HERB	GROWING CONDITIONS	CULINARY USES & GENERAL INFO
Arugula (Eruca vesicara subsp. Sativa)		Use flowers, seeds and leaves in salads. Pick leaves before flowering for tenderness and minimum pungency. Pepper fragrance.
Basil Siam Queen Basil Spicy Globe	Rich humus, moist, well drained soil. Full Sun. Seed, cuttings.	Shellfish, chopped meat, sausage, lamb, veal, beef, stews and soups (minestrone and bean) and stew. Salads of any type. On sliced tomatoes with goat or parmesean cheese and olive oil. Omelets, scrambled eggs, soufflés, corn bread and muffins, stuffing; fruit compotes and ice cream. Fresh or dried leaves, flowers. Rich and spicy, mildly peppery flavor with a trace of mint and clove.
Borage – NOT AVAILABLE	Fairly rich, moist, light soil. Full sun.	Use leaves raw, steamed, sautéed like spinach. Pell, chop and use stems like celery. Toss borage flowers in salads or garnish foods with them. Crisp cucumber flavor
Salad Burnet	Zone 3. Average, well drained soil. Full Sun to partial shade.	Use tender young leaves. Use in salads, flavored vinegars, herb butters and iced beverages. Blends well with dill, mint and garlic. Does not dry well. Tastes like cucumber
Catnip	Zones 3-4. Average, sandy, well-drained soil. Full sun to partial shade.	Cats love it! Catnip tea and can also be used in salads
Chamomile (nobile) (Roman)	Zones 3-4. Light, dry soil. Full sun to partial shade.	Tea is made from flowers. Can drink tea or use for fragrance. Flowers have an apple fragrance
Chervil	Moist, humusy soil. Partial shade.	Use leaves and stems. Add at the last moment to soups, stews and sautees. Enhances carrots, eggs, spinach, sorrel, fish (especially oysters), veal, cream cheese, corn, peas. Complements tarragon, shallots, ground black pepper, marjoram, and lemon. Bernaise sauce and French vinaigrette. Part anise, part parsley.
Chives - Garlic	Zone 3. Moderately rich, well-drained soil. Full sun.	Mince fresh, tender leaves and use them in recipes or as a garnish. Combine with shallots, marjoram, and tarragon. Complement onions, potatoes, artichokes, asparagus, cauliflower, corn, tomatoes, peas, carrots, spinach, poultry, fish and shellfish, veal, creamy sauces, cheese and eggs. Taste like sweet, mild onions with a hint of garlic.
Chives - Onion	Zone 3. Moderately rich, well-drained soil. Full sun.	Taste like sweet, mild onions.
Cilantro (Coriandrum sativum)	PH 6.6. Moderately rich, light, well drained soil. Full sun to part shade. Seed	Chopped meat, sausage. Most soups, beef stews, casseroles. Pickled beets, beet & fruit salads, Tacos, burritos, chilli or spicy egg dishes like huevos rancheros. Seed: Poultry stuffing, cookies, ginger-bread, baked apples, stew. Ground seed, fresh leaves.
Dill	pH 6.0 Moderately rich, well drained, moist soil. Full sun. Seed	Lamb, steads and chops, corned beef, creamed chicken, shrimp, runs. Bean, borscht, s;lit pea and tomato soups, lamb stew. Seafood salads, sour cream dressing, cabbage. Seeds: Beets, carrots, beans, potato, salad, pickles. Leaves-pickles, turnips. Cheese spreads, shirred and scrambled eggs. Seeds: rye bread, apple dumplings, stewed pears and cake. Fresh or dried seeds, stems, leaves, flowers. Well rounded tang
Fennel - Florence (bulb) Foeniculum vulgare var. azoricum)	Soil pH 6.5. Average, well drained soil. Full sun.	Sweet fennel – use leaves, tender stems and seeds –. Add leaves at the very end of cooked recipe as heat destroys flavor. Eat like celery. Seeds in desserts, breads, cakes, cookies, and beverages. Fares well with fish, sausages, duck, barley, rice, cabbage, sauerkraut, beets, pickles, potatoes, lentils, breaks, eggs, and cheese. Add to herb butters, cheese spreads, salad dressings, and Chinese marinades. Tastes like a softer, nuttier version of Anise. Add raw to salads or seafood soups. Florence fennel – use bulb
Lavender Lady	Soil pH 7.1. Light, well drained soil, Full sun.	Perfumy flowers and leaves are used in flavored vinegars, jellies, and sparingly in salads.
Lemon Balm – NOT AVAILABLE		
Lemon Grass – NOT AVAILABLE		
Marjoram – NOT AVAILABLE	Sun, dry, well-drained, neutral	Pates, sausages, beef, pork, veal, pot roast, fish (especially broiled). Savory stews, pea, tomato, onion & potato soups, clam chowder. Avocados, corn, dry beans, mushrooms, eggplant, carrots, lima beans, peas, spinach, green beans, green salad. Omelets, soufflés, scrambled eggs. Poultry

HERB	GROWING CONDITIONS	CULINARY USES & GENERAL INFO
		stuffings, biscuits & bread. Fresh or dried leaves, flowers.
Mint – apple Mint – orange Mint – spearmint Mint – ginger Mint - chocolate	Well-drained, poor. Full sun. Cuttings, division.	Lamb, ham, veal, ragout, roast beef, roast chicken, fish. Pea & lentil soups. Peas, cabbage, carrots, celery, potatoes, snap beans, spinach, fruit, jellied & green salads, French dressing. Cream cheese, cottage cheese, omelets. Fruit compote, custard, ice cream, apple-sauce, stewed pears, currant jelly. Fresh or dried leaves.
Nasturtium – NOT AVAILABLE	Full sun. Well drained soil, low in nutrients. If you feed, might not bloom.	Add to salads and vinegar. Stuff flowers with guacamole, chicken or egg salad or cream cheese, walnuts, raisins and orange peel. Seed pods used as substitute for capers. Can eat leaves and flowers. Leaves have a peppery taste.
Oregano – NOT AVAILABLE	Well drained, poor. Full Sun. Seed, cuttings, division.	Beef, lamb, pork, veal, sausages, poultry, fish, calf liver, game, marinades. Vegetable juice, lentil, onion, bean, beef , game, tomato soups, meat stews. Broccoli, beans, tomatoes, carrots, lima beans, peas, mushrooms, onions, potatoes, squash, eggplant, shrimp salad. Cheese spreads, omelets, scrambled and boiled eggs. Pizza, rolls and stuffings. Biscuits, herb breads, muffins and stuffings. Best flavor dried, may be used fresh; flowers.
Parsley - Curley (petroselinum crispum var. crispum) **Parsley** - Italian (petroselinum crispum var. neopolitanum)	Heavy, damp. Sun to partial shade.	Beef, lamb, pork, veal, poultry, fish, shellfish, marinades. In soup bouquets, chopped in soups ^ stews, garnish. Most vegetables & salads, creamed vegetables, boiled potatoes, slices tomatoes. Deviled ^ scrambled eggs, omelets. Biscuits, herb breads, muffins & stuffings. Frozen or fresh leaves.
Rosemary - creeping (prostrate) Rosemary - upright	Sun, well drained soil, lime.	Beef, game, lamb, pork, veal, poultry, salmon, creamed seafood, marinades. Chicken, peas, spinach soups. Potatoes, lentils, mushrooms, peas, spinach, squash, fruit salad. Deviled & scrambled eggs, omelets. Herb bread & stuffings, especially for fish; cookies. Fresh or dried leaves, flowers.
Sage	Full Sun, light, well-drained soil	Pork & chicken dishes, game, beef, sausage, rabbit, lamb, mutton, fish stock. Chowders, consommé, bland cream soups, pork & chicken stews. Stewed tomatoes, string beans, lima beans, eggplant, brussel sprouts, carrots, onons, peas, French dressing. Cottage & cream cheese, cheese omelets & spreads. Poultry & fish stuffings, chopped in porridge, cheese bread. Helps digest fatty foods. Fresh or dried leaves, flowers.
Tarragon – NOT AVAILABLE	Rich, sandy soil, well drained loam. Full to partial shade. Soil pH 6.9. Should not flower	One of French fine herbes. Can be dominating. Licorice flavor. Use leaves fresh in salads, remoulade sauce, tartar sauce, béarnaise sauce, Frech dressing and veal Marengo. Don't cook too long or may be bitter. Enahnces fish, shellfish, pork, beef, lamb, game, poultry, pates, leeks, potatoes, tomatoes, carrots, onions, artichokes, asparagus, mushrooms, cauliflower, broccoli, beets, peas, parsley, chervil, garlic, chives, lemons, oranges, rice and barley. Use in flavored vinegars, herbed mayonnaise, herbed butters, cream sauces and soups and with cheeses, eggs, sour cream and yogurt.
Tansy – NOT AVAILABLE		CAN BE TOXIC if not used in moderation??
Thyme	Full sun, any soil	Chopped meat & meat loaf, beef, lamb, mutton, veal, pork, fish, shellfish, game. Onion, tomato, pea & vegetable soups, chowder, oyster stew, gumbo, bouquet. Asparagus, beans, beets, carrots, onions, peas, potatoes, rice, tomatoes, aspics. Stuffed & shirred eggs, omelets, cream & cottage cheese. Poultry & vegetable stuffings, biscuits, breads, waffles, (lemon thyme in jellies). Fresh or dried leaves, flowers
Winter Savory	Full sun. Well drained soil of average to poor fertility. Too much water can cause winterkill.	Tastes like strong peppery thyme (tastes more piny than summer savory). Used with strong game meates and pates.