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HERB COMPONENT
An herb is any plant or plant part that is valued for its medicinal, savory or aromatic properties.

**ANISE HYSSOP**  
*Agastache foeniculum*

**Origin** - It is native to the United States.

**History** - It was used medicinally and for flavoring by the Native Americans.

**Description** - Height: to 3 ft, spread: 1 ft, flowers summer to fall, purple spikes, grows best in full sun, well-drained, moist soil.

**Health Benefits** - Anise hyssop tea aids in digestion and treat fevers, colds, coughs, to induce sweating and to strengthen a weak heart.

**Where to Get** - Richter’s

**Uses** - tea from leaves (has black licorice scent)

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**GARLIC**  
*Allium sativum*

**Origin** - It is unknown where garlic is native to.

**History** - Legends connect it to strength, speed and endurance and has been prescribed since pre-biblical times.

**Description** - Height: to 2 ft, Spread: 6”, compound bulb, grow best in: full sun, rich moist well-drained soil, flowers spring and summer, small white umbels, long linear leaves.

**Health Benefits** - It contains allicin, which destroys or inhibits various bacteria, fungi and yeast. It has been recommended for various respiratory diseases. The oils extracted from garlic inhibit blood clotting (study’s show), helps prevent heart disease by reducing blood pressure and blood lipids, help fight infections, can destroy some types of cancer cells, and aids in digestion.

**Where to Get** - Burpee

**Uses** - stews, soups, sauces, vinegars, breads, meats, pickles, etc.

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**CHIVE**  
*Allium schoenoprasum*

**Origin** - It is native to Greece, Sweden, and the Alps, and parts of northern Britain.

**History** - Colonists brought to American for medicinal uses.

**Description** - Height: to 18”/ Spread: 6”, grows in clumps, bulb, needs to be kept moist throughout the growing season, require well-drained humus rich soil, flowers mid-summer, pink round cluster

**Health Benefits & Nutrients** - It contains sulfur-rich oil, which is an antiseptic and helps lower blood pressure. Chives and chive flowers are high in vitamin C, folic acid and potassium and helps prevent anemia.

**Where to Get** - Baker’s Creek

**Uses** - potatoes, omelets, stir-fry, salad, vegetable & cheese dishes, poultry, seafood, infused vinegars (flowers), dips

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**DILL**  
*Anethum graveolens*

**Origin** - It is native to the Mediterranean region, and southern Russia.

**History** - It is mentioned in Egyptian medical texts from 3000 B.C.

**Description** - Height: 1 ½ to 5 ft/ Spread: 6-8”,
ANGELICA
(*Angelica archangelica*)

**Origin** - It is native to Europe and Asia.

**History** - From the 10th century on, angelica was cultivated as a vegetable and medicinal plant.

**Description** - Height: 5-8 ft (with flower), 3 ft foliage/Spread: 2 ft, flowers after 2 or 3 years, prefers partial shade but will grow in full sun if mulched, keep soil moist, plant dies after setting seed, flowers in June or July, green umbels

**Health Benefits** - It treats bronchial and digestive problems. A decoction (boiling) of the roots or seeds treat indigestion and an infusion (steep in water) of leaves aid digestion. The root has expectorant (decongestion) and diaphoretic (to increase perspiration) properties (effectiveness is NOT scientifically proven).

**Where to Get** - Richter’s Seeds

**Uses** - chopped leaves may be added to fruit salads, fish dishes, add leaves to sourfruit such as rhubarb to neutralize acidity, boil the stems with jams to improve the flavor. (remove the stems before canning or freezing), young stems can be used as a substitute for celery.

BORAGAE
(*Borago officinalis*)

**Origin** - It is native to Europe, Asia, and Africa.

**History** - Dioscordsies once prescribed for depression.

**Description** - Height: 3 ft/Spread: 2 ft, a messy, straggling habit, flowers midsummer to frost, drooping blue clusters, full sun, moist, fertile, well-drained soil, self-seeder, rounding habit

**Health Benefits** - Borage relieves depression, is a diuretic (increase the flow of urine), demulcent (soothing), and emollient (softens or soothes). Infusions (steep in liquid without boiling) and decoctions (extract the flavor of by boiling) of flowers relieves fevers, bronchitis and diarrhea.

**Nutrients** - Young fresh leaves are high in Vitamin C, rich in minerals, especially potassium, good source of gamma linoleic acid which is used to treat PMS symptoms.

**Where to Get** - Baker’s Creek

**Uses** - flowers and young leaves may be used to
CARAWAY
*(Carum carvi)*

**Origin** - It is native to the Middle East, Asia, and central Europe.

**History** - It has been used for more than 5000 years and was mentioned in the Ebers Papyrus, a medicinal manuscript dating to 1500 B.C.

**Description** - Height: 2 ft/ Spread: 6-8”, biennial, two years to mature and flowers, slender and straggly plant, flowers later summer, flat white umbels, dissected foliage, full sun, prefers sandy, slightly dry soils, reseeds easily

**Health Benefits** - Seeds are crushed and steeped for digestive problems. The fruit contains an essential oil with carvone and limonene, reduces nausea, and a good expectorant for coughs and cold.

**Where to Get** - Richter’s Seeds

**Uses** - Caraway leaves make a delicious addition to salads and soups, the roots can be cooked as you would parsnips, the ‘seeds’ are used in cakes, cookies, breads, cheese, sauerkraut, pickles, condiments, meats, and kummel

FEVERFEW
*(Chrysanthemum parthenium)*

**Origin** - It is native to central and southern Europe.

**History** - It was used as an ingredient in making confectionaries and wines, as an aromatic to ward off disease, and an insect repellent.

**Description** - Height: 2 ft/ Spread: 1 ft, flowers mid-summer, small daisy-like, full sun, well-drained soil, reseeds easily, upright habit, vigorous plant.

**Health Benefits** - It relieves migraines, and arthritis pain (scientifically proven). Nutrients- It contains niacin, iron, vitamin A and vitamin C.

**Where to Get** - Baker’s Creek

**Uses** - infusions, mix a few leaves with other salad greens

CORIANDER/CILANTRO
*(Coriandrum sativum)*

**Origin** - It is native to the eastern Mediterranean region and southern Europe.

**History** - It was cultivated more than 3,000 years ago and Hippocrates used it in medicine.

**Description** - Height: 2-3 ft/ Spread: 8-10”, flowers mid-summer, flat white umbels, bright green foliage full sun, well-drained moist soil

**Health Benefits** - An infusion of seed soothes an upset stomach or aids digestion. A poultice from seeds relieves the pain of rheumatism. Modern medicine used it as a flavoring agent and to calm the irritating effects of the stomach from certain medicines.
LEMON GRASS
(*Cymbopogon flexuosus*)

**Origin** - It is native to India.

**Description** - Height: 3 ft/ Spread: 2-4 ft, rarely flowers, grass like clump, full sun, rich moist soil

**Health Benefits** - Lemon grass tea is used to treat digestive problems and reduce a fever. It has anti-inflammatory and antiseptic properties, and a tonic for the kidney. Externally it is used to treat rheumatic pains.

**Where to Get** - Johnny’s Seeds

**Uses** - tea (stems), Thai, curries, soup,

HYSSOP
(*Hyssopus officinalis*)

**Origin** - It is native to Europe and Asia.

**History** - Hippocratic used for treating pleurisy. Dioscorides prescribed in tea for cough, wheezing and shortness of breath.

**Description** - Height: 2-3 ft/ Spread: 1 ft, flowers midsummer to early fall, purple pikes, full sun, well-drained sandy soil, let dry out between watering, compact habit, very aromatic

**Health Benefits** - Hyssop tea is recommended for bronchitis, cough, asthma and sore throats. A poultice of fresh green leaves heals wounds and bruises.

**Where to Get** - Baker’s Creek

**Uses** - salad (flowers, small amount of leaves), meat dishes, gravy, stuffing, stews, fruit pies, sugar syrup

FENNEL
(*Foeniculum vulgare*)

**Origin** - It is native to the Mediterranean region.

**History** - In the 1600’s it was ate with fish and meat to aid digestion.

**Description** - Height: 2- 4 ft/ Spread: 1 ft, flowers mid-summer, yellow umbels, finely-dissected blue-green foliage, will not tolerate over watering, full sun.

**Health Benefits** - The fruit is a carminative (relieves colic), and mild stimulant. Fennel tea smoothes the stomach, relieves cramps and gas, good expectorant for coughs and cold, and relieves stiff painful joints.

**Where to Get** - Johnny’s Seeds

**Uses** - Mexican, Asian and Caribbean cooking; salsas, tomatoes, tea (seeds),

LA VENDER
(*Lavandula angustifolia*)

**Origin** - It is native to the Mediterranean region.

**History** - In the Middle Ages it was thought to be an herb of love. Up until World War I it was used as a disinfectant for wounds.

**Description** - Height: to 3 ft/ Spread: 1-3 ft, gray-green spikes of foliage and purple flowers provide color all year, stems are thick and woody, and become straggly if left unpruned, well drained alkaline
LOVAGE
*(Levisticum officinale)*

**Origin** - It is native to southern Europe.

**History** - It came to America with the English colonists for both food and medicine.

**Description** - Height: 4-6 ft/ Spread: 2-3 ft, may not flower the 1st year, flowers mid to late summer, small yellow umbels, grown on thick hollow stalks, tolerates full sun, well-drained moist soil

**Health Benefits** - It aids in digestion, its root has diuretic (increase the flow of urine) and carminative (relieve colic) properties, cures a sore throat, and relieves kidney stones.

**Where to Get** - Baker’s Creek

**Uses** - soups, stews, potato dishes and salad dressings, seeds can be used on breads and biscuits.

GERMAN CHAMOMILE
*(Matricaria recutita)*

**Origin** - It is native to Europe, Africa, and Asia.

**History** - Middle Ages it was used for nausea, nervous complaints, children’s sickness, and to treat skin diseases.

**Description** - Height: 2-3 ft/ Spread: 6-8”, flowers, daisy-like, upright, feathery foliage, prefer full sun, well drained, sandy soils

**Health Benefits** - The volatile oils from flowers have anti-inflammatory properties to treat various problems of the skin and mucous membranes, anti-spasmodic properties to treat disorders like indigestion and menstrual cramps, anti-infective properties for numerous minor illnesses. It treats rheumatoid arthritis, relieves back pain and has a relaxing effect on body. (Scientific studies have proven the effectiveness)

**Where to Get** - Baker’s Creek

**Uses** - liquors, teas, candies, cough drops

HOREHOUND
*(Marrubium vulgare)*

**Origin** - It is native to southern Europe, central and western Asia, and North Africa.

**History** - The Greek physician, Dioscorides recommended for treating tuberculosis, asthma, and coughs.

**Description** - Height: 2-3 ft/ Spread: 1 ft, bushy habit, flowers summer, white whorls, full sun, well-drained sandy soils

**Health Benefits** - It is used as an expectorant and cough soother, decongestant, diaphoretic (increase perspiration), and a stimulant to rid body of excess body water weight.

**Where to Get** - Richter’s

**Uses** - teas, candies, cough drops

The Nutraceutical Garden : The Herb Component

by Brittnay Whitted

soils, allow to dry out between watering

**Health Benefits** - Lavender relieves headaches, is spasmolytic (prevents or relieves spasms or convulsions), carminative (relieve colic), a mild sedative, relieves neuralgia pain or sore feet, relieves chest congestion, heals bruises and bites, prevents or relieve fainting spells, and promotes sleep.

**Where to Get** - Richter’s

**Uses** - add to sweet treats for unique flavor

Lavender
LEMON BALM
*(Melissa officinalis)*

**Origin** - It is native to Southern Europe and North Africa.

**History** - Dioscordies treated bites with lemon balm.

**Description** - Height: 1-2 ft/ Spread: 1 1/2- 2 ft, very vigorous, flowers midsummer, white clusters, full sun, well-drained soil, loosely branched, lemon scented

**Health Benefits** - It has sedative effect, inhibits bacteria and viruses, uses as a mild form of Valium, and treats colds, flu, depression, headache and indigestion.

**Where to Get** - Baker’s Creek

**Uses** - salad dressings, fruit dishes, desert sauces, baked goods, tea (leaves)- the flavor is lost when heated

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BASIL
*(Ocimum basilicum)*

**Origin** - It is native to India, Africa and Asia.

**Description** - Height: 1-2 ft/ Spread: 12-18”, flowers midsummer to fall, white, pink or purple spikes, prefers full sun, needs well-drained, moist, nutrient-rich soil, foliage form depends of cultivar

**Health Benefits** - Stem infusions promote digestion, and may also reduce fevers. It has stomachic (stimulant for the stomach), carminative (relieve colic), expectorant (decongestant), antispasmodic (prevents or relieves spasms or convulsions), mild sedative properties.

**Where to Get** - Baker’s Creek

**Uses** - soups, breads, casseroles, dips, pizza, chicken, Italian dishes

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PEPPERMINT
*(Mentha piperita)*

**Origin** - It is native to Europe and Asia.

**History** - In the 18th century it became and important medicinal herb.

**Description** - Height: to 2 ft/ Spread: 18-24”, invasive and should be grown in pots, flowers mid to late summer, white or pink spikes, tolerate full sun, moist soil

**Health Benefits** - It treats indigestion, flatulence, and colic, relieves muscle spasms (antispasmodic) a carminative (relieve colic) and gastric stimulant, and relieves headaches, flu, cold, insomnia, fever in children, and toothaches.

**Where to Get** - Baker’s Creek

**Uses** - fresh fruit, tea, cold drinks

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MARJORAM
*(Origanum majorana)*

**Origin** - It is native to North Africa and Southwest Asia.

**History** - The ancient Egyptians used it to disinfect, preserve and heal wounds.

**Description** - Height: 1 ft/ Spread: 6-8”, its bitterness is in direct proportion to the amount of sun it receives, flowers late summer to early fall, white spikes, full sun, well-drained sandy soils, allow to dry out between watering, dense bushy habit, dense shallow root system, bushy habit

**Health Benefits** - It relieves upset stomach, throat and mouth inflammations. It treats asthma, indiges-
tion, rheumatism, and toothaches. It has minor antioxi-
dant and antifungal properties and may relieve
sinus congestion.

**Where to Get** - Baker’s Creek

**Uses** - poultry, seafood, cocktail, breads, cheese
spreads, Italian foods, blends well with tomatoes in
pasta sauces, a light seasoning for meats, adds slight
favor to eggs and cheese

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**OREGANO**

*(Origanum spp.)*

**Origin** - It is native to the Mediterranean region to
Central Asia.

**History** - Dioscorides wrote of its uses in the 1st
century AD.

**Description** - Height: 1-2 ft / Spread: 1 ft, flowers
mid summer, white spikes, full sun, well-drained
soil, allow to dry between watering, aromatic

**Health Benefits** - An infusion of leaves treats indi-
gestion, coughs, and headaches. It is a tonic, stimu-
lant, relieves toothaches, and prevents seasickness.

**Where to Get** - Baker’s Creek

**Uses** - pasta, rice, meat dishes, sauces & dressings,
vinegars, salsa, chili, cheese spreads

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**ANISE**

*(Pimpinella anisum)*

**Origin** - It is native to Egypt and the Mediterranean
region.

**History** - It was mentioned in the Ebers Papyrus;
the seeds were used as a diuretic, to treat digestive
problems, and to relieve toothaches.

**Description** - Height: 2 ft / Spread: 1-2 ft, flowers in
summer, white umbels, plant in full sun, well-drained
soil, do not fertilize, self-seeder

**Health Benefits** - The seeds aids in digestion. The
essential oil of seeds are said to work as a mild ex-
pectorant (decongestant), mild antimicrobial action,
used in cough drops and syrups (NOT scientifically
proven), relieve nausea and abdominal pain, and may
reduce menopausal symptoms.

**Where to Get** - Richter’s

**Uses** - tea (seeds), bread, desserts

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**PARSLEY**

*(Petroselinum crispum)*

**Origin** - It is native to Sardinia east to Lebanon.

**History** - Hippocrates used in cure-all remedies, as
antidote to poisons, to cure rheumatism. By middle
ages it was used for relieving kidney and bladder
stones.

**Description** - Height: 1 ½ ft / Spread: 10-12”, flow-
ers late spring on second year of growth, yellow um-
belbs, full sun, well-drained soil, leaf forms depends
of variety

**Health Benefits** - It helps relieve bladder problems.
The root contains laxatives. The fruit and leaves
have stomachic properties, stimulate menstrual flow,
and may protect against cancer.

**Nutrients** - It contains Vitamin A, C, B’s, calcium,
and iron.

**Where to Get** - Johnny’s Seeds

**Uses** - salads, soups, pasta, poultry, fish, tea (leaves)
ROSEMARY
(Rosmarinus officinalis)

**Origin** - It is native to the Mediterranean region and Spain.

**History** - It was used to cure nervous system diseases thousands of years ago.

**Description** - Height: 5-6 ft/ Spread: 1-3 ft, flowers late spring, purple clusters along stem, needle-like leaves, full sun, well-drained, allow to dry out between watering

**Health Benefits** - The leaves and young shoots have tonic, astringent, stomachic, expectorant, and antibacterial properties. It is used as a treatment for depression, headache, and muscle spasms. It may reduce the risk of breast cancer and help preserve memory.

**Where to Get** - Johnny’s Seeds

**Uses** - chicken, pork, lamb, salad (leaves), butters, cold drinks, grilled fish, meats, and vegetables

SAGE
(Salvia officinalis)

**Origin** - It is native to the northern Mediterranean coast.

**History** - It is associated with immortality and was credited with increasing mental capacity.

**Description** - Height: 12-30”/ Spread: 2 ft, flowers late spring to early summer, purple spikes, full sun, well drained soil, very neat form,

**Health Benefits** - It helps prevent perspiration, has astringent properties in oil; and relieves sore throats, mouth irritations, cuts and bruises. It is also said to lower blood sugar in diabetics.

**Where to Get** - Richter’s

**Uses** - stuffing, soups, stews, tea (leaves), poultry, meats, grilled dishes,

RUE
(Ruta graveolens)

**Origin** - It is native to Europe.

**History** - Romans ate it to improve eyesight.

**Description** - Height: to 3 ft/ Spread: 1-2 ft, flowers mid summer, yellow clusters, blue-green evergreen foliage, full sun, well drained

**Health Benefits** - The young shoots and leaves relieve colic, and improve appetite and digestion

**Where to Get** - Johnny’s Seeds

**Uses** - infusion (leaves)

CLARY
(Salvia sclarea)

**Origin** - It is native to southern Europe, and the Mediterranean region.

**History** - It was used as an eyewash (put seeds directly into eye and any foreign matter would adhere to it and improve vision), and was also an ingredient in beer and wine.

**Description** - Height - 1-1 ½ ft / Spread: 1 ft, flowers mid to late summer, white spikes, full sun, allow soil to dry between watering, reseeds easily, upright habit, strong balsam-like fragrance

**Health Benefits** - It is used as eyewash (boil seeds with water, strain, and flush eyes out). It has anti spasmodic (prevents or relieves spasms or convul-
SAVORY  
*(Satureja hortensis)*

**Origin** - It is native to the Mediterranean region.

**History** - Colonist brought it to America to treat indigestion.

**Description** - Height: 18”/ Spread: 5-10”, flowers midsummer to frost, white clusters along stem, full sun, well drained moist soil, aromatic, bushy habit, branching root system

**Health Benefits** - It aids digestion, has mild antiseptic and astringent properties, relieves diarrhea and a mild sore throat.

**Where to Get** - Richter’s

**Uses** - tea (leaves), soups

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**THYME**  
*(Thymus vulgaris)*

**Origin** - It is native to the Western Mediterranean region.

**History** - In the Middle Ages it was used as a cough remedy, digestive aid and as treatment for intestinal parasites.

**Description** - Height: 1 ft / Spread: 6 inches-1ft, flowers midsummer, pink clusters, full sun, well-drained, makes good groundcover, aromatic

**Health Benefit** - It is used as flavoring in cough medicine. It has carminative (relieve colic), and antiseptic properties and helps with gastrointestinal problems. Thyme tea relieves shortness of breath and congestion.

**Where to Get** - Johnny’s Seeds

**Uses** - meats, vegetables and sauces, stews

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BETONY  
*(Stachys officinalis)*

**Origin** - It is native to Europe, northern Africa, and western Siberia.

**History** - Romans recorded 47 medicinal uses of it.

**Description** - Height: 2-3 ft/ Spread: 1 ft, flowers mid summer, pink spikes, bright green foliage, tolerates full sun

**Health Benefits** - An infusion of the leaves relieves headaches, eases throat irritations, diarrhea, asthma and bronchitis, heartburn, and kidney problems. The juice of the plant heals cuts, treats external ulcers. Betony contains tannins which gives it astringent properties. Studies show that it contains a mixture of glycosides, which show some effect in lowering blood pressure.

**Where to Get** - Richter’s

**Uses** - tea (leaves)
FENUGREEK  
(Trigonella foenum-graceum)

Origin - It is native to western Asia and the Mediterranean region.

History - It was used medicinally in ancient Egypt.

Description - Height 1-2 ft/Spread 1 ft, flowers mid-summer, white pea-like, foliage resembles clover, full sun, rich soil

Health Benefits - It is a laxative, expectorant for coughs and colds, has stomachic, demulcent (soothing), and restorative properties, helps treat asthma, fever, and cold symptoms, heartburn and lowers blood sugar. Externally it is used to soothe wounds.

Where to Get - Baker’s Creek

Uses - vegetables (leaves), pastries, marinades, chutney (seeds)

NASTURTNIUM  
(Tropaeolum majus)

Origin - It is native to South America.

Description - height: up to 1 ft, spread: vining to 6 ft, flowers summer through fall, funnel-shaped red, orange, yellows, full sun, well-drained soil, flowers are edible

Health Benefits - It treats bronchitis, and urinary infections, and promotes red blood cell formation.

Where to Get - Johnny’s Seeds

Uses - leaves & flowers- salads, sandwiches for peppery bite (use sparingly)