

POTTED HERB LIST – 2017

HERITAGE LINE HERBS

Lemon Balm

Perennial – Lemon scented herb. Mosquito repellent. Calming when used in tea. Chop fresh leaves and use with fish, mushroom dishes and in desserts. Can be very invasive under the right conditions but makes a wonderful container plant.

Basil, Sweet

Annual – Long time favourite variety. Large leaves and very prolific. Particular affinity with tomatoes. Good with eggs, in soups and stews, sauces and pesto. Combines well with garlic. Do not let it flower if using in cooking.

Basil, Genovese

Annual – Standard, large leaf sweet basil. Use with tomatoes, eggs, in soups, salads, sauces, stews and pesto. Companion plant for tomatoes because it repels flying insects. Excellent both fresh and frozen.

Basil, Holy

Annual – True holy or sacred basil grown in India. The leaves are clove-scented and the flowers are a pretty pink/purple.

Basil, Thai

Annual – Small-leaved basil with a touch of spiciness. This is the true strain used in Vietnamese and Thai cooking. Use fresh in soups, with chicken, pork, seafood dishes and in curries.

Catnip

Perennial – The herb that cats love both fresh and dried. Catnip drives cats crazy but is calming in humans. Make a cup of catnip tea for yourself and drink at bedtime for a good nights sleep. Young shoots are good in salad.

Chives

Perennial – Onion flavour. Purple flowers are delicious in a salad or in a vinegar. Keep the flowers cut off to ensure a continuous flow of the edible stems. Add chives at the end of cooking time or the flavour will disappear.

Cilantro

Annual – Cilantro is the leaf and coriander is the seed. Keep the seeds cut off as long as possible or plant at intervals throughout the summer. People who love the flavour claim there is a fresh citrusy flavour. Use in salsa, with beans, rice and couscous. Used extensively in Mexican cooking.

Vietnamese Coriander

Tender Perennial – Unlike cilantro, Vietnamese Coriander doesn't bolt. This plant will flourish from planting until late fall frost. Refreshing coriander taste with a clear citrusy note and hot peppery aftertaste. Use in Mexican, Asian, Vietnamese, Thai and Caribbean cooking. Especially tasty in salsa.

Citronella ****

Tender Perennial – Lemon scented plant used as a mosquito repellent. Plant in containers and place on your patio to deter flying insects.

Dill

Annual, will reseed – Use the fresh leaves or allow to go to seed to use when making dill pickles Easy to dry as well. Use in egg salad, tuna salad, with fish or seafood. Also good used fresh in soup. Keep away from Fennel.

Fennel, Florence

Annual – Use the bulb which has a delicate anise flavour and crisp texture. Slice raw and add to green salads or sauté and add to soup.

Lavender, English

Perennial – Most widely known lavender. Compact with narrow foliage and lavender-blue flowers. Use the flowers to flavour an herb jelly or vinegar, to make a delightful tea, muffins and cookies.

Lavender, Hidcote ****

Perennial – Dark coloured lavender blue flower spikes in late spring. Compact and sweetly fragrant.

Lavender, Mini Blue ****

Perennial – Outstanding compact lavender for edging, mass plantings, rock gardens and patio planters. Long lasting, deep blue flowers.

Lavender, Pink Perfume ****

Perennial – Produces an abundance of rosy pink flowers on a mound of aromatic grey-green foliage.. Flowers from mid-summer to frost.

Lavender, Rosea ****

Perennial – Compact and extremely fragrant with upright pale pink flowers. Grows 9 -12 inches high

Marigold, Lemon Gem

Annual – Lovely lemon flavour and scent. Leaves make a flavourful salad green and flowers are used in desserts, salads or cooked in egg or rice dishes. Also used as a mosquito repellent.

Mint, Chocolate

Perennial – Try chopping up and putting on ice cream or add to cream cheese and spread on toast. Add to banana bread or muffins for a lower-calorie chocolate addition.

Mint, Peppermint

Perennial – Peppermint tea is ideal for stomach upsets. Use as an addition to desserts and dessert sauces, in salads and as a garnish.

Mint, Mojito

Perennial – The true mint to use in the famous mojito cocktail. Its scent and flavour are agreeably mild and warm, not pungent like many other mints.

Oregano, Greek

Perennial – Known as the true Oregano. Has excellent flavour and is very hardy. Use on pizza, in meat and tomato dishes and with vegetables.

Parsley, Curled

Biennial – Finely cut, tightly curled, dark green leaves. Use as a garnish or add to a salad to intensify the flavour.

Parsley, Italian

Biennial – Flat leaf parsley. Large plant that reseeds itself. Use in bean dishes, tabbouleh, salsa and with grilled fish.

Rosemary ****

Tender Perennial – Regular variety with upright branches. Use in meat dishes – especially lamb, casseroles, tomato sauces, with baked fish, rice, salads, egg dishes, apples, summer white wines, cordials, vinegars and oils.

Sage, Garden

Perennial – Most widely known variety of sage used in stuffing and for flavouring rich meats like pork or duck, sausage, omelettes, cheese and bean dishes. Leaves are still edible in late December. Use with discretion in cooking as this herb can overwhelm others if too much is used.

Sage, Pineapple ****

Tender Perennial – Fabulous pineapple scent. Brilliant red flowers in the fall that attract hummingbirds. Use in drinks, with chicken, cheese and in jams and jellies.

Sage, Cherry Chief ****

Tender Perennial – Light green, fruit-scented foliage can be used to flavour Mexican dishes and the bright scarlet flowers may be used in salads. Also wonderful in the landscape as the flowers attract hummingbirds. Blooms July through fall.

Sage, White

Annual – Important ceremonial herb among Native Americans. Used for purification and to ward off evil spirits and negative energies.

Winter Savory

Perennial – Spicy, peppery flavour. Use with beans, chilli, meat dishes, stuffing and vegetables. Low growing.

French Tarragon ****

Perennial – The 'true' Tarragon, not propagated by seed. A perennial that shows itself late in May, so don't accidentally pull it out, thinking it is a weed. Compliments many dishes including chicken, veal, fish, stuffed tomatoes, rice dishes and salads.

Thyme, English

Perennial – Most popular variety of thyme. Use in stews, soups, salads, sauces and ragout. Essential in bouquet garni.

Thyme, French

Perennial – Similar to English Thyme but sweeter. Also leaves are pointed rather than rounded.

Thyme, Lemon

Perennial – Upright, bushy habit with a strong lemon scent. Use with fish, chicken, meat, salads and in tea. Also good in desserts.