

# Herbs

## [HB195-500 - Chia](#)

100+ days. *Salvia hispanica*. Annual. Open Pollinated. The plant produces excellent yields of beautiful fuzzy dark green leaves with blue flowers. This herb has many health benefits. The seeds have an excellent source of fiber, protein, calcium, and digestive enzymes. The leaves contain powerful antioxidants that improve overall health as well as increase energy. You can make a therapeutic tea from the leaves that banish lethargy and purifies the body. It is said the fiber and protein in Chia seeds are beneficial for those trying to lose weight. An excellent choice for home gardens. An heirloom variety from Guatemala and Mexico.



## [HB124-500 - Moss Curled Parsley](#)

70 days. *Petroselinum crispum*. Biennial. Open Pollinated. The plant produces high yields of very dark green curled parsley leaves. It grows so thickly that the plant resembles a bunch of moss. Excellent for drying and use as a garnish. An excellent choice for home gardens. An heirloom from the USA dating back to 1904.



## [HB114-500 - Mrs Burn's Lemon Basil Seeds](#)

60 days. *Ocimum basilicum*. Annual. Open Pollinated. Mrs Burn's Lemon Basil. The plant produces good yields of 2 ½" long lemon-flavored basil leaves. The most lemony of all lemon basil. The plant has white flowers and very bright green leaves. The finest lemon basil around. Excellent for making vinegar and seafood dishes. Suitable for containers. An excellent choice for home gardens. An heirloom variety from New Mexico, USA.



## [HB167-500 - Tripled Curled Parsley Seeds](#)

70 days. *Petroselinum crispum*. Biennial. Open Pollinated. Tripled Curled Parsley. The plant produces good yields of very flavorful dark green parsley leaves. This is the most popular variety used for garnishes and seasoning. Excellent in salads, sauces, soups, and stews. It can be dried or used fresh, dried and used as a garnish, or fresh and chopped finely over a nice fish dish. This is a fast-growing variety. An excellent choice for home gardens and market growers. An heirloom variety from the USA.

