



RCW Nurseries

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## 2015 Herb List

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### **African Blue Basil**

This tall, bushy ornamental plant has purple tinted leaves and purple flowers. It makes a beautiful addition to your landscape.

### **Arp Rosemary**

Arp rosemary can be used in chicken, pork, lamb, tomato dishes and attracts honeybees. Very hardy, pale blue flowers, 3' tall.

### **Arugula**

Young peppery and nutty flavored leaves are used in salads, stir fry and pasta sauces. It is rich in vitamin C and potassium.

### **Aloe Vera**

Aloe is a tender succulent that is used to soothe burns and scrapes. Keep a whole leaf in the refrigerator for a quick cold sun burn/scrape treatment. It usually also produces a yellow flower once it reaches 3 ft.

### **Aussie Sweet Basil**

This basil has a classic basil flavor without the constant blooming or turning woody. It has a compact size, great for combo pots. A variegated form is also available.

### **Aztec Sweet Herb**

An ancient herb of the Aztecs with leaves reported to be 1000 times sweeter than sugar.

### **Basil**

All types of basil like hot weather and full sun. Remove any developing flowers to prevent seeding that will cause premature death. In the fall, allow seeds to set and fall to the ground, for next year's crop.

### **Bay Laurel**

This is a hardy tree or large bush (control and shape by pruning). Slow growing for the first two years then progresses rapidly. Needs good drainage. The bay leaf can be used in soups, stews, vegetables and sauces. Use the leaves

whole and remove before serving since they are very tough and inedible.

#### Bay Laurel Tip:

Place dry Bay leaves in your kitchen drawers and pantry to keep roaches away.

### **Bee Balm (Bergamot)**

A perennial herb used in tea and potpourri. The brilliant red flowers are very attractive to bees, butterflies and hummingbirds. 3 feet tall.

### **Bergarten Sage**

Has a mounding habit with wide, soft silver gray leaves that can be used in meat dishes, soups and stuffing.

### **Borage**

Use its cucumber flavored leaves in salads and teas. This is a beautiful perennial with blue flowers.

### **Bronze Fennel**

The leaves are used in salads or as a garnish for fish entrees. Beautiful deep bronze to reddish leaves.

### **Catmint**

For cat's with bad breath (just kidding). The more ornamental cousin of catnip. It has beautiful blue flowers and can be used in tea.

### **Catnip**

Cats go crazy for this herb. Catnip can also be used as a ground cover or border plant and makes an interesting tea. Plant it in full sun to partial shade, grows 2 to 3 feet tall. Make a "cone of protection" out of a half circle of chicken wire to protect the plants or cats will dig it up before it's rooted. Pin the bottom edge to the ground with sod staples. The plant will grow through the wire and your cats will still be able to enjoy it, without killing it. Also available in a lemon scented form.



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### **Celery 'EZ Leaf' and 'Curly Leaf'**

Do you love the taste of celery but hate buying an entire bunch, knowing you will wind up throwing most of it away? This is a message from the Garden Guru's "It doesn't have to happen that way!" Try "leaf" celery...all the flavor without the waste.

### **Chamomile**

Plant this heat sensitive herb in the fall. Use the flowers in tea. It grows 1 foot tall and wide. Don't get your feeling hurt when it starts looking bad and dies, that's what they do in Houston.

### **Chocolate Mint**

Chocolate mint makes a delicious and refreshing iced tea, also try making a homemade mint ice cream. Smells like "Peppermint Patties".

### **Cinnamon Basil**

Use chopped leaves to top pumpkin and sweet potato pies. It has a strong cinnamon scent and flavor.

### **Cilantro/ Coriander**

The leaves are called cilantro (the herb) or Chinese parsley and have a delightful fresh taste. Chop and used them in bean dishes, rice and Asian food. Plant them in the fall, since the heat will cause it to bloom. Collected seeds are called coriander (the spice) and used in chili powders and mixes.

### **Corsican Mint**

Tiny leaves form a dense mat with a strong minty scent. If I could figure out how to make it survive in Houston, I would have this as a lawn. It seems to need dappled shade, good drainage but never allow it to dry out. If you have a secret to make it survive, we want to know.

### **Creeping Lemon Thyme**

This sturdy little thyme grows only 2 to 3 inches tall and is better than most varieties for our area. It is great on fish and veggies.

### **Cuban Oregano**

This oregano is loved and used in culinary dishes in the West Indies, the Dominican Republic and Cuba. A variegated form is very common. Protect this beauty in the winter.

### **Curled Parsley**

Curled parsley is one of the most used herbs. It can be used in tossed salads, pasta and soups. Do not allow to flower or just replant it every 2 years.

### **Curly Leaf Celery**

How many times have you bought a bunch of celery and wound up throwing most of it away? This biennial has a very strong flavor, go easy with it until you are familiar with how much you need. Great for all dishes and people who hate the texture of celery, but love the flavor.

### **Make celery salt!**

Dry celery leaves in the oven, until crispy. Put in a zip lock bag and add salt. Massage contents until celery is crumbled.

### **Curry**

This herb is NOT what is used for cooking Indian food (which is a mix of herbs and spices). It is used to make essential oils. The internet reports are mixed as to cooking with it, so use as an ornamental. It smells like curry and the aroma carries a long way.

### **Dill**

This herb is a favorite for fish, and new potatoes. The leaves also can add a slight flavor to soups, salads, and sauces. Plant in the fall and use the leaves through the winter. Collect seeds after it flowers and use them through the summer. Give it space; it grows to 3 feet tall.

### **Dittany of Crete**

Oregano substitute, used in the Mediterranean. It is a perennial if planted in very well drained soil, grows to 1-foot tall.





### **English Mint**

Traditional spearmint used for mint jelly, peas, carrots and lamb.

### **English Thyme**

It can be used in clam chowders, meat dishes, pizza sauces and marinades. Great in containers and can be used as a groundcover.

### **Epazote**

A culinary herb that can be used for seasoning beans, corn and fish. The fresh leaves smell like a combination of grass and turpentine...but I am told that it gets better with when simmered with beans. I just have to trust that this is true.

### **Fennel**

Plant this perennial in the fall, heat makes it go to seed. The leaves are used for salads and fish. Use seeds in tea and assorted other dishes. It grows 3 to 5 feet tall, so give it space.

### **Fenugreek**

This is a warm weather annual and hard to get. The sprouts, leaves and seeds are used in Indian cuisine.

### **Fernleaf Lavender**

Like its name implies it has fern-like leaves, has tons of flowers and can be used in potpourri, sachets, and perfumes.

### **Florence Fennel**

Loaded with vitamin C, the tops can be used like leaf fennel and the base used like a vegetable.

### **Garlic Chives**

A perennial with flat leaves that can be invasive...so maybe it's best to plant in an old pot or old work boot. Garlic chives have a robust flavor and can be hot if overused, so use sparingly at first. Great in herb butters. Harvest it often to promote new growth.

### **Geranium (scented)**

A varied group of tender perennials use the leaves in baking, beverages, teas, finger bowls potpourri and sachets. Size depends on variety.

### **Germander**

Once used to treat gout and snake bites, now just a shrub; grows up to 2 feet tall.

### **Goodwin Creek Lavender**

This lavender has dense silvery foliage and darker blooms than most. It can be used in potpourri, sachets, and perfumes.

### **Grapefruit Mint**

Spearmint with grapefruit overtones.

### **Hidcote Lavender**

This is one of the hardiest and drought resistant varieties. It grows into a large mound with beautiful silver gray foliage.

### **Holy Basil**

This is an extremely aromatic basil. It is grown extensively in Eastern countries. It's used medicinally and for religious purposes. It's also considered to be sacred in the Hindu faith. It can grow to 24 inches high.

### **Horehound**

A perennial that was once used medicinally, but is now used to make candies and teas. Grows to 3 feet tall.

### **Hot and Spicy Oregano**

Hot and Spicy is a good choice for Mexican dishes and is also used in Greek and Italian dishes.

### **Hyssop**

Chopped leaves can be used in salads, meats, soups, and stews. Showy pink flowers attract bees, up to 2 feet tall.

### **Italian Oregano**

Strong flavor used in Italian cooking. It's best when used fresh.





### Italian Parsley

If you only have room for one type of parsley, plant this one. It has a better flavor than the curled and is easier to wash.

### Kentucky Colonel Mint

Traditional spearmint variety used in Mint Juleps.

Try this Mint Julep recipe:

4 fresh mint sprigs

2 1/2 oz Garrison Brothers bourbon whiskey  
(made in Hye, Texas)

1 tsp powdered sugar

Ice

Muddle 1/2 of the mint in ice and sugar; add  
bourbon, top with more mint.

### Lady Lavender

A smaller form of English lavender, Lady Lavender is known for attracting bees and butterflies. Can be used potpourri, sachets.

### Lamb's Ear

Plant this perennial in well drained soil. It has some medicinal qualities, but it's really just a fun plant to touch and pet or use as TP in an emergency...just a suggestion...

### Lemon Balm

The balm's lemony aroma can be used for potpourri and floral arrangements. It's freshly chopped leaves can be used in drinks, and salads. A Golden Lemon and Lime forms are also available.

### Lemon Basil

This basil has a great lemony taste to any food; grows up to 24 inches tall.

### Lemon Grass

Use caution around this giant paper cut causing perennial grass. Plant it in full sun to part shade. The strong lemon flavored stalks can be used in tea blends and salad dressings. Use the tender base of the stalks for cooking. Use the leaves in teas and potpourri since they are tough. The

reports of its ability to deter mosquitoes are mythical, in an epic proportions kind of way.

### Lemon Thyme

This is one of the most flavorful thymes, use in fish and poultry. It has an aromatic fragrance. It's a beautiful addition to the landscape.

### Lemon Verbena

This perennial is the sweetest of all the lemon flavored herbs. Harvest before it freezing weather. Do not prune until you see new growth in the late spring. Good in fruit salads, jams, jelly and fruit drinks. The leaves can also brew up a fine herbal tea.

#### Italian Cedrina

1/2 cup chopped Lemon Verbena

4 cups vodka or Everclear

Mix in a very large, covered mason jar.

Allow to sit for 2 weeks.

Shake every other day.

Add 2 cups sugar and shake well.

Allow to sit for 2 more weeks.

Keep shaking it.

Strain and use in cocktails or desserts.

### Lettuce Leaf Basil

Large crinkled leaves taste like Sweet Basil.

### Licorice Basil

Strong licorice flavor

### Lime Basil

uh...taste like watermelon...just kidding.

### Lions Ear (*Leonotis leonuris*)

Perennial with bright orange flowers used medicinally in Africa. Grows to 6 feet tall, attracts Hummingbirds.

### Lovage

Lovage is a great celery flavored herb. It can be used in soups, stews, casseroles and other dishes.





### **Mexican Mint Marigold**

A great perennial with yellow flowers, used as a Tarragon substitute or in teas and potpourri; 2 to 3 feet tall. If it freezes down to ground, cut the dead part off, in the early spring and it will grow back quickly.

### **Mexican Oregano (there are 2 types)**

(*Lippia graveolens*) This sunny perennial is hard to find, but worth looking for. Prefers a dry, sandy, sunny spot with poor soil (so don't fertilize it).

(*Poliomintha longiflora*) This one has a hotter, peppery flavor and the hummingbirds love it. Likes a dry, sandy, sunny spot with poor soil, but will also grow in partial shade.

### **Mojito Mint**

Better than regular spearmint in Hemingway's favorite drink.

### **Mother of Thyme**

Can be used in marinara sauces, soups, herb vinegars, and sautéed vegetables. It is also a great groundcover with a large leaf for a thyme.

### **Munstead Lavender**

Munstead is one of the smaller varieties of lavender and blooms earlier than most and in a darker shade of blue.

### **Myrtle (*Myrtus communis*)**

A hardy shrub grows up to 2 feet tall. Add flowers to potpourri.

### **Onion Chives**

This is the most common of the chives. The leaves add a delicate onion like flavor to foods. Chives grow in small, perennial clumps and can make an attractive border.

### **Oregano**

An easy to grow, hardy perennial that every herb garden must have. Many varieties varying from a ground cover up to 30" tall.

### **Pennyroyal**

A perennial, super low growing mint used in teas or as a flea or fly repellent.

### **Peppermint**

A common variety, peppermint flavor used for teas and culinary usage.

### **Pineapple Sage**

A beautiful 6 feet tall, red flowered perennial, commonly grown to attract hummingbirds and butterflies to the abundant nectar. Use leaves in fruit drinks or Ice Cream.

### **Porlock Thyme**

My personal favorite has upright habit, pink flowers and is great fresh or dried.

### **Provence Lavender**

Provence Lavender is known for its large flower heads which can be used to make wonderful floral arrangements. It holds up well in Houston.

### **Purple Basil**

Leaves add color and a great peppery/basil taste to vinegars and oils. How cool would purple pesto be? It grows 1- to 2-feet tall.

### **Rue**

A perennial that attracts butterflies (Black Swallowtail and Giant Swallowtail). It makes an attractive potted plant and will thrive in the sun with yellow flowers. It is bitter, but is used in some different cuisines. CAUTION: Can cause skin blisters on fair skinned people (I know this from experience).

### **Sage**

Over 800 varieties exist of this hardy perennial. Add to eggs, soup, gravies, fish, chicken and stuffing. Plant in a very open breeze spot or a hanging basket for best results. "Ne'we Ya'ar" is an Israeli variety that is heat and humidity tolerant, most are not.





### **Salad Burnett**

An evergreen perennial that can tolerate some shade, but is happiest in full sun. Leaves have a delicate cucumber taste in winter salads. Grows 1- to 2-feet tall.

### **Salem Rosemary**

Upright rosemary is sometimes used as a hedge since it is fast growing. Has a mild pine flavor that is used in culinary dishes. It grows well in shady humid areas as well as sunny.

### **Savory**

A perennial with a spicy flavor, similar to pepper. It grows 2-feet tall. Variegated, Creeping, Winter and Summer forms available.

### **Siam Queen (True Thai) Basil**

A flavorful garnish for sweet dishes, the leaves have a spicy anise clove flavor with attractive purple stems and flowers.

### **Sicilian Oregano**

A smaller oregano variety with a light green leaf and an excellent flavor.

**Society Garlic** This summer flowering bulb is commonly used in landscaping, because it is so tough, drought tolerant and blooms a lot. It can be used in place of garlic in any recipe in a pinch.

### **Spanish Lavender**

Spanish lavender is a quick bloomer and flowers continuous through the summer.

### **Spearmint Mint**

Many people prefer spearmint because of its sweet aroma and lighter leaves. Spearmint can be used in sauces, jellies and teas.

### **Spice Island Rosemary**

This is an excellent rosemary for cooking and a beautiful plant that was bred for its flavor. Upright in form and wonderfully fragrance makes this an ideal plant for topiaries.

### **Spicy Globe Basil**

A very ornamental and very aromatic variety that grows up to about 12 inches tall in a uniquely round shape.

### **Stevia**

This is a tender perennial that is sweeter than sugar. Plant it in a pot so it can be moved for winter protection.

### **Sweet Basil**

A full basil flavor with large leaves and the most commonly used cooking basil. It can grow up to 18 inches high.

### **Sweet Genovese Basil**

The basil of choice by many chefs, called the pesto basil for its great fruity taste which is milder than most basil.

### **Sweet Marjoram**

Marjoram is actually a very sweet type of oregano. This is a tender perennial; protect as needed or treat as an annual and replant as needed. Leaves can be used for soups, sauces, egg dishes, and sprinkled over vegetables. Creeping and upright form available.

### **Tarragon (French)**

Treat as an annual in Houston (perennial north of the Mason Dixon line) Great flavor for the 5 whole minutes it will live here in Houston. Substitute Mexican Mint Marigold.

### **Thyme**

There are hundreds of types of thyme, ranging in height from ½ inch to over a foot tall, flower colors in white, pinks, purples and reds and different leaf sized. There are several variegated forms also. It's a perennial with small leaves. Used in many different dishes that need a more savory flavor. Plant all thymes is VERY WELL DRAINED SOIL (they are fine in pots) AND MULCH WITH SAND...yes sand.



**Tricolor Sage**

Tricolor sage is aromatic and the most striking of the Sages. Has a nice rounded, mounded habit.

**True Greek Oregano**

True oregano from Greece. Hardy exceptional flavor.

**Tuscan Blue Rosemary**

Evergreen, upright shrub with needle-like leaves and brilliant blue flowers. This beautiful herb, mostly used for seasoning dishes, is also used as ornamental plantings in the landscape.

**Vicks Plant**

A tender perennial, this plant is super easy to grow. The leaves smell like Vick's Vapor Rub. If your nose is stuffy, crush a leaf and breath the relieving vapors.

**Wintergreen Mint**

The Altoids of mint plants, with a super strong spearmint flavor.

**Yerba Buena**

Large leaves on a very hardy plant with a spearmint flavor and aroma.

**Herb Tips**

- Herbs are best fresh
- Don't overcook fresh herbs
- Add them at the end of your cooking time.
- Chop them, add a little water and freeze in ice cube trays for easy to add in a pinch flavor. To save freezer space, pour the herb/water mix into freezer bags and freeze them flat. Then break off the amount you need.
- If you want to dry herbs, wash and allow them to air dry. Remove any stems. Lay leaves on a baking sheet and place in the hot oven after you have used it and it's still hot, but not on. The cooling oven will quickly dry them out, without burning them. Rosemary takes a long time to dry out, so be patient!





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A little space for your mumbles and scribblin's

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