fennel  
 Germander  
 Hops (*Humulus l*)  
 Hyssop  
 Lady's Mantle (*Alchemilla m*)  
 Lavender 'Grosso'  
 Lavender 'Hidcote'  
 Maidenhair tree (*Ginkgo*)  
 Mint  
 Nasturtiums  
 Oregano, Golden creeping  
 Oregano, 'Hopley's Purple'  
 Parsley  
 Pineapple Sage (*Salvia*)  
 Purple garden sage (*Salvia*)  
 Rosemary 'Arp'  
 Rue 'Jackman's Blue'  
 Rugosa Rose  
 Sage 'Berggarten' (*Salvia*)  
 Santolina  
 Sweet Woodruff  
 Thyme 'Elfin'  
 Thyme 'Lemon Frost'  
 Thyme 'Pink Chintz'  
 Thyme 'Wooly'

**Mint** (*Mentha spp.*) container gardens, edible leaves, healing herb Zone 4. Herbaceous spreading perennial. Grows up to 2 feet tall. Like rich moist soil, can take partial shade in the garden. This can be an aggressive spreader so contain them in pots. Cooling and stimulating, fragrant, good for upset tummy tea. An after dinner mint is based on medicinal lore that it would help digest greasy and fatty foods. Mint is an up-lifter use it in a foot bath to invigorate feet.

**Oregano** (*Origanum spp.*) landscape design, cutting gardens, edible flowers, bee and butterfly attraction, Zone 4. Herbaceous perennial. Some species are tender to frost. Growth habits are both upright and spreading to 3 feet. Needs sun and well-drained soil. Greek oregano is the most pungent and flavorful, use the leaves fresh but have some dried for sauces and mixes. Look for spicy white flowering Greek oregano for best flavor.

**Parsley** (*Petroselinium crispum*) landscape design, edible leaves, healing Biennial, typically grown as an annual. Like full sun and well-draining soil. The Italian flat leaved variety has better flavor than the curly leaf. It is a biennial plant, so allow some to go to seed the second year to have the crop return. Rich in Vitamin A and C, it is a healer both internally and externally. An amazing skin healer for acne and irritation. Make a infusion in water and wipe skin with a cotton ball.



**Roses** (*Rosa rugosa*) landscape design, edible flowers, and rose hips, aromatherapy, cutting gardens, healing Zones 2-7. Shrub. Needs sun. Height 4 to 6 feet. Rugosa roses are disease and pest resistant. They also tolerate cold winters.

**Rosemary** (*Rosmarinus officinalis*) landscape design, culinary, aromatherapy, healing Zone 7. Tender perennials treated as an annual below zone 7. The trailing rosemary Prostratus Group are not hardy below zone 7. The upright variety R. officinalis 'Arp' has been proven to be the hardiest and is known to overwinter in zone 5. Needs full sun and well-draining soil. Pungent

and aromatic, plant in the full sun for best growth. Classic varieties like 'Tuscan Blue' have a sky blue bloom in the winter months. Not just for cooking, rosemary is also used as an antiseptic and bathing herb.

**Sage** (*Salvia spp.*): landscape design, edible leaves, cutting garden, healing herb. Woody perennial, deer resistant and drought tolerant. Grow variegated and purple forms for leafy , evergreen texture in the garden.

**Thyme** (*Thymus spp.*) landscape design, edible leaves, container gardens, Zone 4. Full sun, low growing (under 12 inches) herbaceous perennial. Will stay evergreen in mild winter areas. Tolerates dry, rocky soils. Use creeping varieties in-between stepping-stones and use the upright types for cooking. The variegated yellow lemon thyme variety has a great flavor and fragrance. And in case you'd like to know, it is well known for its anti-fungal qualities in skin care.

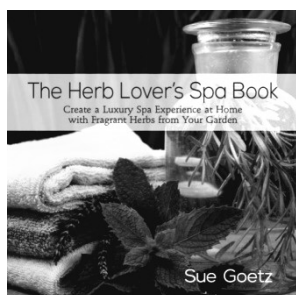


**HERBS FOR POLLINATOR GARDENS**

- Anise Hyssop
- Catmint
- Echinacea
- Lavender
- Oregano
- Bee Balm
- Borage
- Chives
- Dill (especially attractive to ladybugs)
- Lemon Balm
- Parsley ( host for butterfly larvae)
- Rosemary
- Thyme

**HEALING REMEDY GARDENS**

- Aloe Vera (burn and skin healing)
- Basil (healing to highly irritated skin)
- Calendula (calming, healing to skin)
- Chamomile (tea promotes sleep)
- Lavender (healing,, skin renewal)
- Lemon Balm (ani-depressant, calmer)
- Mints (stimulating and uplifting)
- Sage (healing, anti-inflammatory)
- Thyme (healing, antiseptic)



More for your herb garden discoveries!

**A Taste for Herbs**  
 Your guide to seasonings, mixes and blends from the herb lovers garden  
**The Herb Lover's Spa Book**  
 Create a luxury Spa Experience at Home with Fragrant Herbs from your Garden

