

We accept cash, checks, Visa,
MasterCard & Discover

Herbs

H001 **Aloe Vera** *Aloe vera* 🌿

Succulent whose juice is used to treat burns, poison ivy, and rashes. Bring indoors as a house plant. 12–24”h ○🌞☞🍷 \$2.00—2.5” pot

H002 **Anise** *Pimpinella anisum* 🌿

Feathery foliage used fresh in salads and soups while the seeds are used to flavor other cooked foods. Umbrella-like clusters of tiny white flowers. Annual. 36”h ○ \$1.50—2.5” pot

Basil see box, below right

H026 **Bay Laurel** *Laurus nobilis*

Bay leaf, the well-known seasoning, is an excellent container plant. It’s a tree that can spend the winter as a house plant. It has long been popular for growing in tubs and large pots. 40”h in Europe — much less here. ○🌞☞🍷 \$11.00—1 quart pot

H027 **Borage** *Borago officinalis* 🌿

The profuse blue and pink flowers are an attractive and tasty garnish. Excellent for bees. Young leaves good in salads. Self-sowing annual. 24”h ○🌞☞🍷 \$2.50—3.5” pot

H028 **Caraway** *Carum carvi* 🌿

Feathery-leaved biennial. Grown primarily for its seeds to season soups, stews, breads and pastries. Leaves are also edible. May self sow. 24”h ○☞🍷 \$2.50—3.5” pot

H029 **Catnip** *Nepeta cataria* 🌿

Leaves are euphoric for cats and mildly sedative for us. Good for salads and tea, vitamin C. Perennial, 12” spacing. 12–36”h ○🌞☞🍷 \$1.50—2.5” pot

H030 **Celery, Cutting** 🌿

Apium graveolens var secalinum ‘Safir’

A seasoning celery that does not produce an enlarged stalk. More aromatic and flavorful than regular celery. It looks like flat-leaved parsley and is packed with big celery flavor. Used to flavor soups and stews. Tender perennial. 12–18”h ○☞🍷 \$2.50—3.5” pot
See also the vegetable celery, page 21

H031 **Chamomile, German** 🌿

Matricaria recutita

Small white and yellow flowers with apple scent. Flowers make calming tea or bath. Dries well. Good in arrangements or potpourri. Annual, 12” spacing. 12–18”h ○🌞☞🍷 \$1.50—2.5” pot

H032 **Chamomile, Roman** 🌿

Chamaemelum nobile

Originates in northwestern Europe and Northern Ireland. Gray-green leaves and flowers like miniature white daisies. It differs from German chamomile in that its leaves are thicker. The flowers smell like apples. Perennial. 12”h ○☞🍷 \$2.50—3.5” pot

H033 **Chives** *Allium schoenoprasum* 🌿

Easy to grow and once established lasts for years. Divide every few years. Perennial. 12–24”h ○🌞☞🍷 \$1.50—2.5” pot

H034 **Chives, Garlic** *Allium tuberosum* 🌿

Abundant white flowers in late summer, beautiful edible garnish. Flat leaves with fine flavor. Used in Chinese medicine. Perennial and reseeds readily. 12–18”h ○🌞☞🍷 \$1.50—2.5” pot

H035 **Chives, German** *Allium senescens*

Elegant, flat shiny 12” leaves may be used like chives. 2” spheres of lavender flowers July–September. Excellent in the flower border as well. 18–20”h ○🌞☞🍷 \$1.50—2.5” pot

H036 **Cilantro** *Coriandrum sativum*

Flowers, leaves, roots and seed can all be used to flavor a wide variety of foods, especially Mexican and Thai dishes. Popular in salsa. Seed is coriander. Annual. 35 seeds. 24–36”h ○☞🍷 \$1.25—seed packets

H037 **Coffee** *Coffea arabica* 🌿

Shiny, evergreen leaves make for a nice patio plant to winter indoors. Mature plants produce an abundance of jasmine-scented white flowers. Best in filtered sunlight and fast-draining potting soil, kept moist. 15–20’ in its African home, smaller here. ○☞ \$5.00—4.5” pot

H038 **Comfrey** *Symphytum officinale*

Fuzzy, broad leaves and bell-shaped cream, purple or pink flowers. An important herb in organic gardening, having many medicinal and fertilizer uses, comfrey is a great “green manure” in a permaculture landscape. Aggressive spreader. 24”h ○🌞 \$5.00—4” pot

H039 **Cook with Chicken, Makes Body Strong** *Multiple species* 🌿

Good-tasting Hmong herbs. A number of different plant species are used together like a *bouquet garni* to flavor soups or stews. There will be multiple different

plant varieties here, all for the same price per pot. Some may be winter hardy with protection. ○

\$2.00—3.5” pot

More plants that are part of *Cook with Chicken: Malabar Spinach*, page 22, *Jewels of Opar*, page 31

H041 **Coriander, Vietnamese** 🌿

Persicaria odorata

The leaf is dark green with a maroon “V,” and has a strong cilantro-like fragrance and a slightly peppery taste. In Vietnamese cuisine, it’s eaten fresh in salads and raw summer rolls as well as in some soups and stews. Moist soil. Tender perennial; won’t go to seed quickly like cilantro. 24–36”h ○☞ \$2.50—3.5” pot

H042 **Culantro** *Eryngium foetidum* 🌿

Mexican and South American native, used in the cuisine of the Caribbean, Thailand, India, and Vietnam. Dries well and can be used fresh like cilantro, with a stronger, citrus-like flavor. 12–18”h ○🌞☞ \$1.50—2.5” pot

H043 **Cumin** *Cuminum cyminum* 🌿

Indian, Mexican and Cuban cuisines use the seeds. Small, white or pink umbels like little Queen Anne’s Lace flowers. Self-seeding annual. 24”h ○ \$1.50—2.5” pot

H044 **Cumin, Black** *Nigella sativa* 🌿

White flower petals are bluish-green near the tip, around a fancy ball-like fruit capsule where the seeds develop. Ground seeds smell like fennel, anise or nutmeg and taste slightly bitter, spicy and piquant. Self-seeding annual. 6–12”h ○☞ \$3.00—4 plants in a pack

H045 **Curry Plant** *Helichrysum italicum* 🌿

Dwarf with gray foliage and yellow flowers, very fragrant. Use like bay leaves to flavor soups, stews and marinades, then remove before serving. Essential oils are used in lotions and soaps. Tender perennial. 6–8”h ○🌞☞ \$2.50—3.5” pot

H046 **Dill, Bouquet** 🌿

Anethum graveolens ‘Bouquet’

Leaves and seeds for vinegar, salad dressing and pickles. Excellent for bees and caterpillars. Self-seeding annual. 12”w by 36”h ○☞🍷 \$1.50—2.5” pot

H047 **Epazote** *Chenopodium ambrosiodes* 🌿

A pungent herb used in Mexican and South American cooking. Widely used in bean dishes, it is supposed to reduce the after effects of eating beans. Easy to grow, reseeding annual. 36” ○☞🍷 \$2.50—3.5” pot

Fennel *Foeniculum vulgare*

Sweet anise-like flavor. Bulbous base can be cooked as a vegetable. Leaves and seeds are used to flavor soups, salads, sauces, cookies and fish. Hardy biennial. ○☞🍷 \$1.50—2.5” pot:

H048 Florence 🌿—24–48”h

\$2.50—3.5” pot:

H049 Zefa Fino 🌿—Lovely form in the garden. Resists going to seed. 12”h

\$4.00—6 plants in a pack:

H050 Bronze 🌿—Attractive feathery smoky-bronze foliage has a mild flavor. Makes a great container plant, too. 36–48”h

H051 **Fenugreek** *Trigonella foenum-graecum* 🌿

Widely used in Middle Eastern and Indian cooking.

Leaves used as an herb and the seeds as a spice in curry. Annual. 24”h ○☞ \$1.50—2.5” pot

H052 **Garlic, Elephant** *Allium ampeloprasum*

More like a leek than an ordinary garlic, with bulbs weighing a pound or more. Sweeter and less intense, sometimes called “garlic for people who don’t like garlic.” It can even be served raw in salads. 18–24”h ○☞ 3 bulbs for \$4.00

Geranium, Scented *Pelargonium*

Grows well in containers. Colorful flowers. Delicious fragrances. Bring indoors for winter. ○

\$2.50—3.5” pot:

H053 Lady Plymouth 🌿—The scent of the crinkly green and white variegated leaves is variously described as “rose,” “citrus,” and “eucalyptus.” You’ll have to smell it for yourself. Clusters of small flowers are pale pink with purple markings. 12–24”h ☞

H054 Lemon Fizz 🌿—Highly lemon-scented and pink/mauve bicolor flowers on upright plants. 12–24”h ☞

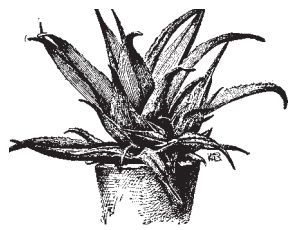
Key

- Full sun
- ☞ Part sun/part shade
- Shade

- 🌿 Attractive foliage
- 🐦 Bird food source
- 🦋 Butterfly-friendly
- 🌡️ Cold-sensitive: keep above 40°
- 🍷 Culinary
- 🌸 Edible flowers
- 🌿 Ground cover
- 🐦 Hummingbird-friendly
- 🍷 Medicinal
- 🌿 Rock garden

- 🇺🇸 Minnesota native
- 🇺🇸 U.S. native

- 🌿 Saturday restock
- 🌿 Certified organic
- ☹️ Toxic to humans



Aloe

Basil *ocimum basilicum* ○🌿🍷🍷🦋🌡️

Even gardeners who don’t cook love basil in their gardens. Great for tea, pesto, salads and dressings. These annual plants are native to sunny, warm Mediterranean climes and will not withstand frost. Plant any of the basil varieties where they will be brushed against to release the scent. 12” spacing unless noted. Great for bees. Don’t plant outdoors until late May!

\$2.00—4 plants in a pack:

H004 **Cinnamon** 🌿—Dark purple flowers. Sharp cinnamon aroma, wonderful fragrance. Narrower green leaves with purple stems. Finest tea basil, good in fruit salads. 12–24”h

H005 **Holy**, *O. sanctum* 🌿—Traditional religious and medicinal significance in South Asia. Purple flowers. Takes part shade. 18”h ○

H006 **Lemon**, *O. basilicum citriodorum* 🌿—Delicious small-leaf variety combines flavors of lemon and basil. 12–24”h

H007 **Lime**, *O. americanum* 🌿—Dark green leaves with lime fragrance. 12”h

H008 **Magic Michael** 🌿—All-America selection. Purple bracts and small creamy white flowers. Great foliage in a mixed container. 12–18”h 🌿

H009 **Mammoth** 🌿—Very large ruffled leaves, especially suitable for drying or stuffing. Familiar sweet basil flavor. 12–24”h

H010 **Minette** 🌿—Delicious, eye-catching basil creating perfect spheres of bright green that stay compact and uniform all season. Perfect for edging, miniature knot gardens, or in containers. Also called Dwarf Fine Bush Basil. 10”w by 10”h

H011 **Mixed Four-Pack** 🌿—One each of Sweet, Lemon, Spicy Globe and Thai Siam Queen.

H012 **Napoletano** 🌿—Heirloom variety from Italy with light green crinkled leaves. 36”h

H013 **Opal** 🌿—Purple leaves and anise flavor. 12–36”h 🌿

H014 **Oriental Breeze** 🌿—A basil bred for cut flower and container use. Very floriferous and fragrant. 4–6” long flower heads are white with purple bracts. 12–18”h

H015 **Red Rubin** 🌿—Large-leaved purple version of sweet basil. 18–24”h 🌿

H016 **Spicy Globe** 🌿—The “good basil” of French cuisine. Dwarf with small leaves; it makes a sweet edging plant. 12”h

H017 **Sweet Genovese**—Prolific and popular. Wonderful for pesto, tomato dishes and salads. 24–36”h

H018 **Thai Magic** 🌿—Late flowering with large leaves. Popular in Thai food. Purple bracts and magenta flowers. 18–22”h 🌿

H019 **Thai, Siam Queen** 🌿—Huge green leaves contrast nicely with sturdy, purple stems, making it as pretty as it is tasty. Outstanding fragrance and flavor: sweet and spicy with anise overtones. Used in Asian cooking. 28–39”h 🌿

\$2.50—3.5” pot:

H020 **African Blue** 🌿—Ornamental herb with showy purple flowers. Big and bushy—a real visual (and edible) treat! 36”h 🌿

H021 **Amethyst Improved** 🌿—Darkest purple basil with thick, turned-down leaves like the classic Genovese. Compact habit, full flavor. 16–20”h 🌿

H022 **Cardinal** 🌿—Ornamental enough for your flower garden, but still tasty. Burgundy stems and a rich red feathery bloom. Spicy fragrance. 24–30”h

H023 **Greek Columnar** 🌿—Wonderful columnar form of culinary basil. Slow to flower. 24” W24–36”h

H024 **Pesto Perpetuo** 🌿—Variegated leaves, green with a creamy white edge. Does not flower. Columnar habit. A great culinary basil with a slightly lemon flavor. 18–36”h 🌿

H025A **Serrata** 🌿—With a spiciness good for Asian dishes, it has decorative lemon-lime green toothed leaves. 12–16”h

H025B **Sweet Genovese** 🌿—Prolific and popular. Wonderful for pesto, tomato dishes and salads. 24–36”h 🌿

Basil planting tip: It is a good idea to vary the location where you plant your basil each year. Basil is susceptible to fungal diseases that accumulate in soil over time. Rotate your crops!

We accept cash, checks, Amex,
Visa, MasterCard & Discover

Herbs

Key

- Full sun
- ◐ Part sun/part shade
- Shade

- 🌿 Attractive foliage
- 🐦 Bird food source
- 🦋 Butterfly-friendly
- ❄️ Cold-sensitive: keep above 40°
- 🍴 Culinary
- 🌸 Edible flowers
- 🌿 Ground cover
- 🐝 Hummingbird-friendly
- 🥄 Medicinal
- 🪨 Rock garden

- 🇺🇸 Minnesota native
- 🇺🇸 U.S. native

- 🌱 Saturday restock
- 🌱 Certified organic
- ☹️ Toxic to humans

Geranium, Scented *continued*

\$3.00—4” pot:

H055 **Mosquito Plant** 🌿—Citrus-scented. Small pink-lavender flowers with a darker eye. 24–36”h 🌿

H056 **Gotu Kola** *Centella asiatica* 🌱🌿

Creeping herb used as a leafy green in Asian cuisine, an accompaniment to curry, in salads and tea. Keep well-watered. Annual. 3–6”h ○● **\$1.50—2.5” pot**

H057 **Horseradish** *Armoracia rusticana*

Spicy root used as a condiment. Provide rich soil for the most pungent roots. Does best planted in the ground; in a smaller garden you might want to contain it by planting in a pot or tub buried in the ground. Perennial. 36”h ○●🍴🥄 **\$3.00 bareroot**

H058 **Hyssop, Pink** 🌿

Hyssopus officinalis ‘Nectar Rose’

Aromatic perennial with dense spikes of pink to purple flowers. Mixes well with rosemary and lavender for fragrance and color. Slightly bitter leaves can be added to salads. Traditionally used in cough syrups. 18–24”h ○●🍴🥄 **\$2.00—2.5” pot**

H059 **Lavender Cotton** 🌿

Santolina chamaecyparissus

Fragrant, ferny gray foliage makes good edging. Yellow button-shaped flowers that add nicely to arrangements and can be cooked into a brilliant yellow dye, or dried for wreaths and a moth-repelling potpourri. Likes dry soil and lots of sun. Treat as an annual the Twin Cities. 6”h ○ **\$3.00—4” pot**

Lavender *see box below*

H073 **Lemon Balm** *Melissa officinalis* 🌿

Aromatic sweet herb with a strong lemon odor and flavor. Small flowers in late summer. Makes a refreshing iced tea or seasoning in breads and desserts. Mulch for winter protection. Excellent for bees. Perennial. 24”h ○●🍴🥄 **\$1.50—2.5” pot**

H074 **Lemon Grass** *Cymbopogon citratus* 🌿

Leaves and stalks are used in Asian cooking and in teas. Many medicinal and culinary uses. It is frost-tender and should spend the winter in front of a sunny window. Best in containers. 60”h ○🍴🥄🌿 **\$1.50—2.5” pot**

Lavender *Lavandula* ○🌸🍴🥄

Everyone loves lavender! Tender perennial from southern Europe can be wintered indoors or treated as an annual. ‘Munstead’ may survive our winters, but a new variety—‘Cynthia Johnson’—listed on page 8 is hardy in Minnesota.

\$1.50—2.5” pot:

H060 **Lady**, *L. angustifolia* 🌿—A fine annual variety. Smells good in the garden and in sachets and potpourris. Good for bees. 8–10”h 🍴🥄

H061 **Munstead**, *L. angustifolia* 🌿—English lavender. Excellent low-growing variety for edging a path or border. A somewhat hardy lavender in our climate. 12–18”h 🍴🥄

\$2.50—3.5” pot:

H062 **Fern-Leaf**, *L. pinnata buchii* 🌿—Beautiful feathery foliage. 36”h 🍴🥄

H063 **Fred Boutin**, *L. x intermedia* 🌿—English lavender with silvery leaves and excellent fragrance. 24–36”h 🍴🥄

H064 **French**, *L. stoechas* 🌿—Lavender of the French countryside. Upright gray foliage. 24–36”h 🍴🥄

H065 **Goodwin Creek** 🌿—Unusual light-gray-green foliage with a thick, coarse, appealing texture. 24–36”h 🍴🥄

H066 **Munstead**, *L. angustifolia* 🌿—English lavender. Excellent low-growing variety for edging a path or border. A somewhat hardy lavender in our climate. 12–18”h 🍴🥄

H067 **Provence**, *L. x intermedia* 🌿—The light purple flowers are very fragrant and dry beautifully for potpourri. More moisture tolerant than other varieties. 24–36”h 🍴🥄

H068 **Spanish, Blueberry Ruffles**, *L. stoechas* 🌿—Gray-green foliage is the perfect backdrop for the extra large purple flowers each topped with rippled bracts rimmed in pink. Early blooming series of Spanish lavender from Australia with cute “eared” blossoms. 12–24”h 🍴🥄

H069 **Spanish, Kew Red**, *L. stoechas* 🌿—Red-violet blooms add a new color to the Lavender species. Silver-green foliage. Very decorative for edging and containers. 18”h 🍴🥄

H070 **Spanish, Madrid Pink**, *L. stoechas* 🌿—Short flower stalks topped with lavender-pink bracts with dark purple flowers. Silver-green foliage. 24–36”h 🍴🥄

H071 **Spanish, Violet Lace**, *L. stoechas* 🌿—Bushy and fragrant with deep violet flower spikes capped with twisty rosy feathers. Blooms early. 24”h 🍴🥄

H072 **Sweet**, *L. heterophylla* 🌿—One of the tallest lavenders; very productive and fragrant. Sturdy, straight stems. 36–48”h 🍴🥄

H076 **Lovage** *Levisticum officinale* 🌿

Leaves have a strong celery taste and are used to flavor soups, stews and casseroles. Has been used as a love charm. Flowers in umbels. Perennial. 36–72”h ○●🍴🥄 **\$2.50—3.5” pot**

H077 **Marjoram, Sweet** 🌿

Origanum majorana

A mild, sweet oregano. Used in vinegars, soups and dressings. Add fresh leaves to salads. Good herbal bath. Excellent for bees. Tender perennial. 18”h ○●🍴🥄 **\$1.50—2.5” pot**

H078 **Marshmallow** *Alcea officinalis* 🌿

Native to Europe, the leaves and roots of this reliable medicinal and minor food plant have been used for centuries. Beautiful in the garden, with white to light pink flowers., it thrives in moderately fertile, well-drained soil. Perennial. 36–72”h ○●🥄 **\$2.50—3.5” pot**

Mint *Mentha*

Aromatic garden fillers. Easily cultivated. Good for teas and potpourris. 12” spacing. ○●🍴

\$1.50—2.5” pot:

H079 Peppermint, *M. x piperita* 🌿—Refreshing tea, iced or hot. Good in fruit salads. Easily dried for year-round use. Excellent for bees. Perennial. 24”h 🥄

H080 Spearmint, *M. spicata* 🌿—Softer flavor than peppermint. Great for teas, meat, fish, fruit and vegetables. Excellent for bees. Perennial. 24”h 🥄

\$2.50—2.5” pot:

H081 Grapefruit, *M. aquatica citrata*—Large puckered leaves and the scent of grapefruit. Perennial. 18”h

H082 Lime, *M. aquatica citrata*—Bright green leaves with a strong lime scent and flavor. Try this in your favorite salsa recipe or toss one in your next margarita. Treat as an annual. 24”h

\$2.50—3.5” pot:

H083 Chocolate, *M. x piperita* 🌿—Bronzy foliage with a chocolate scent. Perennial. 24”h

H084 Corsican, *M. requienii* 🌿—Creeping fragrant perennial. Good in rock gardens and along paths. Tolerates light foot traffic. May survive our winters. 0.5”h 🌿🪨

H085 Ginger 🌿—Spicy ginger-scented mint with green leaves striped with gold. 18–24”h

H086 Mojito, *M. villosa* 🌿—You could use spearmint in your Cuban mojito, but this is the real deal. The flavor is mild and warm, rather than pungent and sweet. Treat as an annual. 18–24”h

H087 Orange, *M. aquatica citrata* 🌿—Dark green, round leaves tinged with purple. Purple flowers. Lemon odor when crushed, and slight orange flavor. Makes good tea. Perennial. 24”h

\$2.50—3.5” pot:

H088 Pineapple, *M. suaveolens variegata* 🌿—Variegated leaves with a fruity scent. Perennial. 24–36”h 🌿

H089 Spearmint, Curly, *M. spicata* ‘Crispa’ 🌿—Creeping, fragrant spearmint with very ruffled, ornamental leaves. May need winter protection. 24”h

See also the native Wild Mint, page 47

H090 **Mint, Lemon** *Monarda citriodora* 🌿

Lemon-scented leaves are delicious and often used in teas. Tiered pinkish-purple showy flowers are long lasting in fresh bouquets and dry nicely. Inhale steam for colds. Annual. 24–36”h ○●🍴🥄🌿 **\$2.50—3.5” pot**

H091 **Mixed Herbs** *Multiple species*

Classic cooking companions: sage, thyme, oregano and basil. ○🌱 **\$3.00—4 plants in a pack**

H092 **Onion, Egyptian Walking**

Allium cepa proliferum

A non-flowering onion that produces small clusters of reddish, marble-sized bulbs (bulbils) at the tops of the leaves. As these bulbils increase in size and weight the leaves bend to the ground and the bulbils take root. This allows the plant to “walk” around the garden. The tops, underground bulbs, and bulbils are all edible. However, many people prefer to eat only the green tops and immature bulbils because both the bulbs and mature bulbils can be very pungent. Perennial (and fun). 18–24”h ○🍴🥄 **\$2.50—2.5” pot**

Oregano *Origanum vulgare*

Essential for Italian cooking. Leaves can be used fresh or dried in tomato sauces, soups, meat, fish and salads. ○●🍴🥄🌿

\$1.50—2.5” pot:

H093 Greek, *O. v. hirtum* 🌿—The most flavorful oregano, according to herb aficionados. Perennial. 12–36”h

\$2.50—3.5” pot:

H094 Hot and Spicy 🌿—Strongly flavored. Annual. 18–24”h

Oregano *continued*

\$2.50—3.5” pot:

H095 Jim Best 🌿—Semi-trailing foliage marbled with gold. Purple stems; purple-green bracts surround the pink summer flowers. Drought tolerant once established; perennial. Best in part shade. 30”w by 12”h

H096 Santa Cruz 🌿—Showy variety with compact hop-like rosy flowers and dark green foliage. May survive our winters. 10”h

\$5.00—3.5” pot:

H097 Golden, Aureum 🌱🌿—Yellow-green foliage. A striking ground cover with mild flavor. May survive our winters. 6–12”h

H098 **Oregano, Cuban** 🌿

Plectranthus amoinicus variegatus

Large furry leaves with a white margin; oregano-scented. Used in Caribbean cooking and as a substitute for sage in dressings. 24”h ○● **\$3.00—4” pot**

H099 **Oregano, Mexican** *Poliomintha* 🌿

Shrub-like plant with pale green leaves and a unique peppery flavor. Grows large quickly. Deer-resistant annual with light pink tubular flowers, beloved of hummingbirds. Annual. 36”h ○🍴🌿 **\$2.50—3.5” pot**

H100 **Papalo** 🌿

Porophyllum ruderale subsp. *macrocephalum*

An ancient Mexican herb with piquant and ornamental green leaves. Sometimes referred to as “cilantro on steroids,” it has a complex flavor. Unlike cilantro, this herb retains its flavor after drying. Good in soups, salads, tacos, beans and meats. Annual. 36”h ○ **\$1.50—2.5” pot**

Parsley, Curly *Petroselinum hortense*

Quintessential garnish, chock full of vitamins. Promotes healthy skin. Can be chewed to freshen breath (not just for humans; add it to your dog’s food, too). You can dig one up in the fall and pot it for fresh greens in the winter. Biennial. 6” spacing. 12”h ○●🍴🥄

\$1.50—2.5” pot:

H101 🌿

\$3.00—4 plants in a pack:

H102 🌱🌿

Parsley, Italian *Petroselinum hortense*

Same as curly parsley but with flat leaves. 12”h ○●🍴🥄

\$1.50—2.5” pot:

H103 🌿

\$3.00—4 plants in a pack:

H104 🌱🌿

H105 **Patchouli** *Pogostemon heyneanus* 🌿

Tropical native to the East Indies. Used for the fragrance of the dried leaves. 12”h ○🌿 **\$2.50—3.5” pot**

H106 **Pennyroyal** *Mentha pulegium* 🌿

Known for its insect-repelling properties. Makes a potent tea, but be aware that it should not be used during pregnancy. The plants creep with only the lavender flower stalks rising above the ground. Perennial, mulch for winter protection. 4–16”h ○●🍴🥄🌿 **\$1.50—2.5” pot**

H107 **Pineapple Weed** *Matricaria discoidea* 🌿

A petalless chamomile with greenish-yellow dome-shaped flowers that exude a pineapple aroma when crushed. Good for tea. Thrives in poor soil, footpaths or roadsides. Flowers in early summer, then dies. Its seeds germinate in late summer, then the small plants over-winter to bloom the following season. 2–16”h ○●🍴🥄🌿🌿 **\$2.00—4 plants in a pack**

Rosemary *Rosmarinus officinalis*

Enhances meat and veggie dishes, vinegars and dressings. Use for a refreshing bath or hair rinse. Perennial in warmer zones; here you’ll need to winter it indoors. Likes poor soil, not too much water, and hot sun. Suitable for bonsai. Deer usually don’t eat rosemary. ○🍴🥄

\$1.50—2.5” pot:

H108 Seedlings. 🌱—12”h

\$2.50—3.5” pot:

H109 Athens Blue Spire 🌿—Upright plants with blue blooms. 18”h

H110 Barbeque 🌿—Upright, long-stemmed rosemary perfect for topiary and for making barbeque skewers. Small pale blue flowers from mid to late spring. Large needles. 24–48”h

H111 Creeping 🌿—Low growing 6”h

H112 Gold Dust 🌿—Rosemary with a twist. The dark green central band of these aromatic leaves is surrounded by bright yellow margins. Deep-blue flowers form in spring. Drought tolerant. 36–48”h

Herbs

Rosemary *continued*

\$2.50—3.5" pot:

H113 **Gorizia** 🌿—Robust rosemary with equally robust white-backed leaves. Large, light lavender-blue flowers in spring. Good plant for evergreen textural contrast in the garden. Densely packed branches of dark green needles. 48"h

H114 **Spice Island** 🌿—A pungently flavored rosemary. Upright habit. Good for topiaries. 24–36"h

H115 **Tuscan Blue** 🌿—Upright habit and slightly glossy foliage. 36"h

\$8.00—1 gal. pot:

H116 **Seed-grown**, but with a head start 🌿—Same as H109 but an older plant in a large pot. 12"h

H117 **Rue** *Ruta graveolens* 🌿

Attractive herb with blue-green foliage and delicate yellow flowers. Rue should never be ingested by pregnant women. Can cause contact dermatitis in some people. 18–24"h ○●☺🌿 **\$1.50—2.5" pot**

Sage, Culinary *Salvia officinalis*

Used traditionally in poultry stuffing and sausage. Wonderful in salads, egg dishes, breads and vegetable dishes. Dried leaves among linens discourage insects. Excellent for bees. Perennial, but not reliable here. 20" spacing. ○🌿🌿🌿🌿🌿

\$1.50—2.5" pot:

H118 **Common** 🌿—24"h 🌿

\$2.50—3.5" pot:

H119 **Berggarten** 🌿—Broad leaves with silver accents, ornamental. Good flavor. 18"h

H120 **Fruit Scented** 🌿—Large lime green heart-shaped leaves smell of sweet tropical fruit. 24–36"h

H121 **Icterina** 🌿—Gold and green foliage. Compact and decorative, great for containers. 12–15"h

H122 **Pineapple** 🌿—Sweet pineapple scent with red flowers. Yellow-green foliage. Blooms late summer or early fall. 48"h

\$2.50—3.5" pot:

H123 **Purple** 🌿—Purple-tinged leaves and bluish-purple flowers, lovely in containers. 24–36"h

H124 **Tricolor** 🌿—Green, pink and white foliage. Very attractive. 15"h

H125 **Sage, Lavender** *Salvia lavandulifolia* 🌿

Needs a dry location and winter mulch. Silver foliage with lavender fragrance and blue to violet-blue flowers. Syn. *S. hispanorum*. 12–18"h ○●🌿🌿🌿 **\$2.00—2.5" pot**

H126 **Savory, Summer** *Satureja hortensis* (NEW) 🌿

Mildly peppery leaves used green or dried for sauces, stuffings, soups, lentils and beans. Favored in Mediterranean cooking. Makes a nice tea which is useful for stomach aches. Annual, 15" spacing. 18"h ○●🌿🌿 **\$1.50—2.5" pot**

H127 **Savory, Winter** *Satureja montana* 🌿

Peppery-flavored leaves used for sauces, stuffings, soups, stews, lentils and bean dishes, especially in North Africa. Makes a nice tea that is useful for stomach aches. Perennial. 18"h ○●🌿🌿 **\$1.50—2.5" pot**

H128 **Sesame, Black** (NEW) 🌿

Sesamum indicum 'Kurogama'

Pungent seeds used to flavor a variety of Asian foods, such as stir-fry or salad. In China, creates a crunchy coating for meat and fish. In Korea, the leaves are eaten. Annual. 18–36"h ●🌿 **\$2.50—3.5" pot**

Shiso *Perilla frutescens*

Cinnamon-scented leaves with crimped edges are used in Japanese and Vietnamese cuisine in sushi and spring rolls, sauces, salads, stir fry. Reseeding annual; seedlings emerge in June. ○●🌿🌿🌿

\$2.00—4 plants in a pack:

H129 **Red**, *P. f. crispa* 🌿—Ornamental purplish-red leaves. A beautiful container accent. 24–36"h

Shiso *Perilla frutescens*

\$4.00—6 plants in a pack:

H130 **Vietnamese**, 'Hojiso' (NEW) 🌿—The taste of this green shiso is variously described as mint-basil, curry-like, and a combination of cumin, cilantro and parsley with a hint of cinnamon. Try it for yourself! Used in Asian cooking. 18–24"h

H131 **Sorrel, French** *Rumex scutatus* 🌿

Early season greens with tangy lemon flavor. Long-lived perennial that can sustain frequent and severe cutting. Everyone should have some! Great in soup or salad. 24"h ○🌿🌿 **\$1.50—2.5" pot**

H132 **Spikenard, American** *Aralia racemosa*

Stately white plumes followed by clusters of black berries. Roots used in rootbeer. A great landscape plant, too. 36–60"h ○●🌿🌿🌿 **\$8.00—1 quart pot**

H133 **Stevia** *Stevia rebaudiana* 🌿

Sweeter than sugar! The South American herb you've read about as a sugar replacement. 12"h ○●🌿🌿🌿 **\$2.50—3.5" pot**

H134 **Sweet Annie** *Artemisia annua* 🌿

This fast growing annual herb has a fabulous fragrance and fern-like foliage. Great for making scented wreaths or potpourri. Reseeds heavily. Native to Ethiopia, it is the recently discovered source of a new treatment for malaria. 48"h ○🌿 **\$1.50—2.5" pot**

H135 **Tarragon, French** 🌿

Artemisia dracunculus

Strong licorice-flavored herb. Good flavoring for vinegar. Root can be potted in late fall for winter windowsill use. 36"h ○🌿🌿 **\$2.50—3.5" pot**

H136 **Tarragon, Mexican** *Tagetes lucida* 🌿

Blessed with the sweetness of licorice, this dark green tender perennial is handsome in the garden and will not reseed in Minnesota. Can be used like French Tarragon, although somewhat milder in flavor. 36"h ○ **\$2.50—3.5" pot**

Thyme *Thymus vulgaris*

Bushy, cushion-form shrublet. Small leaves and wiry structure. Ornamental as well as culinary and a soothing tea. Easy to grow. Very hardy. Excellent for butterflies and bees. Used medicinally for sore throats and coughs. Good in pots. Perennial. ○🌿🌿🌿

\$1.50—2.5" pot:

H137 **English** 🌿—6"h

\$2.50—3.5" pot:

H138 **Caraway** 🌿—Great ground cover with a strong caraway scent. 6"h

H139 **Elizabeth** 🌿—Bright green leaves. 6–8"h

H140 **English Miniature** 🌿—Very tiny leaves. forms a thick, spreading patch of medium green. 1–3"h

H141 **French** 🌿—Classic culinary thyme. 10"h

\$2.50—3.5" pot:

H142 **Gold Lemon** 🌿—Great for tea. Huong's friend says it makes the best herbal tea she's ever tasted. 6"h

H143 **Lime** 🌿—Bright green foliage. Pink flowers, citrus scent. 6–12"h

H144 **Silver Edge** 🌿—Narrow-leaved with silver-gray foliage. Compact and great for containers. 4"h

H145 **Silver Posie** 🌿—White-edged leaves. 10"h

H146 **Tong Ho** *Chrysanthemum coronarium* 🌿

Delicious and aromatic, the leaves are great for salad, stir fries and soups. An old-fashioned European garden plant, its popularity has spread throughout Asia as well. Leaves are best when harvested young; cut back for a second crop. Annual. 12–24"h ○ **\$2.00—4 plants in a pack**

H147 **Vanilla Grass** *Anthoxanthum odoratum*

Great for potpourri. A European bunchgrass that will establish readily in areas of poor fertility. The scent made it popular as bedding straw. Widely naturalized in North America. Spreading. 12–24"h ○ **\$2.50—2.5" pot**

H148 **Verbena, Lemon** *Aloysia triphylla* 🌿

Tender perennial; can be potted and wintered inside. Wonderfully fragrant lemony herb. Light green pointed leaves. Great for topiaries. 36"h ○🌿 **\$2.50—3.5" pot**

H149 **Vietnamese Balm** *Elsholtzia ciliata*

In Vietnamese cuisine, this lemony herb is called rau kinh gioi and is among the leafy herbs served with soups and grilled meats. Pale purple flowers bloom in flat spikes in fall. Annual. 24"h ○ **\$3.00—4" pot**

H150 **Yerba Buena** *Clinopodium douglasii* 🌿

Mat-forming, aromatic, drought-tolerant perennial with small glossy green leaves. Has a pungent spicy mint scent and flavor. 4–6"h ○●🌿 **\$2.50—3.5" pot**

Why You Don't See Zone Numbers in Our Catalog

Those colorful bands across the map called USDA hardiness zones are based exclusively on minimum temperatures. The maps put us in USDA hardiness zone 4, with minimum temperatures in the –20F to –30F range. And it does, indeed, get that cold here.

A plant's survival, however, is dependent on many factors, including soil, sunlight, watering, drainage, exposure to wind, mulch, snow cover, and of course the winters' minimum temperatures. Note that minimum temperature is just one of many factors. Those zone numbers oversimplify the game.

Within our "zone 4" gardens, there are many microclimates that allow plants to survive. The "heat zone" around the foundation of a heated home is just one example. The wind shelter from buildings and fences can make a huge difference in a plant's ability to survive our long dry winters. For other plants, shelter from late winter sun will keep the buds alive through the brutal freeze-thaw cycles of our often tentative springs.

When long-time gardeners compare notes on perennials, it usually turns out that one has never been able to get a certain plant to survive the winter, while for another the same plant grows like a weed.

The zone numbers listed for plants in books and online are good guidelines, but they can be confusing and often too conservative. The experience of other gardeners in your area is a much better guideline. So:

- **Talk to your neighbors.** Join a garden club. Ask questions and share your own experience.

- **Ask at the Master Gardener booth** if you have questions about the proper soil, light and watering for the plants you have chosen. They can also tell you if your perennials need special winter protection.

- **Give us feedback.** We want to hear how the plants do in your garden. That's how we will all find out what plants are successful here.

A Note from Mr. Yuk

We mark some plants in the catalog with a Mr. Yuk sign. These are plants known to be toxic to humans in some way. We do this because we care about your health, but the issue is complex, so please read the full-length article about this on our website.

There are, however, a few plants in the sale that are particularly poisonous, capable of causing serious illness or death to humans:

Common name	Botanical name	Catalog number
Angel's Trumpet	<i>Datura</i> or <i>Brugmansia</i>	A012, A013, A520, A521
Castor Bean	<i>Ricinus communis</i>	A075, A076, A077
Foxglove	<i>Digitalis</i>	P253–P261
Monkshood	<i>Aconitum</i>	P456, P457
Oleander	<i>Nerium oleander</i>	A533

It is generally a bad idea to go chewing on ANY plant that is not clearly for human consumption, Mr. Yuk sticker or no. We get expert advice on this issue, but individuals vary and experts do not know everything.

What about medicinal plants? 🍵

Never assume that a medicinal plant is safe or nontoxic. Many highly poisonous plants or plant parts contain medicinal compounds that are extracted from them in specific ways. Several of the highly toxic plants above are also medicinal (Angel's Trumpet, Castor Bean, Foxglove). Friends School Plant Sale does not recommend the use of any plant marked as medicinal for self-medication or treatment of others.

Use Mr. Yuk as your guide, use common sense, and be careful out there. And happy gardening!

A full-length article about this can be found on our website:

www.friendschoolplantsale.com/poisonous-plants

Another article by Mr. Yuk about responsible gardening can be found at www.friendschoolplantsale.com/responsible-gardening

North Country Herbalist Guild

Members of the North Country Herbalist Guild, located in the herb section, will once again be available to help shoppers with their herb selections.

NCHG sponsors monthly meetings on the first Wednesday of every month. Meetings are open to the public. At our meetings we sponsor a local speaker to discuss topics designed to advance the study of the therapeutic use of herbs.

www.nchg.org

