

# Herbal Home Remedies



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Herbs and Pregnancy  
Preparing Medicinal Herbs

The body tends to heal itself if given the right support. Herbs are a gentle way to promote healing.

The information contained on these pages is continuously revised and updated and each entry is verified by several sources, however it is not intended as a substitute for professional medical care. If irritations result from the use of herbal remedies, discontinue.

The conditions listed below are linked to specific herbs to use as treatment. Herbs are most effective if properly prepared. Consult [Preparing Medicinal Herbs](#) for instructions and advise about preparing herbs.

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Arthritis

See [Rheumatism](#)

# Abcesses

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>• cleavers (leaves)</li><li>• echinacea (leaves, flowers)</li></ul>	<u>infusion</u> , <u>tincture</u>
	<ul style="list-style-type: none"><li>• garlic</li></ul>	raw, <u>capsules</u>
	<ul style="list-style-type: none"><li>• fenugreek (seeds)</li></ul>	<u>poultice</u>

# Preparing Herbal Remedies



To get the maximum benefit from herbal remedies, the herbs must be properly prepared. To help determine which herbs should be used for the condition you are treating, see [Herbal Home Remedies](#). Women of childbearing age should always make sure the herbs they are using are safe during pregnancy. Here are some standard herbal preparations:

## Infusions



A standard infusion is prepared by adding 1 to 2 teaspoons of dried herb (or 2 to 4 teaspoons of fresh herb) to a cup of boiling water. Infuse for 10 minutes before straining. If the herb is left too long, the infusion will become bitter. It's best to use a ceramic pot with a lid.



The standard dosage is one cup three times a day. It may be taken hot or cold, but infusions prepared for colds and flu should be taken hot. Never prepare the infusion more than 24 hours in advance.



## Decoctions

This is usually the method of choice for bark and seeds. Use 1 to 2 teaspoons of herb per cup of cold water. Bring the mixture gently to a boil. Keeping covered, simmer for about 10 minutes.

The usual dosage is 1 cup three times a day. If the herb is very bitter or strong, use 4 teaspoons three times a day. Prepare no more than 24 hours in advance.

## Tincture

A tincture is an alcoholic extraction of herb. Alcohol dissolves the active constituents out of the plant matter and acts as a preservative, allowing the tincture to

retain its effectiveness for up to 2 years. Any part of the plant may be used.

Place 4 ounces of dried herb in a glass jar with a tight-fitting lid and add 2 cups vodka. Leave for two weeks, shaking occasionally, then strain through a cloth into a brown glass bottle. Keep tightly closed.

The standard dosage is 15 drops three times daily.

## Herbal Wine

Use a sweet red wine with an alcohol content of at least 12%. Cover four ounces of herb with three cups of wine. Leave for a week before straining.

Take four teaspoons one or two times daily. Herbal wine is best used within a month.

## Syrup

Sugar is a good preservative and is ideal for cough mixtures, especially since some herbs for cough are very bitter.

Prepare two cups of an infusion or decoction of the required herb. Strain and add 1¾ cup brown sugar or a honey and sugar mixture. Heat gently until the sugar dissolves. Pour into a clean glass bottle and seal. Store in the refrigerator.

The standard dosage is one teaspoon three times a day.

## Capsules

Dry, powdered herb can be placed inside empty capsules. This method is preferred by some people who cannot tolerate bitter herbs.

## Oil Infusion

Oil infusions are for external use only. They can be prepared by hot or cold methods. For the hot method, fill a jar with fresh herb and cover with olive, sunflower or almond oil. Place the jar up to the neck in a saucepan of water and bring to a medium temperature. Simmer for up to three hours. Strain through filter paper or cloth into a brown glass bottle. Follow the same instructions for the cold method, except that the oil should be placed on a sunny windowsill instead of heated. The process can be repeated with the strained oil infusion and a fresh supply of herbs to make a stronger oil.

## Cream

A cream is a blend of oil, beeswax and water. You can make your own, or purchase an unscented, water based cream. After adding herb to purchased cream, simmer in the top of a double boiler for 30 minutes. Strain before it cools.

Melt two ounces beeswax in a double boiler. Add one cup olive or other vegetable oil and blend. Add two ounces herb. For lighter cream, add a little water, mixing well. Simmer 20 minutes, mixing well. Add a drop of tincture of benzoin as a preservative. Strain thorough a cloth in to sterilized jars.

## Ointment

Ointment does not penetrate the skin like cream, but covers and protects it. Petroleum jelly is a good base, and the method is the same as for a cream.

Melt petroleum jelly in a double boiler and add plenty of herbs, making sure that the melted petroleum jelly covers the herb. Simmer until the herbs are crisp. More herb may be added to make a stronger ointment. Strain into jars while hot.

## Suppositories

These are best made in advance so they will be ready when needed. Blend equal quantities of powdered herbs with cocoa butter. Place the mixture into bullet-shaped molds made of foil and refrigerate. Remove the foil before use.

## Compress

Soak a cloth in a hot decoction of herb, squeeze most of the liquid out and apply the hot cloth to the affected area. Once it has cooled, repeat the process. Tinctures of other herbs and essential oils can be added to the liquid.

## Poultice

Poultices are effective for boils, abscesses, chest infections and sprains. Mix chopped herb or powdered seeds with boiling water to make a pulp. Place the pulp in a piece of cloth and apply to the affected area while hot. It should be replaced when cool. A thin layer of calendula cream will protect the skin and prevent the poultice from sticking.

# Steam and Inhalant

Use steam for skin problems like acne and an inhalant for bronchial problems like sinusitis and laryngitis. Add a strong decoction, one or two drops of essential oils, or 2 teaspoons of tincture to boiling water.

# Acne

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● cleavers (leaves)</li><li>● burdock (leaves)</li></ul>	<u>infusion</u>
Externally	<ul style="list-style-type: none"><li>● <u>lavender</u></li></ul>	essential oil -- dilute 1:10 with water, rosewater or witch hazel.
	<ul style="list-style-type: none"><li>● <u>calendula</u> (flowers)</li></ul>	<u>tincture</u>
	<ul style="list-style-type: none"><li>● <u>garlic</u></li></ul>	Rub affected area with a cut clove.
	<ul style="list-style-type: none"><li>● tea tree</li></ul>	Essential Oil -- Dilute 1:10 with water, rose water or witch hazel.
	<ul style="list-style-type: none"><li>● cabbage</li></ul>	Liquify cabbage leaves with witch hazel. strain and add two drops of lemon oil. Use as a lotion.

# Anemia

## Herb

- stinging nettle (leaves, flowers)

## Administration

tincture, juice, infusion

Take 10 ml of juice every day or an infusion made with fresh herb.

**Internally**



# Anxiety

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>lemon balm</u> (leaves)</li></ul>	<u>tincture</u> , <u>infusion</u> , tablets
	<ul style="list-style-type: none"><li>● passion flower</li></ul>	Take 1 ml <u>tincture</u> 3 times a day or take an <u>infusion</u> .
	<ul style="list-style-type: none"><li>● <u>chamomile</u> (flowers)</li><li>● valerian (leaves, flowers)</li></ul>	<u>tincture</u> , <u>infusion</u> , tablets
Externally	<ul style="list-style-type: none"><li>● <u>lavender</u> (essential oil)</li></ul>	bath, <u>compress</u> on forehead

# Rheumatism and Arthritis

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● birch</li><li>● <u>buchu</u></li><li>● celery seed</li><li>● devil's claw</li><li>● <u>feverfew</u></li><li>● juniper</li><li>● willow bark</li></ul>	<u>infusion</u> or tincture
Externally	<ul style="list-style-type: none"><li>● arnica</li></ul>	oil or <u>cream</u>
	<ul style="list-style-type: none"><li>● rosemary</li></ul>	<u>oil infusion</u> with added juniper oil
	<ul style="list-style-type: none"><li>● <u>angelica</u></li></ul>	oil added to a hot bath or a <u>compress</u> that has been soaked in a <u>tincture</u>
	<ul style="list-style-type: none"><li>● devil's claw</li></ul>	use 1 to 3 grams of powder per day in a <u>capsule</u> .  Combine devil's claw in a <u>tincture</u> with equal amounts of angelica, St. John's wort, bogbean or celery seed.

# Asthma

	Herb	Administration
Externally	<ul style="list-style-type: none"><li>● <u>Roman chamomile</u> (flowers)</li></ul>	Add the essential oil to a chest rub or steam inhalant or immerse 1 tbs. flowers in a bowl of boiling water for a steam inhalant at the first sign of an attack.
	<ul style="list-style-type: none"><li>● eucalyptus (essential oil)</li></ul>	Mix 1-2 ml essential oil in 23 ml carrier oil for a chest rub. Place a few drops on a pillow or handkerchief as an inhalant. <b>carrier oils:</b> <i>almond, sunflower, wheatgerm</i>
	<ul style="list-style-type: none"><li>● gumplant (leaves, flowers)</li></ul>	Use 15 grams in 500 ml for an <u>infusion</u> . Take up to 5 ml per day in 1-2 ml doses.
	<ul style="list-style-type: none"><li>● <u>sage</u> (leaves)</li></ul>	Burn to inhale.
	<ul style="list-style-type: none"><li>● <u>thyme</u> (leaves)</li></ul>	steam inhalant

# Blood Pressure -- High

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>garlic</u> (clove)</li><li>● hawthorn (flowers, berries)</li><li>● linden (blossom)</li><li>● wood betony (leaves, flowers)</li></ul>	<u>tincture</u> , <u>infusion</u>
	<ul style="list-style-type: none"><li>● <u>yarrow</u> (leaves, flowers)</li></ul>	Add 15 g. herb to 500 ml water for an <u>infusion</u> or take up to 2.5 ml <u>tincture</u> 3 times a day.

## Blood Pressure -- Low

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● rosemary (leaves, flowers)</li></ul>	Take up to 10 ml of <u>tincture</u> per day, or use an <u>infusion</u> .
	<ul style="list-style-type: none"><li>● motherwort (leaves, flowers)</li></ul>	<u>infusion</u> or <u>tincture</u>

# Bruises

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>St. John's wort</u> (flowers)</li></ul>	<u>infusion</u> , <u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● Arinca (flowers, roots)</li></ul>	<u>cream</u> , <u>compress</u> prepared from <u>tincture</u>
	<ul style="list-style-type: none"><li>● <u>hyssop</u> (leaves, flowers)</li></ul>	<u>compress</u> prepared from a <u>tincture</u>

## Minor Burns

	Herb	Administration
Externally	<ul style="list-style-type: none"><li>● <u>lavender</u></li><li>● <u>St. John's wort</u></li></ul>	essential oil diluted 1:10
	<ul style="list-style-type: none"><li>● comfrey (roots and leaves)</li></ul>	<u>cream</u>
	<ul style="list-style-type: none"><li>● <u>aloe</u></li></ul>	juice

# Chemotherapy Side Effects

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● fenugreek (seeds)</li></ul>	tea
	<ul style="list-style-type: none"><li>● Siberian ginseng (root)</li><li>● milk thistle (seeds)</li></ul>	<u>tincture</u> , <u>infusion</u>



# Chilblains

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>cayenne</u></li><li>● ginger (root)</li><li>● <u>rosemary</u> (leaves, flowers)</li></ul>	<u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● eucalyptus</li></ul>	essential oil
	<ul style="list-style-type: none"><li>● slippery elm</li><li>● <u>cayenne</u></li></ul>	<u>poultice</u>

# Colds

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>echinacea</u> (leaves, flowers)</li><li>● elder (leaves, flowers, berries)</li><li>● eyebright (leaves, flowers)</li><li>● ginger (root)</li><li>● <u>peppermint</u> (leaves)</li><li>● <u>yarrow</u> (leaves, flowers)</li><li>● <u>catnip</u> (leaves)</li></ul>	<u>infusion, tincture</u>
	<ul style="list-style-type: none"><li>● <u>Hyssop</u> (leaves, flowers)</li></ul>	<u>infusion</u>
	<ul style="list-style-type: none"><li>● <u>borage</u> (leaves)</li></ul>	tea
Externally	<ul style="list-style-type: none"><li>● <u>Thyme</u> (leaves)</li></ul>	<u>steam inhalation</u>

# Colic

## Herb

## Administration

### Internally

- caraway (seeds)
- chamomile  
(leaves, flowers)
- fennel (seeds)
- ginger (root)
- peppermint  
(leaves)
- wild yam
- catnip
- dill

infusion, tincture

For infants, add 5-10 drops of a tincture of fennel, dill or catnip to bottle. Many herbalists recommend combining fennel and dill.

### Externally

- Chamomile  
(flowers)

bath

# Constipation

## Herb

## Administration

## Internally

- linseed (seeds)

chew seeds

- rhubarb (root)

Add 10-15 g herb to 500 ml water for a decoction or take 2 ml tincture up to three times a day.

- guelder rose (bark)

infusion, tincture

# Coughs

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● anise (seeds)</li><li>● coltsfoot (flowers, leaves)</li><li>● elecampane (roots)</li><li>● <u>garlic</u> (bulb)</li><li>● mullein (flowers, leaves)</li><li>● ribwort (leaves)</li><li>● <u>thyme</u> (leaves)</li><li>● white horehound (leaves, flower tops)</li><li>● <u>English mallow</u> (dried roots, leaves and flowers)</li></ul>	<u>syrup</u> , <u>infusion</u> , <u>tincture</u>
	<ul style="list-style-type: none"><li>● <u>caraway</u> (seed)</li><li>● <u>hyssop</u> (flowers, diluted essential oil)</li></ul>	Use in combination with above herbs.
Externally	<ul style="list-style-type: none"><li>● <u>thyme</u> (leaves)</li></ul>	<u>steam inhalant</u>

# Cramps

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● black cohosh (dried root and rhizome)</li><li>● hop (female flower inflorescences)</li><li>● skullcap (leaves and flowers)</li><li>● valerian (root and rhizomes)</li></ul>	<u>infusion</u> , <u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● <u>rosemary</u> (leaves)</li></ul>	massage with <u>oil infusion</u>

# Cystitis

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● birch (leaves)</li><li>● <u>buchu</u> (leaves)</li><li>● <u>echinacea</u> (roots, leaves, flowers)</li><li>● <u>goldenrod</u> (leaves, flowers)</li><li>● ribwort (flowers)</li></ul>	<u>infusion</u> , <u>tincture</u>

# Depression

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● oats (entire plant)</li><li>● <u>rosemary</u> (leaves, flowers)</li><li>● skullcap (leaves, flowers)</li><li>● <u>St. John's wort</u> (flowers)</li></ul>	<u>infusion</u> , <u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● <u>rosemary</u> (leaves) with lavender or bergamot</li></ul>	bath



# Detoxification

	Herb	Administration
<b>Internally</b>	<ul style="list-style-type: none"><li>● birch (leaves)</li><li>● dandelion</li><li>● stinging nettle (leaves collected while in flower)</li></ul>	<u>infusion</u>
<b>Externally</b>	<ul style="list-style-type: none"><li>● pine (needles)</li></ul>	bath
	<ul style="list-style-type: none"><li>● <u>sage</u> (leaves)</li><li>● <u>thyme</u> (leaves)</li></ul>	<u>compress</u>

# Diaper Rash

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● burdock (root)</li></ul>	add five drops of a <u>tincture</u> to a bottle for babies under 22 pounds, or 10 drops for babies over 22 pounds.
Externally	<ul style="list-style-type: none"><li>● plantain (leaves)</li></ul>	Apply <u>ointment</u> or <u>infused oil</u> frequently as required.
	<ul style="list-style-type: none"><li>● comfrey</li></ul>	Apply <u>ointment</u> or <u>infused oil</u> frequently as required. Use a paste of powdered root as a poultice.
	<ul style="list-style-type: none"><li>● pansy</li></ul>	<u>tincture, cream</u> <i>use Viola tricolor which is smaller than the regular garden pansy</i>

# Diarrhea

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>agrimony</u> (leaves, flowers)</li><li>● <u>lady's mantle</u> (leaves)</li><li>● meadowsweet (leaves, flowers)</li><li>● ribwort (leaves)</li></ul>	<u>infusion</u> , <u>tincture</u>

# Diverticulitis

## Herb

## Administration

**Internally**

- caraway
- chamomile
- echinacea
- willow bark

infusion, tincture

**Externally**

- peppermint

poultice

# Dyspepsia

	Herb	Administration
<b>Internally</b>	<ul style="list-style-type: none"><li>● <u>chamomile</u> (leaves)</li><li>● ginger (root)</li><li>● meadowsweet (leaves, flowers)</li><li>● <u>peppermint</u> (leaves)</li></ul>	<u>infusion</u>

# Earache

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>echinacea</u></li><li>● ribwort</li></ul>	<u>infusion</u> , <u>tincture</u>
	<ul style="list-style-type: none"><li>● goldenseal</li></ul>	<u>capsules</u> , <u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● mullein</li></ul>	Use cold <u>infused oil</u> as eardrops.*
	<ul style="list-style-type: none"><li>● goldenseal</li></ul>	Add 10 ml tincture to 100 ml water and use solution as eardrops.*

\* **Caution: never use eardrops if there is a chance that the eardrum is punctured.**

It's a good idea to use an antibiotic herb such as echinacea along with eardrops.

# Eye Infections

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>echinacea</u></li><li>● eyebright (leaves, flowers)</li></ul>	<u>infusion</u> , <u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● agrimony (leaves, flowers)</li></ul>	Bathe the eyes in an eyewash of weak, well-strained infusion (use about 10 g herb to 500 ml water.
	<ul style="list-style-type: none"><li>● eyebright (leaves, flowers)</li><li>● <u>pot marigold</u> (flowers)</li></ul>	Soak a pad in an infusion and apply to the eyes as a compress, or bathe the eyes in an eyewash of water with 5-10 drops tincture.

# Fever

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>lemon balm</u></li><li>● elder, ginger</li><li>● <u>yarrow</u></li></ul>	<u>hot infusion</u>
	<ul style="list-style-type: none"><li>● <u>borage</u></li></ul>	tea
Externally	<ul style="list-style-type: none"><li>● <u>rosemary</u> with <u>lavender</u> or <u>bergamot</u></li></ul>	bath



# Flatulence

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>caraway</u> (seeds)</li><li>● <u>fennel</u> (sprigs, roots)</li><li>● ginger (root)</li><li>● meadowsweet (leaves, flowers)</li><li>● <u>peppermint</u> (leaves)</li></ul>	<u>infusion</u> , <u>tincture</u>

# Flu

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>catnip</u> (leaves, flowers)</li><li>● boneset (leaves, flowers)</li><li>● <u>yarrow</u></li><li>● <u>echinacea</u></li></ul>	<u>infusion</u> , <u>tincture</u>
	<ul style="list-style-type: none"><li>● <u>garlic</u></li></ul>	Take up to 6 fresh cloves per day or use capsules.
Externally	<ul style="list-style-type: none"><li>● <u>rosemary</u></li></ul>	Use spirits in rubbing alcohol for massage.

# Fungal Infection

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>calendula</u></li><li>● <u>goldenrod</u></li><li>● goldenseal</li><li>● <u>thyme</u></li></ul>	<u>infusion</u> , <u>tincture</u>
	<ul style="list-style-type: none"><li>● <u>garlic</u></li></ul>	Take up to 6 fresh cloves per day or use capsules.
Externally	<ul style="list-style-type: none"><li>● myrrh</li></ul>	Add 10 drops oil or 10 ml <u>tincture</u> to 100 ml water and use as a wash.
	<ul style="list-style-type: none"><li>● <u>aloe</u> (gel)</li></ul>	Apply the gel form a fresh leaf directly on the affected area.
	<ul style="list-style-type: none"><li>● <u>calendula</u> (flowers)</li></ul>	Use a <u>cream</u> or <u>ointment</u> or prepare an <u>infusion</u> to use as a footbath or wash.

# Gastritis

## Herb

## Administration

- chamomile
- English mallow
- meadowsweet (leaves and flowers)

infusion

- slippery elm

Before meals, take up to 5 grams of powdered bark in capsules or mixed with water.

**Internally**

# Gout

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>celery</li></ul>	Take an <u>infusion</u> of 1 tsp of seeds to 500 ml water. <u>Tinctures</u> of diuretics such as <u>yarrow</u> or gravelroot complement this treatment.
	<ul style="list-style-type: none"><li>wall germander</li></ul>	Use leaves and flowers to make a <u>tincture</u> . Administer up to 15 ml per day.

# Hay Fever

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>echinacea</u></li><li>● elder bark</li><li>● <u>goldenrod</u></li><li>● goldenseal</li><li>● eyebright</li><li>● ground ivy</li><li>● ribwort</li></ul>	<p><u>infusion</u>, <u>tincture</u></p> <p><b>Good combinations:</b></p> <ul style="list-style-type: none"><li>● Eyebright with elderflower</li><li>● Ground ivy with cudweed, ribwort and goldenrod in tincture or with chamomile in an infusion</li></ul>

# Headache

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>Feverfew</u></li></ul>	tablets
	<ul style="list-style-type: none"><li>● <u>chamomile</u>, valerian, willowbark, skullcap, wood betony</li></ul>	<u>infusion</u> , <u>tincture</u>
	<ul style="list-style-type: none"><li>● <u>lavender</u></li></ul>	<u>compress</u>
Externally	<ul style="list-style-type: none"><li>● <u>thyme</u> (leaves)</li></ul>	<u>steam inhalant</u>

# Hemorrhoids

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● horse chestnut</li><li>● <u>lady's mantle</u></li><li>● tromentil</li></ul>	<u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● ribwort</li><li>● witch hazel</li></ul>	<u>ointment</u>



# Insomnia

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>lemon balm</u></li><li>● <u>chamomile</u></li><li>● hops</li><li>● passion flower</li><li>● valerian</li></ul>	<p><u>infusion</u>, <u>tincture</u> take at night</p>
Externally	<ul style="list-style-type: none"><li>● hops</li></ul>	pillow
	<ul style="list-style-type: none"><li>● <u>lavender</u></li></ul>	bath
For Baby	<ul style="list-style-type: none"><li>● <u>chamomile</u></li></ul>	bath

# Liver Complaints

## Herb

- gentian (root)
- dandelion (root)
- milk thistle (seed)

## Administration

infusion, tincture

**Internally**

# Menopause

## Herb

- black cohosh
- chaste berry
- St. John's wort
- motherwort

## Administration

infusion, tincture

**Internally**

# Menstrual Problems

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>For Painful Periods: black cohosh, chamomile, feverfew , hop, valerian</li></ul>	<u>infusion , tincture</u>
	<ul style="list-style-type: none"><li>For Heavy Periods: <u>lady's mantle</u> , shepherd's purse</li></ul>	<u>infusion , tincture</u>

# Nausea

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● <u>chamomile</u></li><li>● cloves</li><li>● ginger</li><li>● <u>peppermint</u></li></ul>	infusion

# Neuralgia

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● St. John's wort</li><li>● vervain</li></ul>	<u>infusion</u>
Externally	<ul style="list-style-type: none"><li>● lemon</li></ul>	rub a fresh slice or a little juice over the affected area.
	<ul style="list-style-type: none"><li>● St John's wort</li></ul>	apply <u>infusion</u> to affected area
	<ul style="list-style-type: none"><li>● vervain</li></ul>	<u>compress</u> soaked in a <u>decoction</u>

# PMS

## Herb

## Administration

- evening primrose

oil

- chaste berry
- skullcap
- St. John's wort
- valerian

infusion or tincture

**Internally**

# Prostate Problems

## Herb

## Administration

**Internally**

- buchu  
(leaves)
- horsetail  
(leaves and stems)

tincture, infusion

- saw palmetto  
(berries)

Add 10 g berries to 500 ml water for a decoction or take up to 2 ml tincture per day.



# Ringworm

## Herb

## Administration

## Externally

- calendula

tincture

- garlic
- tea tree

oil

# Sinusitis

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● elder</li><li>● eyebright</li><li>● <u>goldenrod</u></li><li>● goldenseal</li></ul>	<u>infusion</u> or tincture
Externally	<ul style="list-style-type: none"><li>● Eucalyptus</li></ul>	oil as steam inhalation or rubbed on sinuses

# Sprains and Strains

	Herb	Administration
Externally	<ul style="list-style-type: none"><li>● comfrey</li></ul>	<u>oil infusion</u> or <u>cream</u> massaged into affected area
	<ul style="list-style-type: none"><li>● <u>thyme</u></li></ul>	5 drops of oil in bath or diluted oil used as a compress
	<ul style="list-style-type: none"><li>● arnica</li></ul>	<u>cream</u> or <u>compress</u>

# Sore Throat

	Herb	Administration
Externally	<ul style="list-style-type: none"><li>● echinacea</li></ul>	infusion or tincture
	<ul style="list-style-type: none"><li>● garlic</li></ul>	raw or in capsules
	<ul style="list-style-type: none"><li>● agrimony</li><li>● myrrh</li><li>● sage</li><li>● pansy***</li></ul> <p>***use <i>Viola tricolor</i> which is smaller than garden pansy.</p>	gargle with an infusion

# Sunburn

## Herb

## Administration

- calendula

oil

- aloe

juice

- St. John's wort

oil with a few drops of eucalyptus

**Externally**

## Ulcers -- Peptic

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>cabbage (leaves)</li></ul>	juice
	<ul style="list-style-type: none"><li>linseed (whole plant)</li></ul>	tea
	<ul style="list-style-type: none"><li>meadowsweet (leaves)</li></ul>	<u>infusion</u>
	<ul style="list-style-type: none"><li>slippery elm (leaves)</li></ul>	powder in <u>capsules</u>

## Ulcers - Leg

	Herb	Administration
<b>Externally</b>	<ul style="list-style-type: none"><li>calendula</li></ul>	oil
	<ul style="list-style-type: none"><li>comfrey foot</li></ul>	powder

# Varicose Veins

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● horse chestnut</li></ul>	<u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● calendula</li><li>● witch hazel</li></ul>	compress



# Worms

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● thuja</li></ul>	<u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● dandelion</li></ul>	fresh juice applied several times daily
	<ul style="list-style-type: none"><li>● garlic</li></ul>	slices under a bandage
	<ul style="list-style-type: none"><li>● greater celandine</li></ul>	fresh juice

# Worms

## Herb

## Administration

**Internally**

- garlic
- pomegranate
- pumpkin seed
- wormwood

tinctor

**Externally**

- aloe

ointment applied around anus  
at night.

# Wounds

	Herb	Administration
Internally	<ul style="list-style-type: none"><li>● echinacea</li><li>● calendula</li></ul>	<u>tincture</u>
Externally	<ul style="list-style-type: none"><li>● rosemary with lavender or bergamot</li></ul>	Bath
	<ul style="list-style-type: none"><li>● calendula</li><li>● chickweed</li><li>● comfrey</li><li>● elder</li></ul>	cream

## GUIDE SHEETS

### GUIDE SHEETS :

[More about growing and using herbs](#)

[Shop for Herb Seeds](#)

## Dill-ectable Dill

*There is nothing like the flavor of fresh dill, and the best way to get really fresh dill is to grow it yourself. Fortunately, dill is an easy herb to grow, and once you discover the pleasures of growing your own, you'll never buy commercially prepared dill again. In this issue, you'll discover how to grow dill, and lots of uses for this refreshing herb. Some of the recipes in this issue may be familiar, but I bet you'll find a few new ones, too!*



### [Growing and Harvesting Dill](#)

Here are the basics for anyone who wants to harvest a bounty for dill from their own garden.

[More...](#)

### [Dill - It Ain't No Weed](#)

Rediscover Dill with Leigh Abernathy, the Passionate Cook.

[More...](#)

### [Rosemary-Dill Hand Scrub](#)

This hand soap is easy to make, and is great for freshening stinky hands that have been cleaning fish or mincing garlic.

[Find the recipe at The Chamomile Times and Herbal News](#)

### [Dill-Licious Recipes](#)

Whether you harvest fresh dill from your garden or purchase fresh or dried dill at your local grocer, you'll enjoy these Dill-licious recipes!

[More...](#)

### **Dill-Burnet Butter**

- 1/2 lb unsalted butter
- 1 teaspoon Dijon mustard
- 2 Salad burnet sprigs, or more to taste
- 2 or 3 generous sprigs fresh dill

Blend all ingredients thoroughly until the mixture is pale green.

### GUIDE SHEETS :

*Culinary Use: Dill - It Ain't No Weed*

# Dill

(*Anethum graveolens*)

[Shop for Herb Seeds](#)



Dill is one of the easiest herbs to grow and would make a great first herb for someone who has never grown herbs before. You'll find lots of uses for both the fronds and the seeds in the kitchen. A sprig of dill will perk up almost any soup, salad, or main dish. You can buy transplants at your local garden center, but there is no need because dill is easy to grow from seeds. You won't even have to start them indoors - just plant your dill seeds right in the garden

where you want them to grow.

### When to Plant

Dill likes to be planted in cool weather. In warm winter areas that don't experience a hard frost, you can plant dill in fall or winter. In cooler areas, plant dill a week or two before your last hard frost. After the first sowing, plant again every 10 days or so for a continuous crop.

When growing in containers, use a deep container to accommodate the long roots, and remember that you will eventually have a plant that is three feet tall. Plants grown in containers may require staking.

### Cultivation

Here are a few suggestions to start you on your way to a healthy crop of dill:

- Dill, like most herbs, loves to bask in the sun, but will tolerate afternoon shade.
- Dill grows up to 3 feet tall, so plant it in the back of your flower, vegetable or herb garden.
- Sow seeds close together. This will allow the plants, which blow over easily to support each other.
- Cover the seeds lightly, and allow a week or two for them to germinate.
- For a continuous crop, sow repeatedly from mid spring to early summer.

- Don't plant near caraway, fennel or angelica.
- Caterpillars are fond of dill, and can be handpicked if they become a nuisance.

## Harvesting and Preserving

The best way to use dill is fresh from the garden, so during the growing season, cut your dill to use fresh as you need it. If not kept cut, your dill will go to seed, so cut often until you are ready to switch to seed production.

If you find that you have cut more than you can use, dry the excess in the microwave. Spread the dill in a single layer on a paper towel and microwave on high for 3 minutes. The result is beautiful and tasty - much better than dried dill you buy in the grocery store. After microwaving, remove and discard the hard stems, crumble the leaves, and store in an airtight container protected from light.

Once seedheads begin to form, it's time to stop cutting dill for fresh use. Allow the seedheads to develop and dry completely, then cut them. You'll be able to remove the seeds easily with your fingers.

### Medicinal Uses:

To brew a stomach-soothing tea, use two teaspoons of mashed seeds per cup of boiling water. Steep for ten minutes. Drink up to three cups a day. In a **tincture**, take 1/2 to 1 teaspoon up to three times a day. To treat colic or gas in children under two, give small amounts of a weak tea. Many herbalists recommend combining dill and fennel to ease colic in infants.

### Culinary Uses

The taste of dill leaves resembles that of caraway, while the seeds are pungent and aromatic. Freshly cut, chopped leaves enhance the flavor of dips, herb butter, soups, salads, fish dishes, and salads. The seeds are used in pickling and can also improve the taste of roasts, stews and vegetables. Try grinding the seeds to use as a salt substitute. Both the flowering heads and seeds are used in flavored vinegars and oils.



Dill is a lovely herb that adds a refreshing flavor to any recipe. Try adding a little dill to a ho-hum recipe, and watch what happens. It's almost magic! This booklet starts with tips on growing, harvesting and preserving dill, and then turns to cooking with dill. These are without a doubt the best dill recipes you'll ever taste!

[More...](#)

# Dill- It Ain't no Weed

by Leigh Abernathy ([passioncook@aristotle.net](mailto:passioncook@aristotle.net))

Copyright Leigh Abernathy, February, 2000

[Buy Herb Seeds at GardenGuides Shops](#)

"Gather round my wagon, ladies and gentlemen, and listen to what Dr. Abernathy's FAYmous Dill DeCOction and Tonic can do for YOU."

"Don't be fooled by imitations, folks. This is the one and only original and genuine Dr. Abernathy's Famous Dill Decoction, good for wind, witches, weak nails, ulcers, hiccups, snoring and sweetening bad breath. Step right up and get your very own dill at a bargain, bargain price here especially for you."

Well, when you read the list that dill was used to cure throughout the ages it really DOES sound like a tonic peddled by one of those turn-of-the-century snake-oil salesmen.

The English name comes from the Saxon "dilla" or "dillan" which meant "to lull." Whether that referred to its use as a sedative for colicky babies or a flatulence reducer it's hard to say.

Once brought to America, dill became known as "meeting seeds" because they were given to adults and children to chew during the sometimes day-long sermons and church services. The dill supposedly kept away hunger pangs and boredom, but with its reputation as a sedative, maybe you'd better pass on it for those interminable business meetings.

Our most familiar use of dill is, of course, with pickled cucumbers. In fact, it's so much a part of our idea of what a pickled cucumber should taste like we omit the main ingredient from the name and just call them "dill pickles."

If you do much pickling, consider growing your own dill--it's ridiculously easy. Sow it now and the seeds will be ready for use by the end of summer. If you can't wait that long to make your pickles, try tucking a whole flowerhead or several sprigs of leaves into each jar. The flavor is not quite as strong as the seeds, but it has a fresher character and certainly looks more dramatic.

The feathery, thread-like leaves and cheerful yellow flowers are a great addition to any garden be it floral, herbal or culinary. The leaves have a slightly grassy tang with hints of lemon, pine and fennel; the flavor of the seeds is stronger and heavier on the fennel side.

If you're growing dill for the seeds, be sure to let some plants flower. The seeds are ripe when the flower heads turn medium to dark brown and the seeds fall easily from the plant.

Besides cucumbers, another traditional use for dill is with fish--particularly salmon. It's a luscious combination, enjoyed for generations by Scandinavians in gravlax, but you can try it baked on or in salmon fillets or layered with smoked salmon and cheese for an appetizer.

It's great with other fish too, either baked or used in a sauce like this one.

### Dilly Fish Sauce

- 1 cup plain yogurt
- 3 tablespoons fresh minced dill
- 1 teaspoon Dijon mustard.

Combine all ingredients and chill for at least two hours to let the flavors combine. Dollop or spoon baked or grilled fish to add a little zippety do-dah.

You can find fresh dill in the produce section of most grocery stores. It will keep in your refrigerator for about three to four days stored in a zippered plastic bag with a damp paper towel.

For long-term storage, freeze the leaves and dry the seeds. (Dried leaves lose much of their flavor.) To use the frozen leaves, just snip off what you need and toss the rest back in the freezer. In fact, snipping dill is the best way to mince it--it bruises the delicate leaves less than chopping.

You can use either the leaves or the seeds to make flavored vinegars that are perfect for salads. Add four sprigs or a teaspoon of seeds to a cup of boiling vinegar and steep for several hours. Strain it and pour the vinegar into a sterilized jar or bottle and add fresh leaves or flowerheads for visual interest.

Dill is also savory with potatoes--try adding some seeds to the simmering water of boiled new potatoes or toss the seeds and leaves into potato salads.

Toss the leaves with your favorite summer salad for a refreshing bite or stir them into cottage cheese to add a little zip.

A pinch of seeds is an unusual addition to bean soups--they add a subtle flavor as well as um. . .well, those anti-flatulent properties. As Bankes' Herbal of 1525 so elegantly put it, "dill assuageth wicked winds in the womb (stomach)."

Hey, whatever it takes.



Dill is a lovely herb that adds a refreshing flavor to any recipe. Try adding a little dill to a ho-hum recipe, and watch what happens. It's almost magic! This booklet starts with tips on growing, harvesting and preserving dill, and then turns to cooking with dill. These are without a doubt the best dill recipes you'll ever taste!

[More...](#)



Syndicated cooking columnist Leigh Abernathy has been an avid gardener for over 10 years and has been writing about eating what she grows for over five. Her articles have served as the inspiration for everything from family activities to half-a-dozen junior high science fair projects and as research for a masters candidate's thesis. When not playing in her gardens or kitchen, she's working on her cookbook or coaching judo at a local college.

# Rosemary-Dill Hand Scrub

*This soap is great for stinky hands that have peeled garlic or onions or cleaned fish.*

## Ingredients:

4 oz Sweet Almond Oil	4.4 oz Lye granules
6 oz Coconut Oil	1 T Ground rosemary
12 oz Olive Oil	1/2 T Dill c/s
10 oz Palm Oil	1/2 T Coffee grounds
12 oz Distilled water	1 T Rosemary essential oil

Follow basic soap-making instructions. Measure water and add lye to the water. Safety glasses and rubber gloves are a must. Allow this to cool to 100 degrees F. Measure out oils, reserving 1/2 ounce of the sweet almond oil. Set the sweet almond oil to the side. Gently heat oils together. Add the essential oil to the reserved 1/2 ounce sweet almond oil. When the oils have cooled to 100 degrees F then slowly add the lye solution, stirring constantly. Of course you have your safety glasses on. Stir mixture until it traces, which means it has thicken and you can run a line of mix across the top of the solution and it stays. This will remind you of pudding. Now quickly add the sweet almond oil with the essential oil in it. Add the rosemary, dill, and coffee grounds. Pour into your mold and cover with a towel to keep heat in. In 24 hours you will have soap. Un-mold and let cure for 3 weeks. Makes six bars.

Caution: Lye is very dangerous and so is the raw soap. Keep children and animals away from the soap-making process.

From the recipe file of Master Soap-maker,

# **Dill-Licious Recipes!**

by Amanda Formaro

Dill is one of the most popular homegrown or store bought herbs around. Whether you harvest fresh dill from your garden or purchase fresh or dried dill at your local grocer, you'll enjoy these Dill-licious recipes!

## **BREAKFAST**

### **Baked Egg Scramble**

6 large eggs  
1/2 cup evaporated milk -- or cream  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup chopped green bell pepper  
2 large tomatoes -- diced  
1 tablespoon chopped fresh basil  
1 teaspoon fresh dill -- finely chopped  
1 cup grated cheddar cheese -- plus 2  
tablespoons, divided

Preheat oven to 325 F. Lightly grease quiche dish or shallow baking dish. In large bowl, whisk together eggs, cream, salt, and pepper. Stir in green pepper, tomatoes, basil, and dill. Sprinkle 1 cup cheese over bottom of prepared dish. Pour egg mixture over cheese. Bake for 20 minutes. Sprinkle remaining cheese on top. Bake for 5 minutes, or until cheese melts and a knife inserted in center comes out clean.

## **APPETIZERS**

### **Cucumber Dill Dip**

1 medium cucumber  
1/4 tsp white pepper  
2 tbsp fresh dill, chopped  
1 1/2 cup mayonnaise  
3/4 cup sour cream  
1/4 cup green bell pepper, diced

Peel, seed and finely dice the cucumber. Using a colander, squeeze out any excess water from the cucumber chunks. Place in a bowl and blend with the pepper and dill. Blend in the remaining ingredients and mix thoroughly. Cover and chill. Makes about 3 cups of dip.

Dipper suggestions: Broccoli, Cauliflower, Radishes, Carrots, Onion Crackers

### **Dill Snack Crackers**

1 package ranch dressing dry mix  
1 cup vegetable oil  
1 teaspoon garlic salt  
1 teaspoon dill  
1 box oyster crackers

Stir together all ingredients except crackers. Add crackers, mix well and bake at 200 degrees for 2 hours.

## **SALADS**

### **Creamy Dill Dressing**

This creamy dressing has no added oil. It's made with silken tofu.

1- 10.5 oz. pkg, firm silken tofu  
1 1/2 tsp. garlic powder or granules  
1/2 tsp. dill weed  
1/2 tsp. salt  
2 tbsp. water  
1 1/2 tbsp. lemon juice  
1 tbsp. seasoned rice vinegar

Combine all ingredients in a food processor or blender and blend until completely smooth. Store any extra dressing in an airtight container in the

refrigerator. Makes 1 1/2 cups

## **Potato Salad**

2 lb red potatoes, boiled and quartered  
2 eggs, hard boiled and chopped  
1 green pepper, diced  
1 onion small, chopped  
1/2 cup salad oil  
1/3 cup wine vinegar  
1/4 tsp oregano  
1/2 tsp dill weed  
1/4 tsp salt  
dash pepper

Combine potatoes, eggs, green pepper and onion. Mix remaining ingredients in a small jar and shake well. Pour over potato mixture. Refrigerate several hours.

## **Layered Ham & Macaroni Salad**

SALAD:

1 1/2 - 2 cups cooked, diced ham  
1 cup shell macaroni, cooked & cooled  
4 cups shredded lettuce  
1 small red onion  
3 eggs  
1 cup shredded Swiss cheese

DRESSING:

1 1/2 cup mayonnaise  
1 1/2 tsp dill weed  
1/2 tsp salt

Layer salad ingredients - let stand overnight in refrigerator. Mix dressing ingredients - let stand overnight in refrigerator. Mix both together right before serving.

## **MAIN DISH**

### **Poached Salmon & Cucumber Sauce**

SAUCE:

1/3 cup plain yogurt  
1/4 cup cucumber, peeled, seeded and finely  
chopped  
2 tbsp fresh dill, finely chopped

## FISH:

1 cup water  
1 tsp chicken bouillon or 1 bouillon cube  
1 tbsp white vinegar  
1 small onion, white or yellow, sliced in rings  
1 bay leaf  
1 parsley sprig, chopped  
One fresh sprig dill  
pinch freshly ground pepper  
2 small salmon steaks or fillets, about 3/4" thick

Combine sauce ingredients and refrigerate. (I often add a little prepared Ranch salad dressing to taste for extra flavor.) Heat water to boiling in large skillet (10-12"). Add bouillon, dissolve. Add remaining ingredients, except salmon, bring to a boil. Turn heat to medium-low and simmer 5 minutes. Add salmon, cover and simmer 6-8 minutes, or until fish is cooked through. Lift fish out, drain, and place on serving plates. Lift onions out, drain and lay over fish. Serve immediately with chilled cucumber sauce. Serves 2.

## **Herb Shrimp**

1 lb. medium shrimp, peeled & deveined  
1/2 stick of butter (the real thing)  
3 cloves of garlic, minced or smushed  
1 pint of half & half cream  
2 sprigs of dill, chopped  
white pepper  
1 large bunch of curly parsley, chopped  
1 pkg. of Angel Hair pasta

Melt butter in large skillet or wok. Add garlic & shrimp. Cook just until shrimp begin to turn pink. Remove shrimp from pan with slotted spoon. Pour half & half into pan, add dill & bring to a gentle simmer. Cook about 5 minutes (sauce should thicken in this time), return shrimp to sauce, season with white pepper, and add

parsley. Just heat shrimp through. Meanwhile cook pasta according to package directions. Divide pasta onto 3 plates and top with shrimp mixture. Serves 2

## **OTHER**

### **Dill Pickles**

Clean cucumbers. Prick with fork

#### **JUICE MIXTURE:**

Boil 1/4 cup of salt  
2 cups of vinegar  
6 cups of water

#### **PER JAR, ADD:**

1 clove of garlic  
1/4 tsp chilies  
clump of dill

Pack in pickles, add juice mixture. Tighten lid, 1/4 turn back to allow steam to escape. Boil bottles for 8 minutes then tighten lids back up. Fresh Dill Vinegar 8 sprigs fresh dill 4 cups (1 quart) white vinegar Wash dill and dip in solution of 1-teaspoon household bleach in 6 cups of water. Rinse thoroughly under cool running water. Place dill in sterilized quart jar. Heat vinegar to just below boiling point (190F); pour over dill. Cap tightly and allow to stand in cool, dark place for three to four weeks. Strain vinegar, discarding dill. Pour vinegar into clean sterilized bottles with tight fitting covers. Add a fresh sprig of cleaned and sanitized dill. Store in the refrigerator. ~\*~

# DILL



## Dill, Bouquet

This is the most widely grown dill. Early, large seed heads make this an excellent dill for pickling. Plant extra for the swallowtail butterflies! The foliage is also good sprinkled on news potatoes, tomatoes, grilled salmon, spinach, green beans, cucumbers and squash. Very aromatic.

**Plant Type:** Annual

**When to Sow Outside:** In spring, after the last frost. Continue to sow every 2 - 3 weeks until hot weather sets in to assure a constant supply of fresh foliage and seeds.

**When to Sow Inside:** Not recommended - does not transplant well

**Seed Depth:** Press into surface of soil

**Seed Spacing:** 1"

**Row Spacing:** 2'

**Days to Emerge:** 20 - 25

**Thinning:** When 3" tall, thin to 12" apart.

*This packet will plant 1 100-foot row or many successive plantings.*

**Out of Stock**

**Dill, Bouquet 3030BI \$1.79**



## Dill, Dukat

Dukat's tall, graceful foliage is denser and lasts longer on the plant than most dills. Flavor is mild and sweet but never bitter. Sprinkle fresh foliage on new potatoes, tomatoes, grilled salmon, spinach, green beans, cucumbers, squash and lamb chops.

**Plant Type:** Annual

**When to Sow Outside:** In spring, after the last frost. Continue to sow every 2 - 3 weeks until hot weather sets in to assure a constant supply of fresh foliage and seeds.

**When to Sow Inside:** Not recommended - does not transplant well

**Seed Depth:** Press into surface of soil

**Seed Spacing:** 1"

**Row Spacing:** 2'

**Days to Emerge:** 20 - 25

**Thinning:** When 3" tall, thin to 12" apart.

*This packet will plant 1 100-foot row or many successive plantings.*

**Availability:** Usually ships the next business day.

**Dill, Dukat 0023BI \$1.59**



## Growing and Using Dill

Dill is a lovely herb that adds a refreshing flavor to any recipe. Try adding a little dill to a ho-hum recipe, and watch what happens. It's almost magic! This booklet starts with tips on growing, harvesting and preserving dill, and then turns to cooking with dill. These are without a doubt the best dill recipes you'll ever taste!

**Availability:** Usually ships the next business day.

**Growing and Using Dill A-200 \$3.95**



## This Week in the Garden

### Using your Compost

Midsummer is a good time to apply a layer of compost to your flower and herb gardens. The compost will not only add valuable nutrients to the soil, but will also help keep it cool and prevent moisture from evaporating quickly in the hot summer sun. A two- or three-inch layer is usually sufficient.

#### More about compost.

Country Wisdom Bulletin: [Easy Composters You Can Build](#)



### Summer Bulbs

As the flowers from your summer bulbs fade, the plants may produce seed pods. These pods drain energy from the plant, so it's best to snip off the old flower stalks to conserve resources for next year's flowers. As with spring bulbs, leave the foliage to die back naturally.

### Swimmingpools for Butterflies

Butterflies like a sip of cool water in the heat of summer, and the muddier the better. Make a mudbath for butterflies by sinking a shallow dish into the soil among their favorite plants. Add heavy soil and keep the water muddy, and if the dish is large enough, add a rock or two for basking. This is a great project for the kids.

Country Wisdom Bulletin: [Grow a Butterfly Garden](#)

#### More about gardening for Butterflies.

### Watering Container-Grown Plants

Containers dry out quickly in hot weather, especially concrete containers in full sun, so check them daily. When you water, give them a thorough soaking. If possible, immerse the container in water every week or two if possible. This will help the water thoroughly penetrate the root ball and force out any air pockets.

Country Wisdom Bulletin: [Container Gardening](#)

#### More about Container Gardening

Heirloom plants are our windows to the past. Planting heirlooms gives us an opportunity to experience our history and continue the legacy.

An heirloom plant is defined as an open-pollinated cultivar that is over 50 years old. Open-pollinated simply means the plant will reproduce true-to-type. The new plant will look and grow exactly like its parent. Growing heirlooms offer many advantages for today's gardener. Varieties of yesteryear have stronger flavors, and come in many wonderful colors, shapes and sizes. The more common varieties such as Black-Seeded Simpson Lettuce and Calendula are easy to grow, however, there are a few varieties that need a more experienced gardener to achieve success. Some of the uncommon cultivars are susceptible to disease and pest problems. New resistant cultivars have been created, and may be the only types to grow, in order to assure success. Heirlooms can be finicky as well. They can take longer to germinate or germinate sporadically and can have growing traits unlike anything you have seen before.

With so many hybrids on the market today, which almost guarantees success in the garden, why grow heirlooms? Heirlooms give us a peek into life of earlier times. Holding a seed that contains all the genetic codes of the original plant, which could be over 100 years old, can bring wonder and excitement. It's likening to opening a tomb and holding an artifact from thousands of years ago. Heirlooms give us the chance to reconnect with history.

**>>Continued>>**

**[Heirloom Seeds from GardenGuides](#)**

### **Buy Black-Eyed Susan Seeds in Bulk and Save!**

Black-eyed Susans look great in wildflower areas, mass plantings, and in beds and borders. They can be planted as late as 2 months before the first fall frost. Give them just enough time to become established, then expect a bounty of blooms next season.

## **Combat Zone Envy - Make Microclimates**

**by Carol Wallace**

No matter where a gardener lives they always seem to think that people in other climate zones are better off than they are. Those people in cold climates envy the lush tropical plants that warm climate gardeners can grow so easily, while those in warm climates wash nostalgic about the lilacs and tulips they used to grow back up north. We somehow manage to live through these disappointments with fair good humor. The zone envy that really turns us green is that of the people one climate zone different that we are - so near, yet so far away.



That one zone difference can be a killer. We go to the nursery and see the most gorgeous plants - love at first sight. We know exactly where it would look wonderful in our yard. And then we check the care tag.

Instant gloom. It's hardy in the next country - but not in my yard. At least that's what most of us believe. I'm not so easily convinced. For one thing, I have gambled several times on plants that were supposedly a bit tender for my area and had them survive with



# Guide to Composting

Across the planet earth an amazing process is continuously taking place. Plant parts and animal leavings rot or decompose with the help of fungi, bacteria, and other microorganisms. Earthworms and an assortment of insects do their part digesting and mixing the plant and animal matter together. The result is a marvelous, rich, and crumbly layer of organic matter we call compost, which is nature's gift to the gardener.



## Benefits of Compost

Compost encourages earthworms and other beneficial organisms whose activities help plants grow strong and healthy. It provides nutrients and improves the soil. Wet clay soils drain better and sandy soils hold more moisture if amended with compost. A compost pile keeps organic matter handy for garden use and, as an added advantage, keeps the material from filling up overburdened landfills.

## How to Make Compost

Start with a layer of chopped leaves, grass clippings and kitchen waste like banana peels, eggshells, old lettuce leaves, apple cores, coffee grounds, and whatever else is available. Keep adding materials until you have a six-inch layer, then cover it with three to six inches of soil, manure, or finished compost.

Alternate layers of organic matter and layers of soil or manure until the pile is about three feet tall. A pile that is three feet tall by three feet square will generate enough heat during decomposition to sterilize the compost. This makes it useful as a potting soil, topdressing for lawns, or soil-improving additive.

Your compost pile may benefit from a **compost activator**. Activators get the pile working, and speed the process. Alfalfa meal, barnyard manure, bonemeal, cottonseed meal, blood meal, and good rich compost from a finished pile are all good activators. Each time you add a layer to your pile, sprinkle on some activator and water well.

## Compost Care

Keep the pile in a semi-shaded area to keep it from drying out too much. If your pile is near a tree, turn it frequently to make sure the tree roots don't grow into it. Make an indentation in the top to hold water and sprinkle with a garden hose when it appears dry. Keep it moist, but not wet. Beneficial organisms cannot survive in soggy conditions.

Turning a compost pile is great exercise, but it can be quite a chore for those of us that aren't used to heavy labor. Mixing the pile is a lot easier if you use a **compost aerating tool**. If your compost pile has a strong odor, try turning it more often. Odors are often caused by poor air circulation or a pile that is too tightly packed.

## Using Compost

When your compost is ready, it can be mixed into the soil before planting or applied to the surface of the soil as a mulch. It's best to use it as soon as it is ready because the longer it sits, the fewer nutrients it will contain.

## Quick Compost

If you need compost in a hurry, speed up the process by turning the pile with a pitchfork once a week. Mixing the compost allows oxygen into the center of the pile, where it encourages the growth of bacteria and fungi. A pile that is turned regularly will become finished compost in four to eight months. Fresh manure will activate the pile, causing it to decompose more quickly. Lime and fresh manure counteract each other, so it's best not to use both in your compost pile.

Particle size has a lot to do with the speed of decomposition. If you don't have a shredder for your leaves and small twigs, try running the lawn mower over them before you add them to the pile.

## Making a Compost Bin

Many types of compost bins are available at your local garden center. Some of these have devices for turning and removing compost. Although these bins make turning easier and are more convenient, they aren't necessary. An enclosure made from chicken wire or five wood pallets (one for the bottom and one for each side) does the job just as well.

## What to Compost



### Easy Composters You Can Build

In this handy booklet you'll find plans for several types of compost bins, plus tips on selecting the site and maintaining balanced compost.

- kitchen waste
- lawn clippings (use thin layers so they don't mat down)
- chopped leaves (large leaves take a long time to break down)
- shredded branches
- garden plants (use disease-free plants)
- shredded paper
- weeds (before they go to seed)
- straw or hay
- newspaper
- wood ash (sprinkle lightly between layers)
- hay
- tea leaves and coffee grounds

## What Not to Compost

- Meat scraps and fatty trash
- excessive wood ashes (counteracts with manures)
- sawdust generally slows the decomposition of the pile.

## Troubleshooting Guide

Symptom	Cause	Solution
Unpleasant odor	Too much nitrogen	Add high carbon material such as straw, pine needles, grass clippings or vegetable trimmings and aerate.
	Compaction	Aerate.
	Overwatering	Add dry leaves or wood chips to soak up water and aerate.
Pile not heating up	Lack of nitrogen	Add a nitrogen source such as fresh manure, grass clippings or blood meal. Mix the pile.
	Pile needs to be turned	Mix pile by bringing outside material to the center.
	Low moisture	When watering make sure the moisture gets to the center of the pile. Try poking deep holes in the pile before watering.
	Compost is finished	Finished compost smells earthy rather than rotten or moldy and is dark and crumbly.
Compost is damp and only the center is warm	Pile is too small	Add more compost material.

## Harvesting Brambles

Here are a few tips for harvesting raspberries and blackberries for longer shelf life and better flavor:

- Pick the fruit every 2-3 days.
- Pick berries with good color, and if it doesn't pull away from the stem easily, leave it for next time.
- Harvest only when the plants are completely dry. Your berries will keep longer, and you won't spread diseases among your plants.
- Use shallow trays to collect berries to prevent damage to the soft fruit.
- Refrigerate immediately after harvest. Leaving a tray of berries on the ground will attract insects.

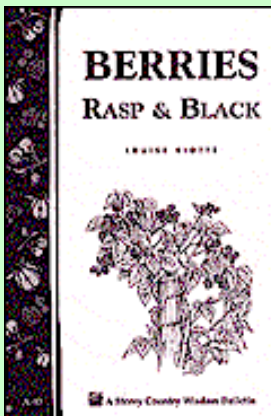


Once your crop is harvested, you'll need to prune the canes. For more information on pruning brambles see:

<http://www.gardenguides.com/TipsandTechniques/pruningbrambles.htm>

You'll find instructions for preserving your harvest, including canning, freezing, and jam recipes here:

<http://www.wiser-women.com/modules.php?name=News&file=article&sid=71>



### **Berries, Rasp & Black**

Are you thinking about starting your own berry patch? Or do you have a raspberry or blackberry patch and want to know how to keep it in tip-top berry-producing shape? Louise Riotte can show you how! In *Berries, Rasp & Black*, you'll learn this an much more.

By the author of *Carrots Love Tomatoes*, *Roses Love Garlic*, and many more popular gardening books.



## Corn Earworms

Corn earworms attack both corn and tomatoes, and are most often seen and southern and central states. They attack the tips of corn ears just as they begin to tassel. If the infestation is minor, just cut off the tips of the ears when they you harvest. A heavy infestation can interrupt pollination, and calls for some defensive measures.

A drop of mineral oil on the tip of each ear may help to suffocate any resident earworms. Some gardeners swear by mixing the mineral oil with pureed African marigolds or geranium leaves, but in most cases, the mineral oil does the trick without any additives. Do not apply mineral oil until pollination is complete.

### More about corn pests and diseases:

<http://www.gardenguides.com/Vegetables/cornpest.htm>

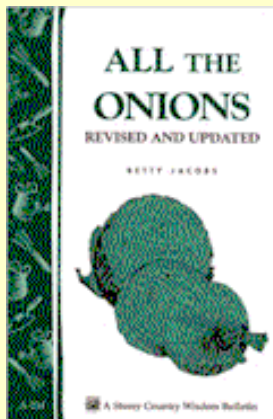
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## Harvesting Shallots



It's time to harvest shallots in many areas. Check the base of each plant for clusters of bulbs that have formed. When the bulbs begin to break apart and the tops begin to yellow, it's time to pull the plants. Separate the bulbs from the clusters and let them cure in a warm, dry location out of direct sun for 2 to 3 weeks. After they are dry, store them in a cool, dry basement for the winter. They can also be chopped and frozen. Many varieties

will store all winter and can be used for next year's planting crop.



### All the Onions

Learn to grow, harvest and store most members of the onion family including: Chives, Garlic, Garlic Chives, Leeks, Potato Onions, Shallots, Egyptian Onions and Welch Onions.

**Sale Price: \$2.96**



The pods begin to appear on okra plants about 50-60 days after planting. They become tough if allowed to mature, so harvest them daily when they are about the size of a finger. Cut them off with a knife or shears to prevent damage to the plant.

If harvested regularly, the plants will continue to produce until frost. If you plan to let some pods mature for seed, choose one plant for the purpose to allow the others to keep producing.

RECIPES:

**Tomatoes and Okra**  
**Chowning's Tavern Brunswick Stew**  
**Vegetable Gumbo**  
**Eastern Shore Crab Soup**



---

## Harvesting Cucumbers



Harvest cucumbers for pickling when the fruits are 4 to 5 inches long. With some pickling cultivars, it may be necessary to pick daily to prevent them from becoming overgrown. If just one cucumber is allowed to fully mature, the entire vine will quit producing.

If you plan to use them fresh, wait until they're 7 to 8 inches long. Use a sharp knife or pair of scissors when harvesting, and leave a short length of stem on each fruit.

Cucumbers can develop a bitter taste when soil moisture is inconsistent so keep the soil around the plants evenly moist. Most of the bitterness is concentrated in the ends of the fruits, so cut them off prior to slicing the fruits. Cucumbers will keep for 1-2 weeks in the refrigerator.

RECIPES:

**Cool as a Cucumber**  
**Bread and Butter Pickles**  
**Gazpacho Wrap**  
**Spicy Cucumbers with Sesame Seeds**  
**Tropical Island Chops with Pineapple Cucumber Salsa**  
**Ginger Vinaigrette Cucumbers**  
**Potato Cucumber Salad**

# Herbs and Pregnancy

Many herbs stimulate the uterus and are unsafe for women who are pregnant. These herbs should be avoided by women of childbearing age:

- Aloe Vera
- Angelica
- Autumn Crocus
- Barberry
- Black Cohosh
- Celery Seed
- Cinnamon
- Devil's Claw
- Goldseal
- Hyssop
- Juniper
- Male Fern
- Mandrake
- Parsley Seed
- Pennyroyal
- Pokeweed
- Rosemary
- Rue
- Sage
- Southernwood
- Tansy
- Thuja
- Wormwood
- Yarrow

There are many other herbs that are many other herbs that are known to be helpful during pregnancy and after delivery. Some are also good for the baby, such as calendula cream for diaper rash and fennel for colic.

*Parsley *Celery *Land Cress *Rocket	Taken for vitamins and minerals. Do not use the seeds.
*Raspberry Leaf	Used to tone the uterus.
*Chamomile (infusion 1 cup before rising) *Ginger (tincture-up to 1ml/day, 2-3 drops at a time) *Peppermint (tincture-2 ml in hot water 3x daily) *Black Horehound (tincture-2 ml in hot water 3x daily)	Taken for morning sickness.
Goldenseal	Taken during labor to assist the uterus. Never take during pregnancy.
St. John's Wort (apply an oil infusion to the area, or add a strong infusion to a hip bath)	Use the oil with added lavender to heal the perineum after birth.
Oats	Prepare a tincture to use for postpartum depression.
Fenugreek Fennel Caraway Milk Thistle	After delivery, these herbs can be used to promote milk production.

Sage	Used to reduce milk production when weaning.
Fennel	For baby's colic.
Cabbage Leaves Echinacea	Bruise and apply externally for relief of mastitis.
Borage	An <b>infusion</b> will aid in mild production in breastfeeding mothers.
Calendula Cream	Prepare a cream to use for diaper rash and cracked nipples.
Caraway	As a tincture or infusion, can help ease labor pains and stimulate the flow of breast milk.

## Herbal Home Remedies Preparing Herbal Remedies

### References



#### **Healing Yourself During Pregnancy**

by Joy Gardner-Goodson

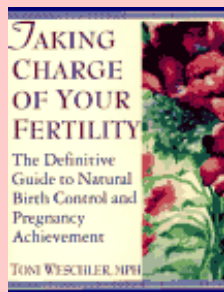
Excellent advise on the use of herbs during pregnancy.



#### **Wise Woman's Herbal For the Childbearing Years**

by Susan S. Weed

Maintaining health using natural methods.



#### **Taking Charge of Your Fertility**

by Toni Weschler

Safe alternatives to invasive and often costly medical procedures.

## Anise

*Pimpinella anisum*

\$1.59

Net Weight  
750 mg

Annual  
Warm season  
crop - plant after  
last average  
spring frost

So valued by the  
Romans, they  
could pay taxes  
with anise! Tasty  
seeds and  
leaves; also  
useful for  
medicinal  
purposes.

Botanical Interests INC.

## Anise (*Pimpinella anisum*)

Did you know that what catnip is to cats, anise is to dogs? For humans, Anise seed has a sweet, licorice flavor and is used to intensify sweetness in cakes, pastries, and cookies. Also, either alone or in combination with cinnamon and bay, it is used to compliment duck, pork or fish. Leaves are added to salads, soups and vegetables. Anise tea is great for digestion, sore throat and cough. Chew the seeds as a breath freshener.

**Plant Type:** Annual

**When to Sow Outside:** In areas with a long growing season - 120 frost-free days - sow seeds directly outdoors once the soil has warmed to 70 degrees.

**When to Sow Inside:** If your growing season isn't long enough to start the seeds outdoors, start indoors 6 to 8 weeks before last spring frost. Anise has a long taproot and doesn't transplant easily so use paper or peat pots to avoid disturbing the roots more than necessary.

**Seed Depth:** 1/8"

**Seed Spacing:** 2"

**Days to Emerge:** 20 to 28

**Thinning:** When 2" tall, thin to 1' apart.

## Related Products :



## Basil

Choose a variety below to view details and images:

### Cinnamon Basil

Use in any dish where you would normally use basil. Also makes a delicious tea.

### Custom Blend

Contains seven very unique, flavorful varieties. Guidelines for identifying each variety are printed inside the packet.

### Genovese Italian Basil

Widely grown in Italy. Strong flavor and aroma.

### Yevani - Greek Mini Basil

The strong spicy flavor is a compliment to any tomato dish. Excellent for containers.

### Italian Large Leaf Basil

This sweet basil is particularly wonderful for pesto, but also excellent for fresh use.

### Lemon Basil

Strong lemony fragrance makes this basil excellent for vinegars, salad dressings, fish dishes and salads.

### Napoletano Basil

Mild, tender leaves make this the best variety for eating fresh.

### Red Rubin Basil

Rich, dark purple leaves are an exciting contrast in salads, pasta dishes and vinegar.

### Thai Basil

Delicious sweet and spicy flavor. Very aromatic leaves; licorice basil aroma.

### Greek Spicy Globe

A strong spicy flavor. Small mounding plant excellent for containers.

## Related Products :



In *Growing & Using Basil*, Ellen Ogden offers all the information you'll need to grow, harvest, and cook with basil in all its varieties of flavor. Whatever the basil you want to grow -- sweet, purple, opal, lemon, cinnamon, anise, napoletano, camphor, holy, or something more exotic -- the information you need is right at your fingertips.

## Borage

*Borage officinalis*

\$1.59

Net Weight

1 gram

Annual  
Warm season  
crop - plant after  
last chance of  
spring frost

A handful of little  
stars plucked  
from a deep blue  
sky sprinkled on  
a summer salad  
may drive away  
all melancholy.

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## Borage

*Borage officinalis*

Borage is a nutritious, tasty, and attractive herb. Leaves have a cucumbery flavor and can be used to accent salads or mixed with other greens and steamed. Stems can be peeled and chopped to use like celery. The edible flowers can be used as a garnish or in salads, and when candied they make a beautiful decoration for cakes and pastries. I grow borage as a companion to my tomatoes. They improve the health of my tomato plants, and I could swear the tomatoes taste better when borage grows nearby!

**Plant Type:** Annual

**When to Sow Outside:** In spring, after the last frost. Continue to sow every 2 - 3 weeks until hot weather sets in to assure a constant supply of fresh foliage and seeds.

**When to Sow Inside:** Not recommended - does not transplant well

**Seed Depth:** 1/4" to 1/2"

**Seed Spacing:** 6"

**Days to Emerge:** 5 to 10

**Thinning:** When 2" tall, thin to 15 " apart.

## Related Products :



## Calendula (Pot Marigold)

### Pacific Beauty Mix

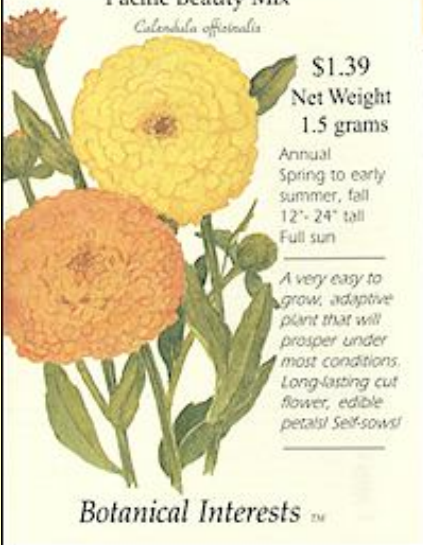
*Calendula officinalis*

\$1.39  
Net Weight  
1.5 grams

Annual  
Spring to early  
summer, fall  
12"- 24" tall  
Full sun

*A very easy to  
grow, adaptive  
plant that will  
prosper under  
most conditions.  
Long-lasting cut  
flower, edible  
petals! Self-sows!*

Botanical Interests™



## Calendula Pacific Beauty Mix (*Calendula officinalis*)

Price: \$1.39

Calendula, an old English cottage garden flower, is not fancy, but if you are looking for something with large, dramatically beautiful flowers, easy to grow from seed, and is adaptable to a variety of conditions this is your plant. Tolerates a lot or a little water, will grow in most soil types. Also called 'Pot Marigold'. Long lasting cut flower, great in parking strips, containers, and borders.

**Flower Type:** Annual

**Bloom Time:** Summer to early summer, Fall

**Height:** 12" to 24"

**Exposure:** Full Sun

**When to Sow Outside:**

**COLD WINTER CLIMATES:** Early spring, as soon as the soil can be worked.

**WARM WINTER CLIMATES:** Late summer, early fall for winter/spring blooms. Early spring also OK.

**When to Sow Inside:** 6 to 8 weeks before average last frost. Recommended for cold winter climates.

**Seed Depth:** 1/4" to 1/2"

**Seed Spacing:** 2"

**Days to Emerge:** 5 to 15

**Thinning:** When 1" tall thin to 12" apart

## Related Products :

## Chamomile

German

*Matricaria recutita*



\$1.79

Net Weight

500 mg

Annual  
Cool season  
crop - plant  
early spring  
when soil can  
be worked.

Lovely apple  
fragrance for  
your garden,  
potpourris, and  
dried flower  
arrangements.  
Soothing tea.

Botanical Interests

## German Chamomile

(*Matricaria recutita*)

Price: \$1.79

This is one of the herbs the world loves best. Chamomile, with its wonderful fragrance, is a nice addition to your flower or herb garden. Herbs are reputed to be excellent companion crops. Old-timers plant chamomile with cucumbers and onions to enhance their growth. Makes a soothing tea. Drought tolerant and suitable for containers.

**Plant Type:** Annual

**When to Sow Outside:** Spring, as early as the soil can be worked.

**When to Sow Inside:** Ten weeks before last frost.

**Seed Depth:** Press seeds onto surface of the soil

**Seed Spacing:** 1"

**Days to Emerge:** 10 to 15

**Thinning:** When 1/2" tall, thin to 6" apart.

**Related Products :**





## Chervil (*Anthriscus cerefolium*)

Price: \$1.59

With an abundance of uses, chervil is a mist of any culinary or medicinal herb garden. It is considered one of the '*fines herbes*' of French cooking (along with chives, tarragon and parsley.) Chervil leaves are perfect mixed with salads, sprinkled on fish or meat, added to cold drinks such as tomato and fruit juices, blended with cottage cheese and in omelets. It's a pretty addition to flower arrangements and can be grown in containers in the winter. Prefers a shady, cool location.

**Plant Type:** Annual (Hardy, cool season)

**When to Sow Outside:** Spring, as early as the soil can be worked. Also 6-8 weeks before first fall frost.

**When to Sow Inside:** Not Recommended

**Seed Depth:** Press seeds onto surface of the soil

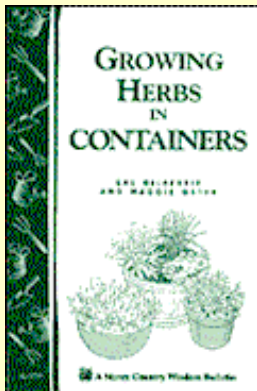
**Seed Spacing:** 2"

**Days to Emerge:** 10 to 14

**Thinning:** When 2" tall, thin to 8" apart.

## Related Products :

### [Growing Herbs in Containers](#)



Whether you want to grow herbs in containers because of limited space or because of the ease and convenience of having fresh herbs on your deck, patio, or windowsill, this book will help you on your way to success with potted herbs.

[More Info](#)

## Cilantro/Coriander

Long Standing

*Coriandrum sativum*

\$1.59

Net Weight  
5 grams

Annual  
Cool season  
crop - plant  
spring and/or  
late summer.

Both foliage  
(cilantro) & seed  
(coriander)  
make this herb  
one of the most  
useful & tasty  
herbs available.  
Great in salsa.

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## Cilantro/Coriander Cal Long Standing

Price: \$1.59

This plant is also called Chinese parsley. There are hundreds of uses for cilantro, from a simple sprig in chicken soup, to Mexican dishes, in stews... the list goes on, this is a great container plant, and can be grown indoors in winter.

**Plant Type:** Annual

**When to Sow Outside:** In spring, after the last frost.  
Successive crops can be sown.

**When to Sow Inside:** Not recommended - does not transplant well

**Seed Depth:** 1/2"

**Seed Spacing:** 1"

**Row Spacing:** 8"

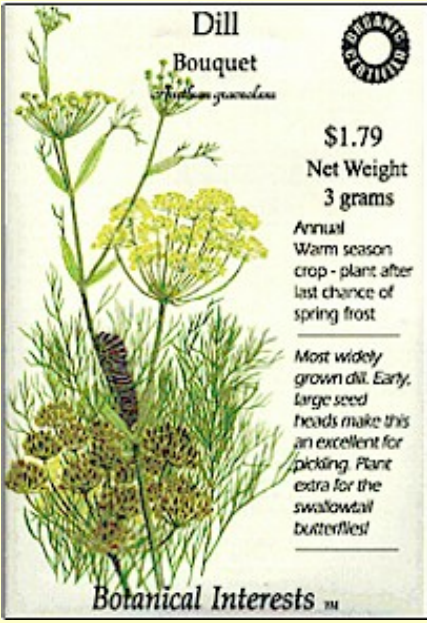
**Days to Emerge:** 10 to 15

**Thinning:** When 2" tall, thin to 6" apart.

### Related Products :



Cilantro is an herb with several personalities, and this booklet will help you get to know them all! Learn to grow cilantro, then discover its flavors with the wealth of recipes in this book.



**Dill Bouquet**

*Anethum graveolens*

Price: \$1.79

This is the most widely grown dill. Early, large seed heads make this an excellent dill for pickling. Plant extra for the swallowtail butterflies! The foliage is also good sprinkled on news potatoes, tomatoes, grilled salmon, spinach, green beans, cucumbers and squash. Very aromatic.

**Plant Type:** Annual

**When to Sow Outside:** In spring, after the last frost. Continue to sow every 2 - 3 weeks until hot weather sets in to assure a constant supply of fresh foliage and seeds.

**When to Sow Inside:** Not recommended - does not transplant well

**Seed Depth:** Press into surface of soil

**Seed Spacing:** 1"

**Row Spacing:** 2'

**Days to Emerge:** 20 - 25

**Thinning:** When 3" tall, thin to 12 " apart.

*This packet will plant 1 100-foot row or many successive plantings.*

**Related Products :**



Dill is a lovely herb that adds a refreshing flavor to any recipe. Try adding a little dill to a ho-hum recipe, and watch what happens. It's almost magic! This booklet starts with tips on growing, harvesting and preserving dill, and then turns to cooking with dill. These are without a doubt the best dill recipes you'll ever taste!

[More...](#)

## Dill Dukat

*Anethum graveolens*

\$1.59

Net Weight  
2.5 grams

Annual  
Warm season  
crop - plant  
after last chance  
of spring frost.

*Dukat dill has  
more foliage  
that lasts longer  
on the plant  
than other dills.  
Mild, sweet,  
and never bitter  
or overly strong.*

Botanical Interests™

## Dill Dukat

*Anethum graveolens*

Price: \$1.59

Dukat's tall, graceful foliage is denser and lasts longer on the plant than most dills. Flavor is mild and sweet but never bitter. Sprinkle fresh foliage on new potatoes, tomatoes, grilled salmon, spinach, green beans, cucumbers, squash and lamb chops. One packet plants a 100-foot row or several successive plantings.

**Plant Type:** Annual

**When to Sow Outside:** Sow after last frost and successively every 2-3 weeks for a constant supply. Discontinue when hot weather sets in.

**When to Sow Inside:** Not recommended - does not transplant well

**Seed Depth:** Press into surface of soil

**Seed Spacing:** 1"

**Row Spacing:** 2'

**Days to Emerge:** 20 - 25

**Thinning:** When 3" tall, thin to 12" apart.

*This packet will plant 1 100-foot row or many successive plantings.*

## Related Products :



Dill is a lovely herb that adds a refreshing flavor to any recipe. Try adding a little dill to a ho-hum recipe, and watch what happens. It's almost magic! This booklet starts with tips on growing, harvesting and preserving dill, and then turns to cooking with dill. These are without a doubt the best dill recipes you'll ever taste!

[More...](#)

## Fennel, Bronze

Smokey

*Foeniculum vulgare*

\$2.39

Net Weight  
500 mg

Annual  
Cool season  
crop - plant early  
spring or late  
summer.

Stunningly  
beautiful, purple  
feathery plumes  
provides a lacy  
contrast in the  
vegetable or  
flower garden.  
Tasty seeds,  
foliage.

Botanical Interests™

## Bronze Fennel Smoky (*Foeniculum vulgare*)

Price: \$2.39

This bronze fennel is an absolutely stunning, hard-to-find fennel used primarily for its ornamental value and tasty foliage and seeds. Plants grow to four feet tall with feathery, smoky purple foliage. These plants are beautiful when accented with pink and white roses or any other contrasting flower color. A must for a butterfly garden - swallowtails lay eggs on fennel. Cut foliage can be used as greenery in flower arrangements.

**Plant Type:** Annual

**When to Sow Outside:** Two weeks before average last frost date or later.

**When to Sow Inside:** Not Necessary

**Seed Depth:** 1/4"

**Seed Spacing:** 1"

**Row Spacing:** 10"

**Days to Emerge:** 14

**Thinning:** When 1" tall, thin to 10" apart.

### Related Products :

## Marjoram

Sweet

*Origanum majorana*

\$1.59

Net Weight  
500 mg

Annual  
Plant after last  
chance of spring  
frost

Sweeter, milder  
flavor than  
Oregano; a  
believe. Most  
wonderful used  
fresh in many  
dishes; fresh  
sprigs can be  
added to salads.

Botanical Interests, Inc.

## Marjoram (*Origanum majorana*)

Price: \$1.59

This relative of oregano has a milder but more complex flavor than its cousin. Some describe the flavor as having a hint of balsam. Try substituting this versatile herb for oregano in dishes such as eggplant Parmesan or pizza. You may be pleasantly surprised! Marjoram is a very popular ingredient in German sausage and herb breads. Legend has it that if you touch Sweet Marjoram before bedtime, you will dream of your future spouse.

**Plant Type:** Annual

**When to Sow Outside:** Spring, after last frost.

**When to Sow Inside:** This method is recommended because the seed is very small. Start 6 - 8 weeks before you plan to transplant outdoors.

**Seed Depth:** scratch into surface (very shallow)

**Seed Spacing:** Difficult to space because of tiny seeds. Transplant clumps of 3 - 6 seedlings every 6 - 8 inches.

**Days to Emerge:** 10 to 15

**Thinning:** When 2" tall, thin clumps to 12" apart.

## Related Products :



Orach, Red  
Burgandy

*Atriplex hortensis 'Burgandy'*

\$1.89

Net Weight  
500 mg

40 days  
Cool season  
crop - plant  
early spring or  
late summer.

Stunning dark  
raspberry color  
will stand out in  
any garden;  
pretty backdrop  
in flower beds!  
Mild, edible  
spinach-like  
leaves!

Botanical Interests

**Orach  
Red**  
*(Atriplex hortensis)*

Price: \$1.89

Orach is an old kitchen garden vegetable that was grown by the American settlers. The mild, spinach like flavor doesn't get bitter when the plant bolts. Extremely attractive, and can be planted in the flower garden. Use in salads, as a cooked green, or stuff the leaves. Greeks and Romans used it as an herb for sore throats and to ease indigestion. Italians use it in pasta, and the French and English use it in soups and stews. Plants are drought tolerant and grow to 4" tall. Also known as mountain or French spinach.

**Related Products :**

**Plant Type:** Annual

**When to Sow Outside:** In spring, 2 to 4 weeks before average last frost.

**When to Sow Inside:** Does not transplant well

**Seed Depth:** 1/4"

**Seed Spacing:** 1"

**Row Spacing:** 1'

**Days to Emerge:** 5-10

**Thinning:** When 1/2" tall, thin to 10" apart.

## Parsley

Green River

*Petroselinum crispum*



\$1.69

Net Weight

1.5 grams

Annual  
Cool season  
crop - plant  
early spring or  
late summer.

Do you push  
your parsley  
aside after a  
meal? DONT!  
More Vitamin C  
than an orange  
and freshens  
garlic breath.

Botanical Interests™

## Parsley

*One of the most nutritious herbs, it contains large quantities of vitamins A, B, C and minerals calcium, iron, phosphorous, potassium and magnesium. Also a good container plant. Keep it in a bright window when grown indoors.*

### Green River

Gentle flavor, blends well.

### Italian Dark Green Flat

Superior flavor.

### Moss Curled

Cold hardy - great for the winter garden. Most attractive.

*Do you love and grow roses? Parsley is reputed to improve the health and fragrance of roses when grown nearby. Also a good companion for tomatoes and asparagus.*

**Related Products :**



Shiso Perilla  
Red (Akashiso)

*Perilla frutescens 'erecta'*



\$1.79

Net Weight  
750 mg

Annual  
Warm season  
crop - plant after  
last chance of  
spring frost.

Love basil? Try  
Shiso - it is an  
intoxicating,  
flavorful herb  
that should be  
as popular as  
basil or cilantro!  
Also an attractive  
bedding  
plant!

Botanical Interests INC.

## Shiso

*Perilla frutescens*

### Shiso Perilla Red

Attractive, deep burgundy foliage

### Shiso Perilla Green

More intense flavor than red shiso

**Related Products :**

## Savory Summer

*Satureja hortensis*

\$1.69

Net Weight  
750 mg

Annual  
Warm season  
crop - plant after  
last chance of  
spring frost

Summer savory  
is a highly  
aromatic plant;  
tastes like a  
peppery thyme  
and blends well  
with many  
flavors.

Botanical Interests 131

## Summer Savory (*Satureja hortensis*)

Price: \$1.69

Savory is primarily a culinary herb used with many dishes such as all types of beans, lentils, chicken & beef soups, eggplant, asparagus, onions, cabbage, squash, liver and fish, IN German cooking, savory and beans are very popular. Savory tea is used by some for mild sore throats and stomach upsets. Attractive, 1.5' tall plants with white - pink - lavender flowers. Grows well in containers. One packet plants a 50' row.

**Plant Type:** Annual

**When to Sow Outside:** Spring, after last average frost date.

**When to Sow Inside:** 6-8 weeks before transplanting outside.

This is the recommended method.

**Seed Depth:** 1/8"

**Seed Spacing:** 1/2"

**Row Spacing:** 1'

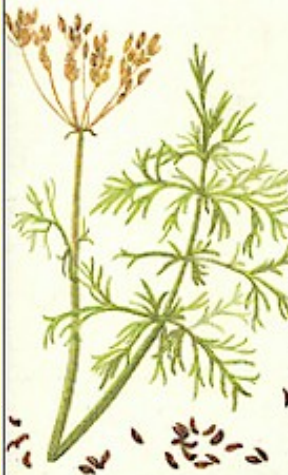
**Days to Emerge:** 20 to 28

**Thinning:** When 1" tall, thin to 6" to 12" apart.

## Related Products :

## Caraway

*Carum carvi*



\$1.59

Net Weight

1 gram

Biennial  
Plant early  
spring or late  
summer/fall

The taste of  
fresh caraway  
seed is like a  
combination of  
dill and anise  
with a tangy,  
nutty flavor.  
Breads, soups,  
stews, ethnic  
dishes.

Botanical Interests <sup>TM</sup>

## Caraway

*Carum carvi*

Price: \$1.59

The taste of fresh caraway seed is like a combination of dill and anise with a tangy, nutty flavor. Use them in breads, soups & stews. The leaves can be sprinkled in salads. The roots can be cooked used like parsnips or sliced and eaten raw. One packet will plant a 30-foot row.

**Plant Type:** Biennial. Seeds are produced the second year.

**When to Sow Outside:** In spring, as early as the soil can be worked.

**When to Sow Inside:** Not recommended - does not transplant well

**Seed Depth:** 1/2"

**Seed Spacing:** 4"

**Row Spacing:** 2'

**Days to Emerge:** 5 to 10

**Thinning:** When 1" tall, thin to 12" apart.

### Related Products :

## Bee Balm

Dotted Mint

= *Monarda lanceolata*

\$2.69

Net Weight

50 mg

Perennial  
Blooms summer  
3' tall  
Full Sun or light  
shade in hot  
summer climates.

This variety of  
Bee Balm has a  
unique and  
dramatic flower  
cluster. Pleasant  
odor of mint &  
basil, attracts  
hummingbirds.

Botanical Interests TM

## Bee Balm

Dotted Mint

(*Monarda punctata*)

Price: \$2.69

Bee Balm tea is a nice addition to anyone's day! To protest tea taxes, the original colonists drank Bee Balm tea. Native to the eastern US. We chose this variety because of its relative tolerance to mildew & drought and its unique flowers. Used as a cut flower an in wildflower gardens.

**Flower Type:** Perennial

**Bloom Time:** Summer

**Height:** 3'

**Exposure:** Full Sun, Light Shade in hot climates

**When to Sow Outside:** Spring, two weeks before average last frost or late summer/early fall at least 2 months before first fall frost.

**When to Sow Inside:** 8 - 10 weeks before last frost.

**Seed Depth:** 1/8" to 1/16"

**Seed Spacing:** 1"

**Days to Emerge:** 5 - 10

**Thinning:** 12" apart

## Related Products :

## Catnip

*Nepeta cataria*



\$1.69

Net Weight  
750 mg

Perennial  
Blooms summer  
1' - 3' tall  
Sun or light  
shade

*Enjoy a cup of  
hot catnip tea  
while watching  
your cats frolic  
in a patch of  
this fragrant,  
attractive plant.*

Botanical Interests™

## Catnip (*Nepeta cataria*)

Price: \$1.69

Catnip is a multi purpose plant. The tea is very pleasant and has a lemon-mint flavor and fragrance. Catnip is also a recreational herb for cats. Toys stuffed with catnip will provide them with hours of entertainment. Catnip is hardy and grows in almost any soil.

**Plant Type:** Perennial

**Height:** 1' to 3'

**Exposure:** Sun or Light Shade

**When to Sow Outside:** Sow in early spring, 2 to 4 weeks before the last frost. Plant as late as 2 months before first fall frost.

**When to Sow Inside:** 6 weeks before last frost.

**Seed Depth:** Press seeds onto surface of soil.

**Seed Spacing:** 2"

**Days to Emerge:** 10 to 15

**Thinning:** When 1" tall, thin to 1' apart.

## Related Products :





## Chives Common (*Allium schoenoprasum*)

Price: \$1.69

Not many herbs are as useful as chives, or as easy to grow and maintain. Use the green stems in a number of dishes. The flowers are edible, too. Use them as a garnish, as a decorative addition to vinegars, in salads, and in arrangements. Does well in containers, too. One packet plants a 40-foot row.

**Plant Type:** Perennial

**When to Sow Outside:** Early Spring, as soon as the soil can be worked.

**When to Sow Inside:** 6 weeks before last frost.

**Seed Depth:** 1/2"

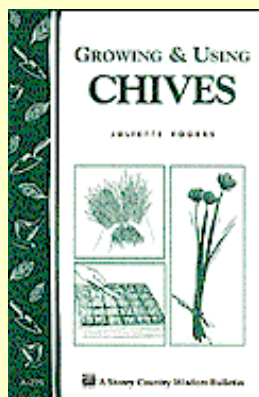
**Seed Spacing:** 1/4"

**Days to Emerge:** 10 to 15

**Thinning:** Not Necessary.

## Related Products :

### Growing and Using Chives



Learn to grow chives indoors or outdoors with these step-by-step instructions. This booklet also includes harvesting and preserving tips, as well as collection of recipes that will become treasured favorites.

## Thyme

Common

*Thymus vulgaris*



\$1.89

Net Weight  
500 mg

Perennial  
Plant after last  
chance of  
spring frost

This is the herb  
for cooks who  
don't know  
which herb to  
use: Thyme will  
go with almost  
anything! Very  
elegant, small  
garden shrub.

Botanical Interests <sup>INC</sup>

## Thyme - Common

(*Thymus vulgaris*)

Price: \$1.89

A hedge of thyme looks terrific around an herb or vegetable garden, and you won't find a more versatile herb in the kitchen. The leaves are small and delicate, and you'll have edible flowers to garnish your dishes in early summer. Plants grow only 12 inches tall, and work well in containers, and can even be grown in a sunny windowsill. Even after heavy thinning, this packet will produce 40 plants.

**Flower Type:** Perennial

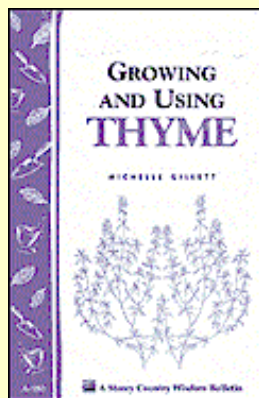
**Bloom Time:** Summer

**Height:** 1 foot

**Exposure:** Needs at least half a day of sun

## Related Products :

### Growing and Using Thyme



**When to Sow Outside:** Two weeks after last average frost date, or when soil has warmed to 70 degrees.

**When to Sow Inside:** 8 weeks before last frost

**Seed Depth:** 1/8 "

**Seed Spacing:** 4 to 5 seeds per inch

**Days to Emerge:** 10 to 15

**Thinning:** When 1" tall thin to 10 inches apart

Growing and Using Thyme covers the following topics:

- Types of Thyme
- Growing Thyme
- Harvesting and Preserving Thyme
- Crafts and Gifts
- Herbal Remedies
- Dozens of Recipes



## Echinacea

### Purple Coneflower

*Echinacea purpurea*

\$1.69

Net Weight  
500 mg

Perennial  
Blooms summer  
3' - 4' tall  
Sun or shade

Used for its  
suspected  
medicinal value,  
this long-lived,  
tough perennial  
withstands  
drought, wind  
and humidity.

Botanical Interests

## Echinacea - Purple Coneflower (*Echinacea purpurea*)

Price: \$1.69

This easy to care for North American native wildflower is an excellent addition to any garden. Plants are long-lived and have a long blooming period (30-60 days), and will grow well in a variety of conditions. The 3" to 4" flowers have lavender, drooping petals with a large cone-like, dark purple-brown center. Excellent in borders and a great cut flower.

### Related Products :



**Flower Type:** Perennial  
**Bloom Time:** Summer  
**Height:** 3' to 4'  
**Exposure:** Sun or Shade

**When to Sow Outside:** Early spring, 3 to 4 weeks before last frost, or as late as 2 months before last frost.

**When to Sow Inside:** 3 to 4 weeks before last frost

**Seed Depth:** 1/4 "

**Seed Spacing:** 1"

**Days to Emerge:** 10 to 20

**Thinning:** When 1" tall thin to 18 to 24 inches apart

Echinacea (Coneflower) is not only a beautiful flower, prized by gardeners, but it is also a potent medicine. This booklet explains how to grow, harvest and preserve echinacea. It also contains a wealth of recipes for teas, tonics, sprays, tinctures, salves, syrups and more.

[More...](#)



## Chives Chinese Garlic

Jiu Cai Gau Choy

*Allium tuberosum*

\$1.79

Net Weight

1 gram

Perennial  
Cool season  
crop - plant  
early spring or  
late summer

Leaves, flower  
buds, and  
flowers have a  
delightful mild  
garlic flavor.  
Easy to grow,  
nice in contain-  
ers. Can also be  
grown inside!

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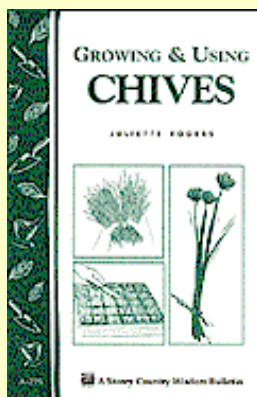
## Chives Chinese, Garlic (*Allium tuberosum*)

Price: \$1.79

When young, leaves and flower buds have an oniony, honey-like, garlic flavor and delicate aroma. A tasty herb with many uses, popular in Asian cooking. Us in stir fries with meat, poultry, noodles, scrambled eggs and soups. Flowers are nice as a garnish. Plants come back every year, are attractive, and can be grown in containers. One packet plants a 30-foot row, however they are better planted like flowers rather than in rows.

### Related Products :

### Growing and Using Chives



**Plant Type:** Perennial

**When to Sow Outside:** Early Spring, as soon as the soil can be worked.

**When to Sow Inside:** 6 weeks before last frost.

**Seed Depth:** 1/2"

**Seed Spacing:** 1/4"

**Days to Emerge:** 10 to 15

**Thinning:** Not Necessary.

Learn to grow chives indoors or outdoors with these step-by-step instructions. This booklet also includes harvesting and preserving tips, as well as collection of recipes that will become treasured favorites.

## Fennel

### Florence (Finocchio)

*Foeniculum vulgare var. azoricum*

\$1.39

Net Weight

1 gram

90 days (min)  
Cool season  
crop - plant  
early spring or  
late summer.

Grown as a  
vegetable for  
the succulent,  
sweet, licorice-  
flavored bulbs  
or as an herb  
for the deli-  
cately flavored  
feathery foliage.

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## Fennel

### Florence (Finocchio)

*(Foeniculum vulgare)*

Price: \$1.39

If you have never had fennel bulb, you are missing a treat. It can be eaten raw or used very effectively in soups, deep fried, in pasta, or sautéed. Feathery leaves are attractive in the garden and make a good garnish for fish, chicken, tomatoes and sauces. One packet plants a 30 foot row.

**Plant Type:** Perennial

**When to Sow Outside:** Sow in midsummer for fall harvest. In areas with long, cool summers you can sow in spring.

**When to Sow Inside:** Four weeks before average last frost.

**Seed Depth:** 1/4"

**Seed Spacing:** 1"

**Row Spacing:** 10"

**Days to Emerge:** 14

**Thinning:** When 1" tall, thin to 10" apart.

**Related Products :**

## Lavender English Tall

*Lavandula angustifolia (vera)*

\$1.79

Net Weight  
250 mg

Perennial (USDA  
zones 5-9)  
Blooms late spring  
to summer  
2' - 3' tall, 3' wide  
Full sun

The intoxicating  
fragrance of  
lavender has  
been sought for  
centuries to lift  
spirits and  
freshen scents in  
the house.

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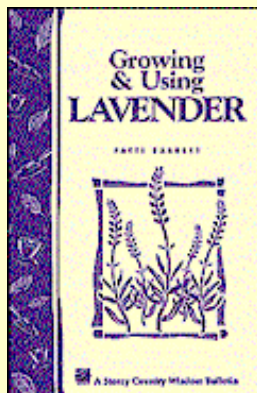
## Lavender

### English, Tall

Old fashioned, wonderfully fragrant

### Hidcote Blue

12" high, very uniform



### Growing and Using Lavender

Learn to grow, harvest and maintain beautiful lavender plants. This booklet also shows you how to cook with lavender and use your harvest to prepare simple medicines, in crafts, and to make fragrant potpourri.

**Related Products :**

## Mint Spearmint

*Mentha spicata*

\$1.79

Net Weight  
250 mg

Perennial  
Plant after last  
spring frost or  
up to 2 months  
before fall frost

*A hardy  
perennial, mint  
has more uses  
than most  
herbs: teas,  
cooking & baths  
are just a few.*

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## Spearmint (Garden Mint) (*Mentha spicata*)

Price: \$1.79

Have you ever tried mint water? It's much more refreshing on a hot summer day than a carbonated soft drink, and the recipe is inside this seed packet. Chop mint and add it to fresh cooked vegetables, fish, meat, veal & fruit salad. The uses for this popular herb are limitless! Great for containers.

**Plant Type:** Perennial

**When to Sow Outside:** Spring, after the last frost.

**When to Sow Inside:** Six weeks before last frost.

**Seed Depth:** Press seeds onto surface of the soil

**Seed Spacing:** 1/4"

**Days to Emerge:** 10 to 15

**Thinning:** When 1" tall, thin to 12" apart.

## Related Products :

### Growing and Cooking with Mint



You'll find everything you ever wanted to know about mint in this little booklet.

Mitsuba, San ye qin, San ip  
Japanese Wild Parsley

*Cryptotaenia japonica*

\$1.79

Net Weight  
500 mg

Perennial  
Cool season  
crop - but  
planted after last  
spring frost.

A really unique  
flavor tasting like  
angelica, celery,  
and parsley.  
Leaves and  
stems used to  
flavor foods or  
added to salads  
- a tasty  
seasoning!

Botanical Interests

**Mitsuba - Japanese Wild  
Parsley**

**San ye quin, San ip**  
(*Cryptotaenia japonica*)

Price: \$1.79

Break out of your gardening rut and try Mitsuba - a delightful Japanese herb with a flavor similar to Angelica. The cress-like young seedlings are used in salads and the stems and leaves are chopped and used to flavor a number of dishes. Mitsuba is a woodland plant that will enjoy a little shade. It reseeds itself to spread and will withstand temperatures as low as 15F. With a little protection, it can be harvested into winter.

**Related Products :**

**Plant Type:** Perennial

**When to Sow Outside:** Even though it's a cool-weather plant, seeds will germinate best if you wait until after the last frost to sow. Can also be planted in early fall.

**When to Sow Inside:** Not Recommended

**Seed Depth:** 1/8"

**Seed Spacing:** 1/2"

**Days to Emerge:** 5 to 15

**Thinning:** When plants have two leaves, thin to 2" apart.

## Oregano

Greek

*Origanum heracleoticum*



\$2.69

Net Weight  
200 mg

Perennial  
Plant after last  
chance of  
spring frost

You will love the  
multitude of  
foods this true  
culinary  
Oregano can  
jazz up. Eggs,  
meats, veggies,  
and, of course,  
Italian food and  
sauces.

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## Oregano - Greek

(*Origanum heracleoticum*)

Price: \$2.69

Some Oregano seeds and plants are not the superior, true culinary type but a less expensive, common Oregano. The seeds in this packet are true culinary type, prized by Italian chefs. Aromatic, flavorful. Wonderful synergy with tomatoes (fresh or sauce), egg/cheese combinations (omelets, quiches), and marinated vegetables. Combines well with thyme, garlic, parsley, or olive oil. Also a good container variety. This packet plants one 40-foot row.

**Plant Type:** Perennial

**When to Sow Outside:** In spring, 2 to 4 weeks after average last frost. Plant as late as 2 months before first fall frost.

**When to Sow Inside:** 6 to 8 weeks before last frost.

Recommended.

**Seed Depth:** Press into surface of soil

**Seed Spacing:** four per inch

**Row Spacing:** 2'

**Days to Emerge:** 5-10

**Thinning:** When plants emerge, thin to 1" apart. When 2" tall, thin to 8" to 10" apart.

## Related Products :

### Growing and Using Oregano



In this booklet, you'll discover how to grow Oregano from seeds or plants, in hanging baskets or window boxes, in rock gardens, indoors or outdoors.

Includes dozens of recipes!





## Rosemary (*Rosmarinus officinalis*)

Price: \$2.39

This very aromatic herb has a wonderfully fresh, pine-like scent. In the kitchen, use it with lamb, pork, poultry, carrots and peas. Compliments chives, parsley and bay. Can be grown in containers. Upright variety.

**Flower Type:** Perennial

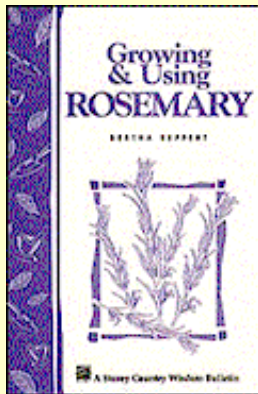
**Bloom Time:** Summer

**Height:** up to 6'

**Exposure:** Sun

### Related Products :

#### [Growing and Using Rosemary](#)



**When to Sow Outside:** After the last average frost date.

**When to Sow Inside:** 8 to 10 weeks before last frost

**Seed Depth:** 1/4 "

**Seed Spacing:** 1"

**Days to Emerge:** 15 to 30

**Thinning:** When 1/2" tall thin to 12 to 18 inches apart

Renowned herbalist Bertha Repert offers expert advice on growing rosemary indoors and out. She also provides simple instructions and recipes for using rosemary in cooking, craft projects, herbal remedies, beauty products, decorative accents, and holiday and wedding ornaments.

**Sorrel**  
**Common Sorrel**  
*Rumex acetosa*



**\$1.59**

**Net Weight**  
**1 gram**

Perennial  
Cool season  
crop - plant early  
spring or late  
summer.

---

*A hardy  
perennial, sorrel  
leaves have a  
sharp lemon/  
spinach flavor.  
One of the  
earliest spring  
greens!*

---

**Botanical Interests** INC.

**Sorrel**  
*Rumex acetosa*

Price: \$1.59

Sorrel is an underutilized green in the US, and unjustifiably so. The leaves are very high in vitamin C and have many uses. Young, tender spring leaves can be used as a salad green, and are also used in Cream of Sorrel soup. Sorrel can be cooked like spinach and served with trout or salmon, or mixed in a few leaves with your cooked spinach or chard for a sharp, lemony flavor. Fresh leaves are used by some to soothe canker sores.

**Plant Type:** Perennial (Hardy)

**When to Sow Outside:** Two weeks before last frost date.

**When to Sow Inside:** Four weeks before last frost date.

**Seed Depth:** 1/4"

**Seed Spacing:** 4"

**Days to Emerge:** 5 - 10

**Thinning:** When 2" tall, thin to 18" apart.

**Related Products :**



## Burnet Salad

*Poterium sanguisorba*

\$1.59

Net Weight

1 gram

Perennial  
Cool season  
crop - plant early  
spring or late  
summer.

*The refreshing,  
light cucumber  
flavored leaves  
will add flavor to  
your salads,  
soups, and cool  
summer drinks  
all year long!*

Botanical Interests™

## Salad Burnet

*(Poterium sanguisorba)*

Price: \$1.59

A hardy perennial, great for novice gardeners and gourmets. Attractive plant looks like rustic maiden hair fern and can be planted in rock gardens, flower beds, and containers. Leaves have a cucumber flavor and are added to salads, cold summer drinks, chopped and mixed with butter for a gourmet spread, and used as a garnish instead of dill with fish. Very easy to grow.

**Plant Type:** Perennial

**When to Sow Outside:** Plant two weeks before average last spring frost. In mild climates, sow in late fall for early spring germination.

**When to Sow Inside:** Not Necessary.

**Seed Depth:** 1/8"

**Seed Spacing:** 2"

**Days to Emerge:** 8 to 10

**Thinning:** not necessary

## Related Products :

## Sage Garden

### Broadleaf

*Salvia officinalis*

\$1.89

Net Weight

1 gram

Perennial  
Plant as soon as  
soil can be  
worked in early  
spring

Strong, unique  
flavor and  
aroma.  
Enhances many  
dishes. Also used  
by many as an  
ornamental for  
foliage & flowers

Botanical Interests 314

## Sage, Broadleaf

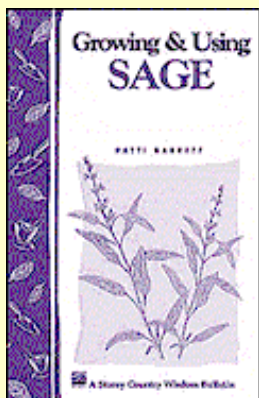
(*Salvia officinalis*)

Price: \$1.89

You will love sage for a variety of reasons. Like all salvias, it has beautiful purple/blue edible flowers. The grey-green foliage is an excellent contrast for the garden. The flavor is assertive and useful in many dishes - particularly those high in fat, where it aids in digestion. Also good with carrots, tomatoes, squash, corn and potatoes. Grows well in containers. One packet plants a 30-foot row.

## Related Products :

### Growing and Using Sage



**Flower Type:** Perennial

**Bloom Time:** Summer

**Exposure:** Sun

**When to Sow Outside:** Spring, as early as the soil can be worked.

**When to Sow Inside:** 4 weeks before transplanting outdoors.

**Seed Depth:** 1/4 "

**Seed Spacing:** 4"

**Row Spacing:** 1'

**Days to Emerge:** 5 to 15

**Thinning:** When 1" tall thin to 12 to 18 inches apart

**In this book you'll learn how to**

- Grow sage indoors and outdoors
- Propagate sage
- Harvest and dry sage
- Choose the best varieties for your garden
- Use sage medicinally and in cosmetics
- Cook with sage

## Watercress

*Nasturtium officinale*



\$1.59

Net Weight  
300 mg

30-40 days  
Perennial. Plant  
3-4 weeks  
before last  
spring frost.

*Snappy, clean,  
peppery taste  
will add crunch  
to your sand-  
wiches, salads,  
omelets, or  
potato salads.*

Botanical Interests™

## Watercress

*(Nasturtium officinale)*

Price: \$1.59

You don't have to have a free running stream or lake in your yard to grow watercress. Any moist, partly shaded location will do. If you like the texture and flavor of alfalfa or bean sprouts with your foods, you will love watercress. Peppery, pungent flavor & odor with fleshy stems. Can be grown in pots sitting in trays of water or inside in winter. One packet plants a 10-foot row.

**Flower Type:** Perennial

**Exposure:** Part Shade

### Related Products :

**When to Sow Outside:** 3 to 4 weeks before last frost.

**When to Sow Inside:** 6 weeks before planting outdoors

**Seed Depth:** Press onto surface of soil

**Seed Spacing:** 1"

**Days to Emerge:** 5 to 15

**Thinning:** When 1/2" tall thin to 3 inches apart



**Yarrow**  
**White Milfoil**  
*Achillea millefolium*

**\$1.59**  
**Net Weight**  
**750 mg**

Perennial  
Blooms spring  
to early summer  
1' - 2' tall,  
5' spread  
Full sun

*Incredibly fast  
growing lawn  
substitute or  
ground cover  
for dry areas.  
Fire retardant.  
Winter hardy in  
ANY climate.*

**Botanical Interests**™

**Common Yarrow**  
**White Milfoil**  
*(Achillea millefolium)*

Price: \$1.59

White Milfoil is an incredibly fast growing lawn substitute or ground cover for dry areas. Plants are winter hardy in any climate, and are fire retardant. Spreads rapidly, very cold hardy, easy to grow, and grows in most climates.

**Plant Type:** Perennial  
**Exposure:** Full Sun  
**Height:** 1' to 2'  
**Spread:** 5"

**When to Sow Outside:** In spring after last average frost date, or late summer/early fall for an early spring start.

**When to Sow Inside:** 6 to 8 weeks before last frost.

**Seed Depth:** Surface

**Seed Spacing:** 1"

**Days to Emerge:** 20 to 28

**Thinning:** When 1/2" tall, thin to 1' apart.

**Related Products :**

# Feverfew

(*Chrysanthemum parthenium*)  
(*Tanacetum parthenium*)

[Shop for Herb Seeds](#)

## Description

Various forms of feverfew grow to heights of between 9 inches and 2 feet. The deeply cut leaves are brightly colored and have a sharp, unpleasantly bitter taste. The flowers, which are produced from summer until mid-fall, are thick and daisy like with yellow centers.

## Cultivation

Feverfew will thrive in the poorest soils. They can even make find a home in pavement cracks and and walls. Full sun is a must, as the plant is susceptible to mildew in the shade. It can be grown from seed or by root division. Cuttings can be rooted in early summer.

## Harvesting

Cut leaves and flowers as required. The flowers may be dried face down on a flat surface and used in potpourri.

## Medicinal Uses

Tablets and [tinctures](#) are the safest form of this herb when used medicinally. It is used for the relief of migraine, to help prevent blood clots, as an anti-inflammatory for relief of arthritis, to relieve some types of menstrual problems, and as a digestive aid.

**Do not take this herb during pregnancy. Controlled doses of this herb are safest. Consult an herbalist if you are not sure about the dose.**

## Other Uses

Grow feverfew in the rose garden to attract aphids away from the rose bushes. Leaves and flowers act as a good moth deterrent. It also makes a nice cut flower.

### GUIDE SHEETS :

# Lavender

*Lavandula angustifolia*

[Shop for Herb Seeds](#)



Lavender is a traditional cottage garden plant. Its gray-green spikes of foliage and purple flowers provide color all year. Since the Middle Ages, the dried flowers have been one of the main ingredients of potpourri. Fresh sprigs are included in herbal bunches known as tussie mussies, which have been used for hundreds of years to mask unpleasant odors and ward off illness.

## Description

The plant may grow to a height of 3 feet, but there are dwarf forms for edging which reach only about 10 inches. The stems are thick and woody, and become straggly if left unpruned. The leaves are long, spiky, and very narrow, and branch out near the ground. The tiny tubular flowers are carried on long spikes in thick clusters that surround the stem from the tip to about 4 inches down.

## Cultivation

Cuttings from strong new growth can be propagated in summer or autumn or from seeds sown indoors in trays. Once rooted, plant them in a well drained, poor soil. Foliage will yellow in poorly drained soil. The bushes tend to look after themselves and respond to an annual pruning in fall after flowering or in early spring. Bushes tend to straggle as they mature and it is often necessary to cut back severely in fall to generate strong growth.

## Culinary Uses

Fresh lavender flowers can be used to flavor syrup for jellies. Mix 6 flowerheads into each pint of apple jelly syrup. Remove the lavender before bottling. It is also used to flavor fruit salad and milk and cream for deserts. Flowers be candied to decorate cakes and puddings. Use lavender instead of rosemary when cooking

chicken. Lavender ice-cream is a real treat.

## Growing and Using Lavender

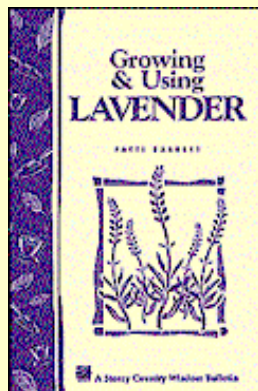
### Medicinal Uses

Use an infusion of lavender on insect bites. Dried flowers and seeds are used in herbal sleep pillows and baths for soothing and calming frayed nerves. Lavender oil applied at the temples will relieve a headache. Three flowerheads in a cup of boiling water makes a soothing tea at bedtime.

### Other Uses

Bunches of lavender are said to ward off insects. Fresh or dried flowers are used in rinsing water for clothes and hair. Dried flowers and seeds are often used in potpourri and sachets. The stems are used to weave decorative baskets.

To dry the flowers, cut them as soon as they begin to open and hang upside down in bunches in a well-ventilated area.



Learn to grow, harvest and maintain beautiful lavender plants. This booklet also shows you how to cook with lavender and use your harvest to prepare simple medicines, in crafts, and to make fragrant potpourri.

### Easy Lavender Soap

- 10 tablespoons finely grated castille soap**
- 8 tablespoons boiling water**
- 2 tablespoons crushed dried lavender flowers**
- 4 drops lavender oil**

Melt the soap in the water in a bowl placed over a saucepan of hot water, stirring frequently, until smooth.

Crush the flowers to a powder and take the bowl off the saucepan. Stir the flowers into the soap with oil.

Store in a glass or plastic bottle.



# Pot Marigold

*(Calendula officinalis)*

[Shop for Herb Seeds](#)



These bright yellow and orange flowers are a familiar sight in cottage and country gardens. The plant is a native of southern Europe but flourishes in cool, temperate climates. The petals have a pungent, spicy flavor and the leaves have a

bitter aftertaste. It is used more for medicinal than culinary purposes. This hardy annual grows to a height of about 9-20 inches and has a long flowering period.

## Cultivation

Seeds may be sown directly in the bed, border, or flower box throughout spring and summer. The plant prefers a rich, light soil and a sunny location. Add compost to the soil if necessary, then sidedress with additional compost when the plants are well established. Water deeply during dry spells. It will seed itself readily.

## Culinary Uses

The petals, with their slight aromatic bitterness are used in fish and meat soups, rice dishes, salads, and as a coloring for cheese and butter. The whole flower was used as a garnish in medieval times.



# Marigold Wine

2 quarts marigolds (use *Calendula officinalis* only)  
1 gallon boiling water  
1 campden tablet, crushed (sterilizer)  
thinly pared peel and juice of 3 tangerines or other soft citrus fruit  
thinly pared peel and juice of 1 lemon  
5½ cups sugar  
1¼ cups white raisins, finely chopped  
wine yeast  
yeast nutrient

Wash the flowers and put into a large container. Add the boiling water and stir in the Campden tablet. Leave for 24 hours.

Draw off 1 cup of the liquid, add citrus peel and heat to just on the point of boiling. Add the sugar, stirring until dissolved. Cool to body temperature, then pour back into the original container. Add raisins, citrus juice, yeast, and nutrient. Cover and leave 5 days to ferment, stirring twice each day.

Strain through a double thickness of muslin. Pour into a fermenting jar fitted with a fermentation lock and leave to continue fermenting. Rack the wine as it begins to clear.

When completely clear, store in a cool, dark, dry place for six months to mature.

## Medicinal Use

Calendula heals wounds as well as internal and external ulcers. It is an antiseptic, and improves blood flow to the affected area. As an antifungal agent, it can be used to treat athlete's foot, ringworm, and candida. The **tincture** applied neat to cold sores encourages healing. Calendula **cream** is good for acne and diaper rash. An **infusion** is good for digestion and relieves colitis and symptoms of menopause.

## Other Uses

An **infusion** of the petals can be used as a rinse to lighten and brighten hair. The petals also make a nourishing cream for the skin. Pot marigold makes an attractive cut flower and can be grown in the vegetable garden to help with insect control.

# Creamy Marigold Cleanser

4 tablespoons olive or almond oil  
2 tablespoons dried pot marigold flowers  
few drops of violet, orange blossom or rose water

Warm the oil in a bowl placed over a saucepan of hot water. Stir in the dried flowers and continue to heat gently for 30 minutes. Remove from heat, allow to cool, and stir in the flower water.

# Garlic

(*Allium sativum*)

Shop for Herb Seeds

The bulbs you find in the grocery store will produce a fine crop of garlic. Since the plants will do most of their growing in cool weather, it's a good idea to plant in late summer or early fall and mulch the plants over in winter.

## Planting and Maintenance

Break each bulb into individual cloves, then plant 3-4 inches apart, pointed end up. Give them two or three [sidedressings](#) with manure or fertilizer during the season. The soil around them should be kept loose and moist.

## Harvesting

When the tops fall over and die, pull up the bulbs. Let them dry in the sun for a few days, then braid the tops together or place them in a net bag. Hanging them in an airy location will help prevent rot. Peeled garlic cloves may be stored in a jar of oil. The garlic retains its flavor and the oil will add flavor to salad dressings.

## Insects and Disease

### *Insects*

Thripes are tiny insects that feed on leaves and cause white, blotchy areas. The plants weaken and the yield is reduced. Keep weeds out of the garden to eliminate alternate hosts. A blast of cold water will remove thripes from plants. Soap sprays and diatomaceous earth may be effective.

### *Onion Maggot*

The onion maggot is the offspring of a small fly that lays eggs near the base of the plant or on the bulb itself. The maggots kill the plant by burrowing into the stem and bulb. Pull up and destroy any plants before the maggots mature into flies. You may also try making tarpaper collars around the plants. Wood ashes, rock phosphate, or diatomaceous earth sprinkled around the base of the plant is said to be effective.



## Growing and Using Garlic

Self-proclaimed garlicaholic Glenn Andrews provides easy-to-follow directions for growing, harvesting, and preserving your own crop of fresh garlic. She also offers simple instructions for making roasted, smoked, and pickled garlic as well as delicious garlicky recipes for condiments, appetizers, soups, salads, side dishes, sauces, and entrees.

## ***Disease***

Neck rot is the most common problem. It strikes just after harvest or while the bulbs are in storage. Drying the bulbs at warm temperatures with good ventilation and storing in a cool, airy spot will help prevent the disease.

## **Garlic as a Companion Plant**

Garlic helps deter Japanese beetles, and it makes a great companion for roses and raspberries. For more information about companions, consult the [Herb Companion Chart](#) and the [Vegetable Companion Chart](#).

## **Medicinal Uses**

Garlic has been used throughout the ages to ward off disease, and has saved many lives in epidemics of infectious diseases. It is antibacterial and gives protection against colds and flu. Garlic improves circulation and lowers blood pressure. In clinical studies, garlic reduced cholesterol levels. Further studies indicate that garlic may have a positive role in the prevention of coronary heart disease, thrombosis and arteriosclerosis. It may even offer some degree of protection against cancer.

# Lemon Balm

[Shop for Herb Seeds](#)

*(Melissa officinalis)*



Lemon balm is an attractive herb with yellow or variegated leaves smelling strongly of lemons. It is a great addition to any garden since it is very attractive to bees. A tea made from the leaves is said to relieve tiredness, soothe headaches, and calm nerves.

## Description

This vigorous plant will readily spread throughout the border. It reaches a height of 3 feet with a spread of 2 feet. The oval, almost heart-shaped leaves have slightly serrated edges and a pronounced network of veins; they can be up to 2½ inches across. The flowers, which bloom from mid- to late summer are small, white, and insignificant.

## Cultivation

Seeds are slow to germinate and are so fine that they hardly need covering at all. An alternative method of propagation is to take cuttings in late spring and root them in water. Plant in warm, moist soil in a sunny location. Good sun and moisture are necessary for the production of essential oil and good fragrance. Cut back to soil level in the fall to encourage strong growth. The plant will not tolerate high humidity. Lemon Balm performs well in containers.

## Culinary Uses

Use fresh leaves in salads and as a garnish for fish and other dishes. When candied, the leaves make attractive cake decorations. Chopped leaves can be added to fish and chicken dishes and sprinkled over fresh vegetables. Add the leaves to cooked dishes in the last few minutes. They can also be added to summer drinks and fruit salads, and make a good substitute for lemon peel in recipes.

## Medicinal Use

Lemon balm is traditionally used to restore nerves. It helps relieve anxiety attacks, palpitations with nausea, mild insomnia and phobias. It combines well with peppermint to stimulate circulation, and can also be used for colds and flu.

## Other Uses

An infusion of leaves makes a refreshing skin toner and can be used in rinse water for clothes. A stronger infusion makes a good rinse for oily hair. Use as a facial steam for dry skin. Dried leaves add a lemony scent to Potpourris.

# Chamomile

(*Chamaemilum nobile*)

(*Matricaria recutita*)

[Shop for Herb Seeds](#)



## ***C. nobile***

This perennial is also known as Roman chamomile. It can be used as a groundcover since it grows only 4 to 12 inches in height. The foliage is feathery with an apple scent, and it is accented by white, daisy-like flowers with down-turned petals.

## ***M. recutita***

The annual form of chamomile is also called German chamomile. It grows to 20 inches and has feathery foliage with daisy-like flowers like its cousin. The flowers are scented, but the foliage is not.

## **Cultivation**

Roman chamomile is usually propagated by root division, while German chamomile seeds are sown directly in early spring. The soil should be sandy and slightly acid. Full sun is preferred except in hot, dry climates where midday shade is necessary. Chamomile can also be used around the edges of containers with other herbs. After flowering, cut back to the main growth.

## **Harvesting and Drying**

Cut the flowers from the stems with scissors and spread them out on muslin covered racks to dry.

## **Culinary Uses**

Roman chamomile foliage can be chopped and stirred into butter or sour cream that is used to top baked potatoes.

## **Medicinal Uses**

German Chamomile is most often used for medicinal purposes, and is usually administered as a tea. It can also be administered as a compress for external healing and as a bath for babies. Here are a few uses:

- Soothes and relaxes at bedtime.
- Relieves restlessness, teething problems, and colic in children.
- Relieves allergies, much as an antihistamine would.
- Aids digestion when taken as a tea after meals.
- Relieves morning sickness during pregnancy.
- Speeds healing of skin ulcers, wounds, or burns.
- Treats gastritis and ulcerative colitis.

### **Other Uses**

- Makes a relaxing bath or footbath.
- Lightens fair hair and conditions complexion. Make a rinse by simmering 2 teaspoons dried flowers in 8 ounces of water for 15 minutes.
- Potpourri (dry flowers face down.)

## **Chamomile Cleansing Milk**

Must be kept refrigerated.  
Good only for 2-4 days.

Place 1 cup of warm milk in a bowl. The milk must be kept warm throughout, however it must never boil and a skin must not form on the milk. The easiest way to accomplish this is by placing the bowl over a saucepan of hot water.

Add 3 tablespoons fresh chamomile flowers. Stir gently from time to time so as not to break up the flowers. Infuse until the milk smells strongly of chamomile. Strain into glass jars.

Excellent for oily skin



# Sage

[Shop for Herb Seeds](#)

(*Salvia officinalis*)



Sage is a decorative evergreen shrub with downy foliage that varies in color from gray to gray-green, with one variety producing deep purple leaves. The camphor scented, purple-blue flowers, which appear in mid-summer are exceptionally attractive. Plants can reach a height of 2 feet with a spread of 18 inches.

## Cultivation

Sage prefers a sunny location with alkaline soil. It grows best in a warm climate.

Propagate from summer cuttings taken with a heel or by layering established branches in spring and fall. Seed is unreliable and slow to flower. Keep the plant well pruned to encourage young shoots with a strong flavor. Pruning also keeps the plants from becoming leggy and twiggy.

## Culinary Uses

- Use in sauces and stuffings for fatty meats such as goose, duck, pork and sausage.
- In Italy, the fresh leaves are lightly fried with liver, and rolled up with ham and veal in saltimbocca.
- In Germany and Belgium, the leaves are added to eel and other oily fish dishes.
- In Middle Eastern countries the leaves are used liberally in salads.

# Cosmetic Uses

Leaves can be strewn in bathwater and in rinsewater to enhance dark hair.

# Medicinal Uses

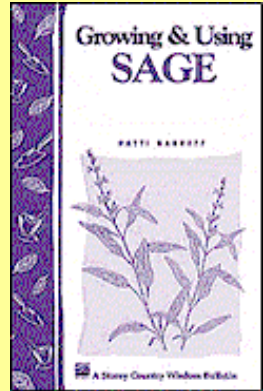
Because of its anticeptic qualities, sage tea is used as a gargle for a sore throat. There's also compelling new research indicating that sage may be of value to people with diabetes. Laboratory studies indicate that sage may boost insulin's action. Sage was among 24 herbs tested that were found to boost insulin activity two- to fivefold or more in patients with Type II (non-insulin dependent) diabetes. For people who have diabetes, this means that drinking sage tea in conjunction with their insulin treatments is worth a try.

To make a tea, pour a cup of boiling water over one to two teaspoons of dried leaves and steep for ten minutes. If you have diabetes, it would be a good idea to discuss using sage with your doctor. For sore throat, allow the tea to cool till warm, then gargle as needed.

# Other Uses

Dark sage leaves are an attractive addition to potpourri.

## Growing and Using Sage



**In this book you'll learn how to**

- Grow sage indoors and outdoors
- Propagate sage
- Harvest and dry sage
- Choose the best varieties for your garden
- Use sage medicinally and in cosmetics
- Cook with sage

# Thyme

(*Thymus vulgaris*)

[Shop for Herb Seeds](#)



Thyme is a perennial native to the Mediterranean. It is hardy to zone five, but is prone to disease and insect infestation in the deep south. Southern gardeners may want to grow thyme indoors in containers so that conditions may be carefully controlled. Most varieties grow to only six to twelve inches in height, and they make an attractive edging for the perennial border. Leaves are dark gray-green in color, and pale pink flowers bloom at the tips of the stems in summer.

You can start thyme from seeds to get a wider selection of varieties. Most nurseries carry transplants in spring and summer. It prefers a sandy, dry soil and plenty of sun. If your soil is acidic, add some lime. If you live in a very cold climate, protect the plants in winter by mulching heavily. Once established, the only care will be regular pruning of the plants and removal of dead flowers and pruning to remove old wood.

## Harvesting

Leaves can be harvested for fresh use throughout the summer, but the flavor is best just before flowering. To dry, cut the stems just as the flowers start to open and hang in small bunches. Harvest sparingly the first year.

## Culinary Uses

Thyme has a strong piquant or lemony flavor. For fresh use, the flavor is best just before flowering.

- Enhance the flavor of meat, fish and poultry dishes with thyme.
- For chicken and fish marinades, bruise fresh sprigs of thyme and tarragon, and combine with red-wine vinegar and olive oil.
- Use in herb butters and cottage cheese.

[Culinary Oils and Vinegars](#)

## Medicinal Uses

**It is safe to use thyme as a seasoning during pregnancy, but strong medicinal**

doses should be avoided if there is any possibility that you are pregnant.

Thyme was grown in monastery gardens in southern France and in Spain and Italy during the Middle Ages for use as a cough remedy, digestive aid and treatment for intestinal parasites.

A solution of thyme's most active ingredient, thymol, thyme's most active ingredient, is used in such over-the-counter products as Listerine mouthwash and Vicks VapoRub because of its well-known antibacterial and antifungal properties. Thymol apparently also has a therapeutic effect on the lungs. Ingesting or inhaling the oil helps to loosen phlegm and relax the muscles in the respiratory tract.

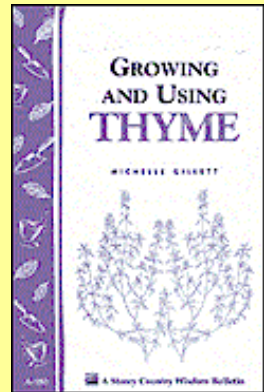
In Germany, concoctions of thyme are frequently prescribed for coughs, including those resulting from whooping cough, bronchitis and emphysema. In the United States, thyme extract was included in a popular cough syrup, Pertussin, that is no longer on the market. Thyme is used in herbal teas prepared for colds and flus. In addition, thyme has antifungal properties and can be used against athlete's foot.

### **Taking thyme**

To make a tea, use two teaspoons of dried herb per cup of boiling water and steep for ten minutes. Add sage to the tea if you have a nagging cough. The Food and Drug Administration includes thyme on its list of herbs generally regarded as safe, but large doses may cause intestinal problems. If you experience diarrhea or bloating, cut back on the amount you're using or discontinue use altogether.

A stronger tea is useful as a mouthwash or rinse to treat sore gums.

## **Growing and Using Thyme**



Growing and Using Thyme covers the following topics:

- Types of Thyme
- Growing Thyme
- Harvesting and Preserving Thyme
- Crafts and Gifts
- Herbal Remedies
- Dozens of Recipes

# Yarrow

(*Achillea millefolium*)

[Shop for Herb Seeds](#)



Yarrow has been valued since ancient times for its ability to stop bleeding, hence its folk name "nosebleed." Today, yarrow is valued for its ability to fight off colds and flu. It is also an ingredient in many herbal cosmetics. Dried and cut flowers are used in arrangements.

Flowers heads are flat and 2" to 6" across on 2' to 5' stems. Colors include

white, yellow, gold, pink and red. The aromatic foliage is green or gray.

## Cultivation

Yarrow is an undemanding plant that thrives even in poor soil but does best in a sunny position with good drainage and light soil. Yarrow grows well in zones 3-8 with some cultivars extending to zone 10. Plants are susceptible to disease in humid areas.

Propagate from seeds, by root division or from woody cuttings taken in autumn or spring. They can take a year or two to establish themselves from seed. Place the plants 1-2 feet apart and divide the clumps when they become crowded. Taller cultivars may need to be staked, especially if grown in very fertile soil.

## Disease

### *Mildew*

Mildew is a fungal disease which causes grayish downy spots on leaves. Plants which do not have adequate sunshine or air circulation, or those grown in humid climates are most susceptible. Spray with early in the morning while foliage is still slightly moist with dew. Badly infected plants should be cut down and destroyed.

## Medicinal Uses

Do not use yarrow during pregnancy, for undiagnosed bleeding, or for more than two weeks.

Use flowers, leaves and stems.

- A piece of the plant held against a wound will staunch bleeding.
- An infusion can help to break a fever.
- A tea made from yarrow with peppermint and elderflower can be used to fight colds and flu.
- Yarrow can be of benefit in mild cystitis.
- Promotes digestion.
- Improves circulation by acting as a vasodilator.
- Lowers blood pressure.

Find out how to make simple skin care products from yarrow at

[The Chamomile Times and Herbal News](#)

## Other Uses

- Adds color to a border. The flat heads add contrast to mounding or spiky plants.
- Use in fresh arrangements.
- Makes attractive dried flowers if cut before the sun bleaches them. To dry the flowers, cut them at their peak before they start to fade and hang them head-down in clusters of six to 12 in a dry, airy place out of the sun.
- Fragrant addition to potpourri.

# St. John's Wort

(*Hypericum perforatum*)

[Shop for Herb Seeds](#)



This tough little perennial shrub grows 12-36 inches tall and is covered with pretty, fragrant yellow flowers from mid to late summer.

The flowers have 5 petals and clusters of feathery gold stamens.

The dark green leaves have oil glands which look like tiny perforations on their undersides.

## Cultivation

St. John's wort is usually propagated from runners in the autumn or by seed sown early in the spring. The plant does best when planted on an average soil and prefers dappled

shade or full sun. the plants grow rapidly but are short lived, usually lasting only five or six years. Because of their dense, compact habit of growth they rarely need pruning, but if it is necessary to cut off deadwood, do so in early spring. New plants can be started from softwood cuttings of young growth in late spring or early summer.

## Harvesting

Cut flowers when fully open and pick leaves as required. Always harvest before the heat of the day.

## Medicinal Uses

**Use caution as this plant can cause photosensitivity in some people.**

### For Depression

Many clinical trials show Saint-John's-wort to be useful in treating mild depressive states. Studies in 3,250 patients found improvement or total freedom from symptoms in about 80% of the cases treated, with only 15% not responding.

In Germany, the most popular prescription drug of any type, natural or synthetic, for the treatment of mild depression is a concentrated extract of the flowers and leaves of Saint-John's-wort, often simply called hypericum. There, just under 200,000 prescriptions per month are filled for a single brand (Jarsin), compared with about 30,000 per month for fluoxetine (Prozac). This

figure does not include sales of other hypericum products, whether they are prescribed or self-selected. Approximately 80% of the sales are prescriptions, which allows their cost to be reimbursed by the German health-insurance system.

When preparing St. John's Wort grown in your garden, use two to four grams of dried herb daily. The herb can be prepared as a tea. Both leaves and flowers are used.

### **For Other Conditions**

For medicinal use, prepare a tincture or infusion of the aerial parts.

- It is useful as a wound healer, encouraging the formation of granulation tissue and promoting nerve repair.
- Taken internally, the red oil from the plant helps to heal stomach ulcers.
- Take an infusion or tincture internally for rheumatism, or massage the oil into the joint.
- Treats nerve-related disorders such as neuralgia, sciatica and shingles.
- Eases symptoms of menopause.
- The oil is good to use topically for wounds, sunburn, burns, and post-operative scars.
- In Germany it is traditionally used for colic, aches and pains, inflammation of the digestive tract and bed-wetting.



# Hyssop

Shop for Herb Seeds

*(Hyssopus officinalis)*

This decorative and long-lasting perennial herb has been widely used since ancient times. The plant grows 2 feet tall and spreads about a foot. The purple-blue flowers are about an inch  $\frac{1}{4}$  inch long and are carried in long, narrow spikes. All parts of the plant give off a strong aroma.

## Cultivation

Propagation is from seeds or by cuttings and root division. Sow seeds in spring in a light, dry warm soil. Full sun is preferred, and germination is very rapid. It will do well in a windowbox or other container and makes an attractive border or edging. Stems should be cut back after flowering, and the plant should be cut off at ground level in the fall.

## Culinary Uses

Leaves have a slightly bitter, minty taste. They should be used sparingly in salad. A few leaves can be used in savory dishes such as rich stews and in marinades. Flowers can be used as an attractive garnish and in salads.

## Medicinal Use

Prepared as an **infusion**, hyssop will soothe colic, improve digestion and eliminate flatulence. It is an excellent nerve tonic, and also helps one to build up strength after an illness. It is recommended for coughs (try combining with **other cough remedies**) colds, flu, and as a gargle for sore throats.

Prepare a **compress** from a **tincture** or a **poultice** from leaves to treat bruises and rheumatism.

# Aloe

(Aloe vera)

[Shop for Herb Seeds](#)

Aloe comes from tropical Africa. Related species are used as an antidote to arrow poison, but we value the plant for its healing effect on burns, wounds and insect bites.



## Description

Aloe is a succulent, and grows to a height of 12 to 16 inches. It has a fibrous root system producing long, tapering, stemless leaves. These light green leaves have spiky margins and are blotched with cream. The firm upright stems bear several bell-shaped, fleshy, yellow-orange flowers.

## Cultivation

Propagate from small, rooted offshoots at the base of the parent plant. It may be grown from seed. It prefers a rough, gritty growing medium and a well-drained, sunny location. It will also grow in partial shade. Aloe needs temperatures above 40 degrees, and is grown indoors in cooler climates. When grown indoors the offshoots can be removed and repotted when they are a few inches tall. Do not overwater.

## Harvesting

Cut the leaves as required.

## Medicinal Use

Keep a pot of Aloe vera on you kitchen windowsill for handy access. The fresh juice of the leaf blades can be applied directly to ulcers, burns, sunburn, and fungal infection.

Aloe-emodin, an ingredient in aloe, is a powerful laxative and should always be used with caution. It can be combined with a **tinctor** of caraway seed to prevent intestinal cramps and pain. Taken in small doses, it is an excellent digestive tonic.

# Cayenne

(*Capsicum frutescens*)

[Shop for Pepper Seeds](#)

Cayenne is native to Central and South America and Zanzibar. It grows as a perennial in its native tropical habitat, but in North America and Europe it is grown as an annual.

## Description



Cayenne is a shrublike plant that grows to a height of 24 inches. The leaves are elliptical, slightly leathery, dark green and smooth. The flowers produce pods of flat, white, pungent seeds. These pods (peppers) range in color from green when immature to purple, red, orange or yellow when ripe. Plants grow well in containers and can be blended

into the landscape.

## Cultivation

Cayenne needs a sunny location and rich, well-composted soil. Start seeds indoors six to eight weeks before setting the plants out. Transplant outdoors when all danger of frost has passed and the soil is warm.

## Harvesting

Pick the pods when the color has developed fully and hang them up to dry until they are required. The pods may also be used fresh.

## Culinary uses

Use the fresh or dried whole pods. Grind the dried pods to use as spice.

## Culinary Oils and Vinegars

## Medicinal Use

**Cayenne should never be used by pregnant or lactating women.**

### ***Cayenne for the Stomach***

In many countries, red pepper is believed to be a stomach-settling digestive aid. Varro E. Tyler, PhD, professor of pharmacognosy at Purdue University School of Pharmacy in West Lafayette, Ind., and author of *The Honest Herbal* believes it works. Cayenne stimulates the flow of saliva and stomach secretions. Saliva contains enzymes that begin the breakdown of carbohydrates, and stomach secretions contain acids and other digestive

substances.

Contrary to popular belief, eating hot peppers doesn't harm the stomach. In one study, researchers used a tiny video camera to examine subjects' stomach linings after both bland meals and meals liberally spiced with jalapeno peppers, another close cousin of cayenne. They concluded that eating highly spiced meals causes no damage to the stomach in people with normal gastrointestinal tracts. Eating hot peppers may not be a good idea for people who have stomach or intestinal problems.

For red pepper burns in the mouth or on the skin, milk is the best remedy. The proteins in milk wash away capsaicin, the chemical responsible for the heat.

### **Cayenne for Muscle Pain**

For centuries, herbalists have recommended rubbing red pepper onto sore muscles and joints. Medically known as a counterirritant, this treatment causes minor superficial discomfort but distracts the person from the more severe, deeper pain. Heet, a capsaicin-based counter-irritant cream, is available over the counter.

Recently, however, red pepper has been shown to provide more compelling relief for certain kinds of chronic pain. For reasons still not completely understood, capsaicin interferes with the action of substance P -- a nerve chemical that sends pain messages to the brain.

"Capsaicin has proved so effective at relieving pain that it's the active ingredient in the over-the-counter cream Zostrix," says James A. Duke, PhD, a retired botanist from the U.S. Department of Agriculture and author of *The CRC Handbook of Medicinal Herbs*. Doctors now recommend Zostrix for arthritis, diabetic foot pain and the pain of shingles.

### **Cayenne for Headaches**

Research suggests that capsaicin can also help relieve cluster headaches. In one study, people with cluster headaches rubbed a capsaicin preparation inside and outside their noses on the same side of the head as the headache pain. Within five days, 75 percent reported less pain and fewer headaches. They also reported burning nostrils and runny noses, but these side effects subsided within a week.

Finally, red pepper may help the heart. "It cuts cholesterol levels and reduces the risk of the internal blood clots that trigger heart attacks," says Daniel B. Mowrey, PhD, director of the American Phytotherapy Research Laboratory in Salt Lake City, and author of *The Scientific Validation of Herbal Medicine*.

Perhaps the best way to enjoy cayenne's medicinal benefits is simply to season your food to taste. Even small amounts of red pepper can be therapeutic.

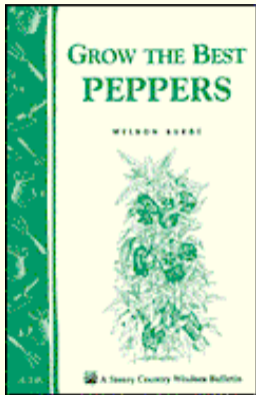
Remember to wash your hands thoroughly after using either cayenne or Zostrix. Cayenne may be kind to your stomach lining, but you definitely don't want to get any in your eyes.

To aid digestion and possibly reduce the risk of heart disease, experts recommend cayenne in capsules, available from most herbal stores. Follow the directions on the package.

### **Other Uses**

Dried cayenne pods are attractive additions to dried arrangements and crafts. Cayenne can be made into a insect spray for the garden. See [Red Pepper Spray Concentrate](#).

## Grow the Best Peppers



This booklet is sure to help you discover your 'Perfect Pepper.' You'll also learn how to:

- Prepare the perfect garden plot
- Feed, mulch and water your pepper plants for maximum production
- Store peppers for optimum flavor
- Discover a diversity of shapes, sizes, color and flavors that will perk up your menus year-round

# Coneflower

(*Echinacea purpurea*)

[Shop for Coneflower Seeds](#)

[Shop for Coneflower Plants](#)



Echinacea, popularly known as coneflower, has created a sensation among those who like to dabble in herbal medicine. German medical studies have proven that echinacea does indeed boost the immune system, and is useful in treating a number of common ailments. We'll talk more about using echinacea medicinally later in this article, but first, let's get it growing.

The good news for gardeners is that echinacea is not only useful, it's also a beautiful addition to your perennial beds and borders, and is hardy even in very cold climates. The only thing echinacea can be

somewhat fussy about is too much moisture. It likes a fairly dry soil, and should never have to sit very long with its roots in wet, soggy soil.

There are nine species of echinacea, but the flowers we are most familiar with come from the species *E. purpurea*. This includes the popular [purple coneflower](#) and its white cousin, '[swan](#)'. Given rich, amended soil, plants reach a height of 3 to 4 feet and produce flowers 4 to 6 inches across. In most varieties, the petals droop after growing outward from the cone, accounting for the name given to the plants in the Ozarks: droops. Their long, strong stems make them ideal candidates for the cutting garden. Coneflower, native to the open woods and prairies of Ohio and Iowa south to Louisiana and Georgia, makes a showy backdrop for low-growing summer annuals or perennials.

## How to Grow Echinacea

Coneflowers enjoy a sunny location with fertile soil. If your soil isn't particularly fertile, work in a little compost and supplement with a good organic fertilizer. Well-drained soil is a must. In moist areas, you might need to plant in a raised bed. New plants and seedlings will need to be watered until they are established. Once they are growing well, they will thrive on the available moisture from rain except in extremely dry areas.

Echinacea plants are available in most nurseries and garden centers, but they tend to be overpriced. Luckily, they are easy to grow from seeds. Plant echinacea seeds in early spring, as soon as the soil can be worked, and when you still expect another frost or two. Sow the seeds 1/4" deep and 2" apart. When the seedlings are an inch tall, thin to 18" apart. Rabbits and hedgehogs think new echinacea shoots are a tasty

treat, so protect your seedlings if these animals are known to visit your garden.

Alternatively, you can plant your seeds about 2 months before your first fall frost. This gives the plants enough time to become established, and although they won't come to bloom the first year when you plant them this late, they will give you a much better bloom period next year.

Regular weeding is a must because echinacea doesn't compete well with weeds, but other than that, plants require very little care. Expect blooms from June to October in most areas. Echinacea will be one of the last plants in your garden to go dormant.

## **Propagating Echinacea**

Echinacea plants are good about self sowing as long as you leave a few of the last flowers to dry up naturally. When weeding the garden in spring, watch for tiny coneflower seedlings. They can be nurtured where they are, but since Mother Nature doesn't always plant her seeds exactly where we want them, you will probably want to move them to a better location.

You can also harvest the seeds to use next year. Choose a few fully mature and ripened flower heads, and cut them, leaving a nice long stem. Hang the flowers upside down with the flower heads enclosed in paper bags. This will allow them to release their seeds into the bag when they are ready. Once the seeds have fallen, remove the chaff (plant debris) and spread the seeds out on a newspaper for 10-12 days to finish drying. They will keep in the refrigerator in a glass jar with a tight fitting lid for up to a year.

This is an easy way to keep a ready supply of seeds for yourself and to exchange with other gardeners. The only trick is to make sure you have a fully mature flower head so that you will harvest mature, viable seeds.

Older, established plants can be divided. In cold climates plants should be divided in late summer or spring. In warm climates, divide your plants in fall or spring. Here are four easy steps to dividing Echinacea plants.

1. Start by loosening the soil around the perimeter of a mature plant's root system, then insert your spade under the plant and lift it up. Shake the plant gently to remove excess soil.
2. Pull the root clump apart or cut it apart with a sharp knife. Each division should have its own roots and stems.
3. Plant each clump in soil that has been amended with compost and a balanced fertilizer.
4. Water regularly to keep the soil moist but not soggy until you see signs of new growth.

## **Harvesting Echinacea**

For medicinal purposes, you'll want to harvest some roots and some flower tops. For best quality, wait until your plants are 3 years old. Roots are harvested in the fall when the tops have gone to seed and the plants have experienced a couple of hard frosts. Tops are harvested just as the flowers start to open. Whether harvesting tops or roots, the dried herb will be good for one year. Be sure to date the jars containing the herb so you won't use them past their potency date.

### **Harvesting Roots**

1. Using a sharp knife cut off a portion of the root, leaving plenty for the plant to grow on.
2. Cut any pieces larger than 1 inch into smaller pieces to avoid mold growth during the drying process.
3. Wash thoroughly and pat dry.
4. Hang the root pieces or lay them out on screens in a well-ventilated area away from direct sunlight. If the pieces are large it may take several weeks for them to dry.

5. When completely dry, store in a tightly covered glass jar in cool, dark place.

## Harvesting Flower Tops

1. Using a sharp knife, cut the plant at the point where the first healthy leaves are growing.
2. Lay the tops on a screen or hang them upside down in bundles out of direct sunlight. Make sure they aren't crowded so that air can't circulate around them.
3. When completely dry, the leaves will crumble when touched. Store them in glass jars with tight fitting lids in a cool, dry place.

## Using Echinacea

Although echinacea is used to fight many different ailments, it is most commonly used to boost the immune system and fight infection. To find out more about making tinctures, salves, syrups, antiseptics, sprays, and many other simple remedies, see [Growing and Using Echinacea by Kathleen Brown](#). This little booklet contains a wealth of information about Echinacea, and costs only \$3.95.

## Echinacea teas

There are two ways to brew an herbal tea: Infusion and Decoction. Use the infusion method when preparing a tea from leaves, flowers or seeds. Decoction is the method of choice for roots.

To make an infusion:

Place 1-2 teaspoons of dried herb or 2-4 teaspoons of fresh herb in a teapot. Cover with 1 cup of boiling water and steep for 15-20 minutes. Strain out the herbs and enjoy.

To make a decoction:

Combine 2 teaspoons of dried root and 1 cup of water in a saucepan. Cover, bring to a boil, then reduce heat and simmer for at least 20 minutes and up to 1 hour. Strain out the herb and enjoy.

Below are two tea recipes excerpted from [Growing and Using Echinacea by Kathleen Brown](#). If you can't locate all the ingredients locally, you'll find them readily available on the internet. My favorite source is [Glenbrook Farms Herbs & Such](#).

## Virus Fighter Tea

The herbs in this formula all have active antiviral properties and are effective against herpes, shingles, flu, warts, and other viral infections. Ginger is very warming and increases circulation. This tea can be taken internally or applied externally.

1 part echinacea root  
1 part ginger root  
1 part osha root  
1 part boneset leaf  
1 part chaparral leaf  
1 part St. John's Wort leaf and flower  
1 part usnea lichen  
Honey and Lemon (optional)

Decoct the roots using the technique described above. Remove from heat and add the remaining herbs. Stir well, cover, and steep another 10 to 20 minutes. Strain, and add honey and lemon if desired.

## On-Line Stress Buster Tea

You've been sitting at your computer for how long? This formula combats the effects of computer radiation exposure, eyestrain, nervous tension, and mental fatigue. Take it to work with you - your brain will thank you.



1 part echinacea root  
1 part licorice root  
1 part dandelion root and leaf  
1 part bladder wrack leaf  
1 part eyebright leaf  
1 part ginko leaf  
1 part goto kola leaf  
1 part kelp  
1 part oatstraw  
Honey and lemon (optional)

Decoct the echinacea, licorice, and dandelion roots using the technique described above. Remove from heat and add the remaining herbs. Stir well, cover the pot, and allow to steep another 10 to 20 minutes. Strain; add honey and lemon if desired.

**Type:** perennial

**Propagation:** division, seeds

**Light:** full sun, part shade

**Flower Color:** purple, pink, white

**Bloom Time:** late summer to early autumn

**Height:** 2-3 feet

**Width:** 2 feet

**Soil Requirements:** neutral, well drained, dry

**Zones:** 3-9

**Uses:** cutting bed, medicinal

# Mint

(Mentha)

[Shop for Herb Seeds](#)

The common types of mint are peppermint, pennyroyal, crinkle-leafed spearmint, spearmint, and applemint.

**Never eat pennyroyal, as it is toxic.**

## Cultivation

Mint is a perennial herb that is propagated by root division or rooting cuttings in water. The plant is invasive and should be grown in pots or in lengths of plastic pipe buried in the ground. It enjoys a damp location, shaded from strong afternoon sun, and rich soil. Pennyroyal is an attractive addition to hanging baskets. Mint planted outdoors should be mulched heavily to protect against frost.

## Pests and Diseases

### *Caterpillars*

Caterpillars can usually be handpicked. They are repelled by wormwood spray or insect spray.

### *Rust*

Rust appears as bright orange markings on the foliage of herbs such as mint and chives. Destroy all affected foliage. Do not place diseased plants or foliage in the compost bin. If a mild commercial copper spray does not curb the disease, destroy the plants.

## Culinary Uses

- Spearmint and crinkle-leafed spearmint are best for sauces. You can cook a few sprigs with peas and new potatoes to enhance the flavor.
- Spearmint, peppermint and applemint sprigs can be added to drinks and fruit dishes as a garnish. It also makes a refreshing tea.
- Peppermint makes an excellent flavoring for ice cream, chocolates, and other deserts.
- [Ginger-Scented Tomato and Cabbage Soup with Fresh Mint](#)

## Medicinal Uses

Peppermint is the mint of choice for medicinal purposes. It's many uses include the following:

## Growing and Cooking with Mint



You'll find everything you ever wanted to know about mint in this little booklet.

- The menthol in peppermint soothes the lining of the digestive tract and stimulates the production of bile, which is an essential digestive fluid. A hot cup of herbal tea is an excellent way to settle your stomach after a big meal.
- There is a very good reason that peppermint is the flavoring of choice for toothpaste. Peppermint is an excellent breath freshener. When using peppermint tea as a breath freshener, increase the effectiveness by adding a pinch of anise, caraway or cinnamon.
- Peppermint is reputed to have the calming, sedative effect.
- Menthol vapors are famous for relieving nasal, sinus and chest congestion. Remember those minty-smelling ointments your mother rubbed on your chest when you were a child with a cold? You can also get relief with a steaming cup of peppermint tea. For a more effective cold remedy, combine peppermint with elder flower and yarrow. For a hacking cough, drink 3 to four cups of cool peppermint tea throughout the day, taking a sip every 15 to 30 minutes.

To make peppermint tea, use 1 to 2 teaspoons of dried peppermint leaves per cup of boiling water. Steep for 10 minutes.

### Other uses

Pennyroyal, which is toxic when taken internally, has many other uses around the house.

- Rub pennyroyal on the skin as an insect repellent. Since it has been known to irritate sensitive skin, test on a small patch of skin first.
- Rub pennyroyal on your dog's coat to deter fleas. Try placing a few leaves in your pet's bed, too.
- Plant under roses to retain moisture and improve the overall health of rose bushes.
- Add to flowerboxes and hanging baskets for fragrance and beauty. All mints are good as cut flowers and foliage for indoor arrangements.
- Use in potpourri.

# Catnip

*(Nepeta cataria)*

[Shop for Herb Seeds](#)

Catnip, renowned for the euphoria it causes in cats, also has a few human uses, both culinary and medicinal. It makes an attractive border plant if you don't mind frequent feline visitors.

## Description

This perennial herb can grow to a height of up to 3 feet with a spread of 15 inches. It has a straggly habit and is likely to be flattened by cats who love to roll in it. The only way to protect it is with wire netting.



## Cultivation

Catnip is easily grown from seed in spring and summer. It prefers good, fertile soil and partial shade. Soil should be well-drained and slightly alkaline. Roots can be divided in spring and fall.

## Culinary Uses

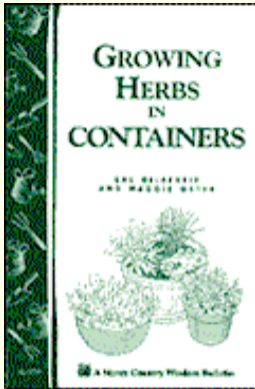
Use very sparingly in salads and use the flowers as a garnish.

## Medicinal Uses

Catnip tea made from the leaves and flowers may be taken for coughs, colds, catarrh, and a bedtime calmative.

## Other uses

The most common use for catnip is as a recreational herb for cats. Dry catnip by hanging it upside down in bags, then crumble and sew into cotton bags.



## Growing Herbs in Containers

Whether you want to grow herbs in containers because of limited space or because of the ease and convenience of having fresh herbs on your deck, patio, or windowsill, this book will help you on your way to success with potted herbs.

# Borage

(*Borago officinalis*)

[Shop for Herb Seeds](#)



The bright blue, star-shaped flowers (which bloom most of the summer) make borage one of the prettiest herb plants, though the dark green leaves are rather plain. The flavor of the leaves resembles that of cucumber. The plant will grow to a height of about 18 inches, and spread about 12 inches. This hardy annual has a messy, straggling habit. It is a native of northern Europe, and grows well in the

temperate regions of North America.

## Cultivation

Borage is not a fussy plant, but the richer the soil, the bushier the plant will be. It prefers full sun, and needs protection from wind as it is easily blown over. Seeds can be sown throughout the season, and once growth is established, it will continue to seed itself. Place plants close together so they can support each other. A plant or two in an indoor pot will provide leaves all winter, but it will need lots of sun.

Borage is an excellent companion plant for tomatoes, squash and strawberries. The plant actually improves the flavor of tomatoes growing nearby.

## Culinary Uses

- Borage flowers and leaves are the traditional decoration for gin-based summer cocktails, and may be set in ice cubes to garnish other drinks.
- The flowers and young leaves may be used to garnish salads, dips, and cucumber soups.
- Candied borage flowers make attractive cake decorations.
- Chopped leaves can be added to soups and stews during the last few minutes of cooking.
- The leaves can be cooked with cabbage leaves (two parts cabbage, one part borage.)

- Borage does not dry well for culinary use.

## Medicinal Use

- Because it is a tonic plant for the adrenal glands, borage provides an invaluable support for a stressful lifestyle.
- Borage is rich in minerals, especially potassium.
- A tea made with borage helps to reduce fevers and ease chest colds.
- An **infusion** of borage acts as a galactagogue, promoting the production of milk in breastfeeding mothers.

## Other Uses

- Borage makes an excellent facial steam for improving very dry, sensitive skin.
- The flowers may be dried to add color to potpourri.

# Caraway

(*Carum carvi*)

Shop for Herb Seeds

## Description

Caraway is a biennial and grows to a height of up to 2 feet with a spread of 12 inches. It has a thick, tapering root like that of a parsnip. The leaves resemble those of carrots but tend to droop more. The flowers, in umbellifer clusters, are white tinged with pink and appear in mid summer. The oval seeds are pointed at each end and are very dark brown. It takes two years for caraway to mature and bear flowers. The stems of the delicate flowers produce seed cases, each containing two seeds.

## Cultivation

A slender and straggly plant, caraway has delicate clusters of white flowers and small feathery leaves. It is most effective when grown in a large clump. Seedlings do not transplant well, so sow in the garden in spring or fall. Work the soil deeply, as caraway is deep-rooted. Germination is slow. It thrives in all but the most humid warm regions and does best from fall-sown seeds. The plants should be thinned so that they are about 6 inches apart. It needs well-drained soil and plenty of sun for the best flavor.

## Harvesting

Cut the young leaves when they are required. When the seed turns light brown, cut the whole plant off at ground level. Preserve seeds by drying.

## Culinary use

The leaves may be used in salads and soups, the seeds in baked goods, dumplings, cream cheese and meat dishes such as goulash and pork casserole. The roots can be boiled as a vegetable and served with a white sauce.

## Medicinal Use

Prepare the seed as a [tincture](#) or [infusion](#) for medicinal use. Use caraway to ease stomach cramping, flatulence, diverticulitis, menstrual pain and labor pains. It also stimulates the flow of breast milk. In combination with other herbs, it eases a cough and soothes sore throats and laryngitis (use as a gargle). See [Herbal Home Remedies](#) for a list of herbs to be used in combination with caraway for coughs.



# Fennel

[Shop for Herb Seeds](#)

*(Foeniculum vulgare)*



With its umbels of tiny yellow flowers and dark green or bronze wispy leaves, fennel is a decorative addition to the herbaceous border where it makes a good background plant. Be warned, however, that many other plants dislike fennel and grow poorly when forced to share space with this strong herb. Never plant fennel near coriander or dill.

## Cultivation

Fennel will grow in most any soil, but the richer the soil, the more tender the foliage. Seeds should be sown directly in the garden in the late spring. Seedlings do not transplant well. The deep taproots are difficult to pull up, so remove unwanted seedlings while young. The plant will self-sow generously. To maintain a continuous supply of fresh leaves throughout the season, sow a few seeds every 10 days. If seeds are not desired, remove flowerheads to promote bushier growth. Fennel can be grown as an annual, although the established roots will overwinter easily. Divide roots in fall after the seeds have been harvested.

## Culinary Uses

Use the leaves with pork, veal and fish. They are also good in fish stock, sauces and stuffings, and in mayonnaise, flavored butters and salad dressings. The dried stalks are placed under grilled or barbecued fish. The seeds are used as a spice, particularly in breads. At the two-leafed stage, the seedlings make a pungent salad, reminiscent of mustard.

[Culinary Oils and Vinegars](#)

# Medicinal Use

A tea made with a few fresh sprigs of fennel or a level teaspoon of seeds will relieve indigestion. An **infusion** of the seeds is an excellent carminative, especially for babies. Use 1 teaspoon (5ml) of infusion for colic and gas.

Fennel is an effective treatment for respiratory congestion and is a common ingredient in cough remedies.

A tea made from fennel helps to stimulate the flow of breast milk. It is sometimes added to baby formula to aid digestion.

An **infusion** makes a soothing eyewash.

# Other Uses

Chew the seeds as a breath freshener.

# English Mallow

[Shop for Herb Seeds](#)

(*Althea officinalis*)

English Mallow is a member of the hollyhock family. The leaves and roots have been used as vegetables and medicines since ancient times. The name comes from the Greek word *althe* which means "to heal".

## Description

English Mallow grows to about 36" in height. It has small but attractive pink flowers carried without stems. As the flowers fade, round, flat seed capsules called "cheeses" form.

## Cultivation

This perennial can be grown from seed sown in autumn or late winter, from cuttings taken in spring, or from offsets in autumn. English Mallow needs a sunny, moist location with rich soil. When it dies back in winter, remove the old growth.

## Harvesting

Cut leaves and flowers as required. Collect the green seeds when plump.

## Medicinal Use

English Mallow is used primarily for its soothing properties, and a cold maceration of the root will be of help in soothing the digestive tract and ease gastric ulcers. It is also useful in chest colds and bronchitis. English mallow has been used to help heal ureters and urethra when there has been damage from kidney stones. A poultice of the leaves or powdered root can be used for boils, abscesses, ulcers and other skin conditions. An infusion of the flowers was used historically as a mouthwash.

## Culinary Use

- The nutty cheeses can be sprinkled in salads.
- The young leaves and shoots can be shredded and added to salads and soups
  - The roots can be parboiled, then fried in butter.

# Rosemary

(*Rosmarinus officinalis*)

Shop for Herb Seeds

**"There's rosemary, that's for remembrance."**

-- Shakespeare's Hamlet to Ophelia



## Description

Rosemary is an attractive evergreen shrub with pine needle-like leaves. It's trusses of blue flowers last through spring and summer in a warm, humid environment. It will grow to a height of between 3 and 5 feet.

## Cultivation

Propagate from cuttings of the twisted wood of non-flowering branches in early summer, or layer established branches. Rosemary

can also be grown from seed.

Choose a sheltered position and well-drained soil, and allow the plant lots of sun. The thick shrub tolerates clipping so that the size can be kept in check. In hot weather it will appreciate a good hosing down. In a warm climate it can remain in the same location for up to 30 years, but in climates where freezing temperatures are expected it is best grown in pots so that it can be brought indoors in winter.

## Rosemary for Remembrance

Scientists at the University of Cincinnati say that the scent of rosemary is an effective memory stimulant. This might make a nice potted plant for your desk at work, or where the kids do their homework!

## Harvesting

The leaves can be harvested any time. Harvest no more than you can use fresh, as they lose most of their flavor when dried.

## Rosemary Remembrance Wreaths



Form heavy gage wire into the shape of a heart by twisting it into a circle about 8 inches in diameter, then pinching at the base and the top to form a heart. Bind slender sprays of rosemary to the heart-shaped frame with florists' wire. Decorate the rosemary heart with dried flowers and herbs, as shown. Rosebuds, also a symbol of remembrance, add a nice touch.

## Medicinal Uses

### Cancer Prevention Properties

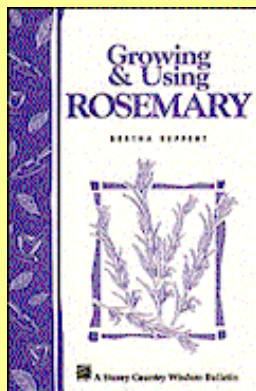
Several studies done in the last several years show that oil from the leaves of the very plant sold as a spice for flavoring can help prevent the development of cancerous tumors in laboratory animals. One study, led by Chi-Tang Ho, Ph.D., professor in the Department of Food Science at Rutgers University in New Brunswick, New Jersey, showed that applying rosemary oil to the skin of experimental animals reduced their risk of cancer to half that found in animals that did not receive the application of oil. In other studies by the same research team, animals whose diets contained some rosemary oil had about half the incidence of colon cancer or lung cancer compared with animals not eating rosemary. And researchers at the University of Illinois in Urbana found that rosemary cut by half the incidence of breast cancer in animals at high risk for developing the disease. Future studies will demonstrate whether these properties extend to humans as well.

Though these experiments have used rosemary oil to test the effectiveness in preventing cancer, the oil should not be taken internally. Even small doses can cause stomach, kidney and intestinal problems, and large amounts may be poisonous. Use a tea instead. **Pregnant women should not use the herb medicinally, although it's okay to use it as a seasoning.**

### Other Medicinal Properties

Rosemary helps to relax muscles, including the smooth muscles of the digestive tract and uterus. Because of this property it can be used to soothe digestive upsets and relieve menstrual cramps. When used in large amounts it can have the opposite effect, causing irritation of the intestines and cramps. A tea made from the leaves is also taken as a tonic for calming nerves and used as an antiseptic.

## Growing and Using Rosemary



Renowned herbalist Bertha Repert offers expert advice on growing rosemary indoors and out. She also provides simple instructions and recipes for using rosemary in cooking, craft projects, herbal remedies, beauty products, decorative accents, and holiday and wedding ornaments.

Rosemary makes a pleasant-tasting tea. Use one teaspoon of crushed dried leaves in a cup of boiling water and steep for ten minutes.

## Cosmetic Uses

Use an infusion as a rinse to lighten blond hair, and to condition and tone all hair. Try mixing an infusion half and half with shampoo to strengthen hair.

An infusion can also be used as an invigorating toner and astringent. Rosemary added to a bath strengthens and refreshes, especially when used following an illness.

## Culinary Uses

Rosemary and lamb go well together. Make slits in lamb for roasting and tuck in sprigs of the herb. Place larger sprigs over chops for grilling and use chopped leaves sparingly in soups and stews. Use rosemary in bouquets garnis and sparingly with fish and in rice dishes.

### **Recipe:**

Italian Potatoes with Onion and Rosemary

## Other Uses

Use the dried leaves as potpourri and in sachets to scent clothes and linen and deter moths.

Rosemary is grown as a companion plant for cabbage, beans carrots and sage. It helps to deter cabbage moths, bean beetles and carrot flies.

# Buchu

[Shop for Herb Seeds](#)

Round (*Agathosma betulina*)

Oval (*Agathosma crenulata*)

This woody shrub produces slender stems of small, dark green, shiny, oval or round leaves. The aroma and taste are bitter and astringent. The small, star shaped flowers are white or pink.

## Cultivation

This perennial herb is not readily available. Propagate either from seeds or cuttings. Grow established plants in a well drained, sunny, hot position. Minimum care is needed. Water on very hot days, or during dry spells. Buchu benefits from compost, but the use of fertilizer is not recommended.

## Harvesting

Harvest short stems of foliage before they flower. Hang to dry.

## Medicinal Uses

- Mainly used to treat cystitis and bladder problems.
- Useful as a diuretic.
- Sometimes used to treat rheumatism.
- Adds a refreshing flavor to other herbs in infusions.

## Other Uses

Buchu can be used in potpourri.



# Goldenrod

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(*Solidago virgaurea*)

This many-rooted rhizome grows to a height of about 30 inches. It has a creeping, somewhat invasive habit. The leaves at the base of the plant are bright green and pointed ovals, while the leaves on the flower stem are smaller ovals. The flower stems produce spikes of simple golden yellow flowers, which have clusters of stamens.

## Cultivation

Propagate by root division or from seeds. The soil should be rich and light, and the location should be sunny. Lift roots every other year and replant to prevent matting and invasive spreading. *S. canadensis* is an ornamental variety, suitable for the herbaceous border.

## Harvesting

Cut the plant off at ground level and hang upside down to dry.

## Medicinal Uses

Goldenrod has several anti-inflammatory and antiseptic properties, and is an excellent diuretic. It can be used in conjunction with echinacea for the treatment of nephritis and cystitis. Use it for upper

respiratory infections when there is an overabundance of mucus and postnasal drip.



Goldenrod contains bioflavonoids, which strengthen the veins and is therefore indicated for varicose veins and fragile capillaries. It is also a carminative, and will ease colic and flatulence. Because of its antifungal properties, it can be used as a douche. Goldenrod is generally prepared as an **infusion**.

# Agrimony

(*Agrimonia eupatoria*)

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## Description



When in flower, agrimony will reach a height of 20 inches. The hairy, serrated leaves are divided into leaflets, which have white undersides. The plant has upright, slender stems with smaller leaflets. The simple, fruit scented, sulfur-yellow flowers cluster on these long tapering stems. The seeds are contained in burr-like cases.

## Cultivation

This perennial herb is usually grown from seeds. Sow in late winter, as germination takes place under cold conditions. Agrimony grows best in well-drained soil and full sun.

## Harvesting

Cut the flowers when the plant starts to bloom. Cut the leaves as required and hang to dry.

## Medicinal Uses

In ancient times, this plant was used extensively for healing battlefield wounds. We now know that its ability to help heal wounds is due to its high silica content. Its main medicinal action is as an astringent, and this makes it an extremely effective gargle for sore throat and also for cases of laryngitis. Its astringency makes it an excellent remedy for diarrhea, especially in the case of children, as its action is very mild. It also has a bitter tonic action on the liver and is very useful for digestive disorders and jaundice.

**Do not take this herb if suffering from constipation.**

## Other Uses

Agrimony is a decorative plant that can be used in the perennial border.

# Lady's Mantle

by Brenda Hyde

I grow mostly culinary herbs because of their usefulness in the garden and the kitchen, but the longer I grow herbs the more I venture towards plants that are useful in different ways. Many herbs are suited more for crafts, herbal cosmetics and other uses. Lady's Mantle is one of those interesting and historical herbs!



Alchemilla has lime green leaves and dainty star shaped flowers, and has been in gardens since before the 16th century and I'm sure in the wild much before then. The entire plant is covered in very fine hairs that cause dew or soft rain to gather in it's leaves. This liquid was known as "celestial water" and used in alchemy. These tiny jeweled drops inspired poetry and magic over the years.

The herb became known as Our Lady's Mantle because the scalloped shape of the leaves, were thought to resemble the mantle (cloak) of the Virgin Mary. Later, politics intervened, and the "Our" was taken from the name.

Lady's Mantle can be planted from seeds or by purchasing plants. The seed will germinate in the garden, but will take up to 2 years to flower. The plants can be divided in the spring or fall and are hardy in Zones 4-8 and possibly Zone 3. It will grow from 6 inches for the alpine variety to about 12-18 inches on the others. Space about 12 inches between plants. Lady's Mantle needs a fertile soil and some moisture-more than the standard herbs. It can be in full sun in northern climates, but can tolerate some shade and in the warm climates prefers it.

Lady's Mantle can be invasive if left to seed. But the flowers can be dried and used in crafting, so always make sure you harvest those before they form seed. The leaves can be used in teas and infusions for cosmetic purposes. I hesitate to recommend it for medicinal and internal uses because there is a strict warning for pregnant and nursing women. However, cosmetically it's soothing to the skin and can be used as follows:

## Lady's Mantle Hand Moisturizer

You'll need:

- 2 Tbsp. finely ground oatmeal
- 1Tbsp. lady's mantle infusion\* see note
- 1 tsp. avocado oil
- 1 tsp. lemon juice
- 1 tsp. glycerin

Mix all to form a smooth paste. Apply to your hands at bedtime. Leave on for about a 1/2 hour, wash off and moisturize as usual with lotion. Note- an infusion is simply a very strong tea made with boiling water-allow it to "brew" for 15-20 minutes.

### **Herbal Bath Vinegar**

Mix lavender, lady's mantle leaves, rose petals with cider vinegar and allow to sit for 2-4 weeks. You can use this as a facial tonic or a bath additive.

### **Herbal Facial Steam**

Add a couple handfuls of lady's mantle, mixed with burnet, violets, borage or lavender to several cups of boiling water and use it as a facial steam. Bring it to a boil and stir with a plastic or wooden spoon, then tent your head with a towel at least 18 inches above the pan or bowl. Gently dry your face with a soft towel afterwards and use a nice moisturizer.

### **About the author:**

Brenda Hyde is a freelance writer, wife and mom to three living in the Midwest. She is also editor of [OldFashionedLiving.com](http://OldFashionedLiving.com), where you will find articles on gardening, herbs, crafts and other old fashioned topics.

### **Drying Lady's Mantle**

Cut Lady's Mantle for drying late in the morning when the plants are no longer damp with dew, but before the heat of the day sets in. Choose the best looking sprigs you can find because drying will emphasize any imperfections.

Tie your sprigs in small bundles and hang them upside down to dry. Make sure to hang them in an area with good air circulation. The plants are completely dry when the stems snap when bent. This may take 3 to 4 weeks.

To strengthen sprigs dried for craft or decorative use, spray them clear lacquer, hair spray or clear craft spray once they are completely dry.

### **Starting Lady's Mantle from Seeds**

You can start lady's mantle seeds indoors or outdoors in the garden. The most important thing to remember is that it can take up to a month for these seeds to germinate, so don't give up on them too soon.

Start seeds outdoors 2 weeks before your last spring frost, or in late summer or early fall to get a head start on next year's garden. When planting in late summer or fall, make sure you have at least 2 months before your first fall frost. Space the seeds about 2 inches apart, and thin to 12 inches apart when the seedlings are 2 inches tall.

When starting indoors, use individual peat or fiber pots. Plant the seeds 6 to 8 weeks before you last spring frost, and harden off the seedlings before transplanting to the garden.

Whether planting indoors or out, plant the seedlings about 1/8 inch deep. They will germinate best at temperatures between 60 and 70 degrees.

# Bergamot

*(Monarda didyma)*

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Bergamot is an American herb that was once widely used by native Americans. It was introduced to the early colonists by the Oswego Indians, and Oswego tea was made by colonists during the time of the Boston Tea Party. The dark pink, red and purple flowers smell pleasantly of oranges. They are a nice addition to the flower border and attract bees.

## Cultivation

Bergamot is a perennial that grows best in soil that stays damp in the summer, however it dislikes damp winters. The plant is not suitable for chalky soils. It prefers sun but is adaptable to shade as long as the soil remains damp. The plant will benefit from the addition of bone meal. Bergamot makes a nice container plant.

Cuttings of new growth can be taken in the spring, and they quickly root and establish themselves. Clumps of the plant form a mat-like growth and become bare in the center if not divided every three or four years. When lifting the plant, discard old growth and woody stems. Lemon bergamot can be started from seed indoors and set out in late spring.

## Culinary Uses

- Use fresh young leaves sparingly in salads, fruit salads and fruit drinks.
- Five or six large fresh leaves or 1 teaspoon dried leaves in 8 ounces boiling water make a refreshing and relaxing tea.
- Improves the flavor of pork dishes.



### Other Uses

- Use the leaves to make a facial steam.
- The leaves and flowers add color and flavor to potpourri.
- Lemon bergamot is a long-lasting cut flower.