

## Perennials

### [HB193-10 - Bay Laurel Seeds](#)

*Laurus nobilis*. Perennial. Open Pollinated. Bay Laurel. This evergreen plant produces high yields of glossy green bay leaves. Bay leaves are the foundation of fine cooking and are used with soups, stews, meats, fish, poultry dishes, and spaghetti sauce. Can be used fresh or dried for robust spice. The essential oil from leaves is used to alleviate arthritis and rheumatism and to treat earaches and high blood pressure. Also known as Sweet Bay and Bay Leaves. The small shrub plant is frost-sensitive. Suitable for containers that can be moved indoors during winter. An excellent choice for home gardens, farmer's markets, and market growers. A variety from Italy.



**Note: Germination tends to be slow, but will germinate faster in warmer temperatures.**

### [HB121-100 - Catgrass](#)

*Dactylis glomerata*. Open Pollinated. The plant produces green blades of catgrass. Cats love nibbling on it to help their digestive system. Perfect for indoor cats or during the winter, when your outdoor cat may not be able to find grass. This snack can be grown not only for cats, but for rabbits, chickens, birds, and dogs! Easy to grow in pots. Note: Catgrass is for pet use only, not for human consumption.



### [HB132-500 - Chives](#)

85 days. *Allium schoenoprasum*. Perennial. Open Pollinated. The plant produces heavy yields of chives. The dark green leaves have a mild onion flavor. Use fresh or freeze for year-round use. Perfect in salads, stuffed eggs, baked potatoes, soups, omelets, cream cheese, sauces, and garnishes. Cuttings can be made all season long. A herb that can be planted indoors or outdoors. Suitable for containers and for hydroponics gardening. They are great in patio pots, planted directly in the garden, and used as borders. Great as companion planting, as it is said that chives planted alongside carrots improve their growth. The lavender flowers attract bees, butterflies, and other beneficial insects. An excellent choice for home gardens. United States Department of Agriculture, PI 261639.



### [HB94-1000 - Blue Vervain](#)

85 days. *Valeriana hastata*. Perennial. Open Pollinated. The plant produces good yields of green leaves with purple blossoms. Flowers will bloom from summer until fall. A medicinal herb is used as a sedative, relaxant, nerve tonic, antispasmodic, and analgesic, for nervous, and respiratory problems. Also used in combination to combat hot flashes and other symptoms related to menopause. An excellent choice for home gardens.



### [HB20-500 - Catnip](#)

85 days. *Nepeta cataria*. Perennial. The plant produces flavorful leaves. Used in salads, sauces, soups, and teas. Also said to have medicinal uses to relieve colds, flu, and fever. The plant has a strong aromatic scent that attracts cats who love to roll in the foliage.



### [HB157-750 - Dandelion](#)

95 days. *Taraxacum officinalis*. Perennial. Open Pollinated. This strain forms lush heads of leaves that will rival your favorite lettuce. The leaves are tender, fleshy, and dark green. The plants spread up to 2 ft and the vitamin-rich leaves can be eaten raw, boiled, stir-fried, and used in soup. The roots can be eaten raw, cooked, or roasted and made into a coffee substitute. The flowers can be used to make fritters, tea, and dandelion wine. This is one of the safest herbs for regular use.



#### **HB58-500 - East Indian Lemongrass**

85 days. *Cymbopogon flexuosus*. Perennial. Open Pollinated. The plant produces good yields of grass-like herbs. It is used for flavoring soups, curries, and teas. Lemongrass oil is used to flavor ice cream, candy, pastries, desserts, and chewing gum. Also used to treat digestive problems and fever. An important ingredient in cosmetics and perfumes. It is a good insect repellent too. Easy to grow. Excellent choice for home gardens. A variety from India.



**Note: Lemongrass seeds are naturally low in germination because of their imperfect pollination. Outer husk must be removed prior to planting seeds.**

#### **HB158-1000 - English Lavender**

100 days. *Lavandula angustifolia*. Perennial. Open Pollinated. The plant produces good yields of silver-green leaves and beautiful lavender-blue flowers. It is the most fragrant of the lavenders. The flowers are fragrant and edible. The leaves can be used fresh or dried. Used to treat headaches, burn, and cuts. Also used to repel moths, mosquitoes, and gnats. Tolerates frost. An excellent choice for home gardens.



#### **HB40-1000 - Feverfew**

95 days. *Tanacetum parthenium*. Perennial. The plant produces excellent yields of yellow-green feathery leaves and white daisy-like flowers. It is said to ease migraine headaches, fevers, and menstrual cramps. Used to make teas. Also great for fresh-cut or dried flowers. It attracts beneficial insects. An excellent choice for home gardens.



#### **HB196-500 - Edible Wildflower & Herb Mix**

100 days. Annual/Perennial. Open Pollinated. This seed mix has a variety of colorful and tasty edible wildflowers and herbs. Includes Cilantro Coriander, Nasturtium, Chives, Dianthus, Borage, Calendula, Cornflower, Johnny Jump-Up, Pansy, English Daisy, Lavender Hyssop, and Lemon Mint. Suitable for borders, herb gardens, and flower gardens. An excellent choice for home gardens.



**Coverage Rate: 1 lb covers 1,000 - 2,000 sq ft**

#### **HB72-1000 - English Thyme**

85 days. *Thymus vulgaris*. Perennial. Open Pollinated. The plant produces excellent yields of flavorful thyme leaves. Used in salads, stews, sauces, and pickles. Excellent for poultry and fish dishes. Suitable for containers, pots, small gardens, square foot gardens, patios, raised gardens, borders/rock gardens, herb gardens, and window boxes.



#### **HB102-1000 - French Thyme**

85 days. *Thymus vulgaris*. Perennial. Open Pollinated. The plant produces good yields of very aromatic blue-green leaves with pale lavender flowers. This variety is greyer and sweeter than English Thyme. Used in salads, stews, sauces, pickles, poultry, and fish dishes. Also known as Summer Thyme. Cold Tolerant. Suitable for containers. An excellent choice for home gardens.



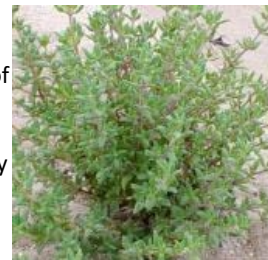
#### **HB49-500 - Garlic Chives**

90 days. *Allium tuberosum*. Perennial. Open Pollinated. The plant produces high yields of ¼" wide garlic chives. The flat leaves have a strong flavor of garlic. Excellent for gourmet cooking, salads, soups, dips, spaghetti sauces, potato salads, vinegar, Oriental dishes, stir-fry, and garnishes. It can be used fresh or dried. Easy to grow and to transplant. Suitable for containers and for hydroponics gardening. The white flowers attract bees and other beneficial insects while discouraging other insects from chewing up other vegetable plants. They have been used since the 16th century as Chinese medicine for warming the kidneys and treating lower back and knee pain. Also called Chinese Leek. An excellent choice for home gardens.



#### **HB129-1000 - German Winter Thyme**

95 days. *Thymus vulgaris*. Perennial. Open Pollinated. The plant produces high yields of aromatic Thyme leaves. Used in salads, beans, soups, stews, sauces, pickles, and French & Italian dishes. Excellent for poultry and fish dishes too. Medicinal herb used to treat sore throats and coughs. Also used as tea and massage oil. This is a winter-hardy variety. Cold Tolerant. An excellent choice for home gardens.



#### **HB54-1000 - Greek Oregano Seeds**

90 days. *Origanum vulgare*. Perennial. Open Pollinated. Greek Oregano. The plant produces excellent yields of very flavorful dark green Oregano leaves with white flowers. One of the best tasting Oregano varieties around. Excellent for Greek and Italian dishes. The flowers are edible and can be used in the same manner as the herb. The flowers are especially tasty in pasta salads, green salads, and pizza toppings. Attracts beneficial insects. Suitable for containers, indoor pots, and herb gardens. It can be used for medicinal purposes too as the fresh leaves are chewed for the relief of toothache, indigestion, or a lingering cough. Plants should be divided every 3 years. An excellent choice for home gardens. A variety from the Mediterranean region.



#### **HB188-1000 - Green Purslane**

50 days. *Portulaca oleracea sativa*. Annual. Open Pollinated. This low-growing plant produces good yields of green-colored leaves. Used in salads and can also be steamed or added to soups, and stews, and is an excellent addition to a stir-fry. It is high in Vitamins A, B, and C. It also makes an attractive garnish too. Purslane is also effective in the treatment of oral lichen planus. Its leaves are used to treat insect or snake bites on the skin, boils, sores, pain from bee stings, bacillary dysentery, diarrhea, hemorrhoids, postpartum bleeding, and intestinal bleeding. The plant grows in poor soil and in hot weather. Heat Tolerant. Drought Tolerant. An excellent choice for home gardens.



#### **HB42-100 - Horehound Seeds**

85 days. *Marrubium vulgare*. Perennial. Open Pollinated. Horehound. The plant produces good yields of fuzzy horehound leaves with small white purple or pink flowers. It is used to make horehound candy and tea. Used medicinal to relieve coughs, and sore throats, treat bronchitis and Whooping cough, and relieve gas. Also used topically to heal wounds. Excellent bee attractant. A hardy member of the mint family. A variety from Europe.



#### **HB43-1000 - Hyssop**

85 days. *Hyssopus officinalis*. Perennial. Open Pollinated. The plant produces high yields of Hyssop. It has bright blue-violet flowers. It is used in soups, stews, and salads and in making soothing tea. Also medicinal uses to treat colds, the flu, bronchitis, sore throat, bruises, burns, and antiviral conditions, especially for Herpes simplex. Essential oils are used in perfumes. Excellent for attracting bees, butterflies, and hummingbirds. Also known as Syrian Oregano. Drought Tolerant. An excellent choice for home gardens. A variety from the Mediterranean region.





### [HB181-1000 - Italian Lavender Seeds](#)

85 days. *Lavandula angustifolia*. Perennial. Italian Lavender. Open Pollinated. The plant produces silver-green leaves and beautiful lavender-blue flowers. Flowers are fragrant and edible. The plant flowers in June and July. Leaves can be used fresh or dried. Used to treat headaches, burns, and cuts. Also used to repel moths, mosquitoes, and gnats. The plant will continue to flower for 6 to 10 years. Suitable for containers. An excellent choice for home gardens. A variety from Italy.



### [HB122-1000 - Italian Oregano Seeds](#)

90 days. *Origanum vulgare*. Perennial. Open Pollinated. Italian Oregano. The plant produces good yields of very flavorful dark green Oregano leaves. It has a mild pepper taste and a pungent scent similar to mint. One of the best-tasting Italian Oregano varieties around. Excellent for pizza and Italian dishes. Suitable for containers. An excellent choice for home gardens. A variety from Italy.



### [HB179-100 - Italian Rosemary](#)

85 days. *Rosemarinus officinalis*. Perennial. Open Pollinated. The plant produces good yields of very aromatic needle-like leaves. This variety germinates faster and more uniformly than other varieties. Leaves have a delicious flavor and are fragrant. Excellent fresh or dried. Used to flavor salads, chicken, turkey, meats, stews, soups, seafood, roasted vegetables, stuffing, and sauces. Also is used for treating headaches, and circulation. Used medicinally as a massage oil for rheumatism or aching joints. It traditionally symbolizes happiness, protection, and love, and medieval brides often wore rosemary or carried it in their bouquets. Rosemary is a perennial known to live 15 to 20 years. Cold Tolerant. Drought Tolerant. Suitable for containers. An excellent choice for home gardens. A variety from Italy.



### [HB3-1000 - Korean Mint](#)

85 days. *Agastache rugosa*. Perennial. Open Pollinated. The plant produces good yields of flavorful green mint-like leaves with beautiful purple flowers. The leaves smell like licorice. Used in salads, stir-fries, and for seasoning meats and other dishes. Also makes a pleasing tea. It is known to help treat fevers and aid in digestion, chest ailments, and many other conditions. Excellent to make aromatic cut flowers. Easy to grow. Attracts beneficial insects and butterflies. An excellent choice for home gardens.



**Note: Germination is naturally low. Growing Rosemary from seed is well known as being difficult as it has a low germination rate and is also slow to germinate.**

### [HB45-1000 - Lemon Balm](#)

70 days. *Melissa officinalis*. Perennial. Open Pollinated. The plant produces good yields of beautiful lemon-scented leaves. Used to make delightful tea, sauces, salads, soups, stews, and summer drinks. It is said to stimulate the heart, calm the nerves, anxiety, honeybees, and butterflies, and upset stomachs. The leaves can be dried for storage. Attracts honeybees and butterflies. You should cut back the plant when it starts blooming if you don't want it to seed. An heirloom variety dating back over 2,000 years. An excellent choice for home gardens. A variety from Europe.



### [HB59-50 - Licorice](#)

*Glycyrrhiza glabra*. Perennial. Open Pollinated. The plant produces good yields of licorice. It is used for cooking as well as medicinal uses. Used to make delicious candy, liquor, and sweetener for tea. Glycyrrhizin, the sweet compound, is 50 times sweeter than sucrose! Also known to help with the treatment of throat, stomach, urinary, and intestinal problems. A variety from the Mediterranean region.



#### **HB48-500 - Lovage**

90 days. *Levisticum officinale*. Perennial. Open Pollinated. The plant produces good yields of glossy dark green leaves. It has a celery-like flavor. Used in salads, rice, soups, stews, potatoes, poultry dishes, and casseroles. Known for the treatment of digestive problems. Attracts beneficial insects. An excellent choice for home gardens.



#### **HB80-250 - Marshmallow Seeds**

90 days. *Althaea officinalis*. Perennial. Marshmallow. The plant produces velvety gray-green leaves with beautiful petaled pale pink flowers. Used to treat sore mouths, coughs, and treat wounds. Also said to aid women during childbirth. Roots are used to make Candy Marshmallows and leaves and shoots are used in salads.



#### **HB147-250 - Mexican Tarragon**

85 days. *Tagetes lucida*. Perennial. Open Pollinated. The plant produces good yields of glossy green leaves and orange flowers. Leaves are used in vinegar, sauces, and salads. The flowers are used to garnish desserts and drinks with the same sweet licorice flavor as the leaves. It has a stronger flavor than Russian tarragon. Used by Southwestern chefs. Also known as Mexican Mint, Spanish Tarragon, and Winter Tarragon. Cold Tolerant. Heat Tolerant. Drought Tolerant. High Humidity Tolerant. Easy to grow. Suitable for herb gardens, flower beds, or containers. An excellent choice for home gardens.



#### **HB146-1000 - Mother of Thyme**

95 days. *Thymus serpyllum*. Perennial. Open Pollinated. This spreading plant produces high yields of thick aromatic dark green Thyme leaves. Purple flowers appear in early summer. Used in salads, rice, and fish dishes. Medicinal herb used to treat sore throats, coughs, and mucus congestion. Also used as tea and massage oil. This is a winter-hardy variety. Makes a good filler between pathway steps or at the front of the border. A sweet fragrance is released when it is walked upon. Cold Tolerant. Also known as Brotherwort Thyme, Wild Thyme, and Creeping Thyme. An excellent choice for home gardens.



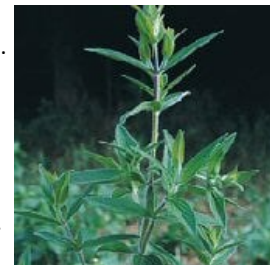
#### **HB50-250 - Motherwort Seeds**

85 days. *Leonurus cardiaca*. Perennial. Open Pollinated. Motherwort. The plant produces good yields of large leaves of Motherwort with tiny pink flowers. Used as a traditional female tonic. Dried leaves can be brewed into tea. A medicinal herb used as an emotional balancer, stress reliever, menstruation, and treatment of infertility. It can also help to treat an overactive thyroid. Also known as Lion's Ear and Lion's Tail. A member of the Mint family. An excellent choice for home gardens.



#### **HB75-1000 - Mountain Mint**

85 days. *Pycnanthemum pilosum*. Perennial. Open Pollinated. The plant produces good yields of fragrant Mountain Mint leaves. It may be used just like peppermint. It has a wonderful menthol fragrance for potpourri. Used to make teas for indigestion, and fevers, and to regulate the menstrual cycle. White flowers attract bees and butterflies. An excellent choice for home gardens. A variety from the USA.



#### **HB51-1000 - Mugwort**

85 days. *Artemisia vulgaris*. Perennial. Open Pollinated. The plant produces good yields of beautiful fragrant leaves. Used to make tea to treat menstrual and menopausal problems. Also used for digestive problems to reduce bloating. Stimulates and improves memory. Good insect repellent. Easy to grow. An excellent choice for home gardens. A variety from the Medeterrain region.



#### **HB120-1000 - Munstead Lavender Seeds**

110 days. *Lavandula angustifolia*. Perennial. Open Pollinated. Munstead Lavender. The plant produces beautiful Lavender-blue flowers. The plants bloom in early summer and if pruned lightly after flowering may rebloom in late summer. Munstead Lavender is the most fragrant variety. The flowers and leaves are also edible and used in salads and baked goods. The flowers can be used to garnish desserts. Used in bouquets, sachets, and perfumes. Also used to treat headaches, burns, and cuts. Used to repel moths, mosquitoes, and gnats. Cold Tolerant. Perfect for borders, rock gardens, and containers. An excellent choice for home gardens. A variety from the USA.



#### **HB123-500 - Pennyroyal**

85 days. *Mentha pulegium*. Perennial. Open Pollinated. The plant produces excellent yields of aromatic mint-flavored leaves used in a variety of remedies and used in making tea to ease headaches. It can be added to desserts drinks and dips. Perfect for seasoning dishes, garnishes, and culinary creations. The plant is said to repel flies, gnats, chiggers, ticks, and mosquitoes! For medical uses, it is used to relieve dizziness and vertigo and is useful to help digestion, flatulence, and stomach problems. This crawling plant is used by homeowners to make permanent landscaping along walkways. Also used as an insect repellent and repel mice. An excellent choice for home gardens. United States Department of Agriculture, PI 197822. A variety from the Medeterrain region.



#### **HB78-1000 - Peppermint**

85 days. *Mentha piperita*. Perennial. Open Pollinated. The plant produces excellent yields of very aromatic peppermint leaves. The leaves are used to make tea, candies, and desserts. Also used for treating the common cold, asthma, congestion, and indigestion. Attracts beneficial insects. Suitable for containers. An excellent choice for home gardens.



#### **HB81-500 - Quedlinburger Neiderliegende Lemon Balm Seeds**

70 days. *Melissa officinalis*. Perennial. Open Pollinated. Quedlinburger Neiderliegende Lemon Balm. This plant produces good yields of lemon-scented leaves. Used for delightful teas, sauces, salads, and summer drinks. Excellent for colds, flu, depression, headaches, and indigestion. This is an improved variety with increased yields, higher essential oil content, and better winter hardiness. An excellent choice for home gardens.



#### **HB23-500 - Roman Chamomile Seeds**

65 days. *Chamaemelum nobile*. Perennial. Open Pollinated. Roman Chamomile. The plant produces high yields of daisy-like flowers with an apple flavor. It is known calming effect; both on the body and mind. It is used fresh and dried to make great flavored relaxing tea, desserts, drinks, perfumes, and hair rinses. Aids in digestion and digestive pain, and acts as a gentle sleep inducer. Because of the herb's antiseptic and anti-inflammatory properties, chamomile benefits conditions such as eczema, rashes, or insect bites. Hot tea eliminates mucus buildup. When added to a hot bath, it aids in muscle pain relief. The dried flowers and leaves also make an addition to the potpourri. Used as a ground cover for filling spaces between flagstones, cracks, and paths. An excellent choice for home gardens. A variety from the Mediterranean region.





#### **HB63-250 - Rosemary**

85 days. *Rosemarinus officinalis*. Perennial. Open Pollinated. The plant produces good yields of very aromatic needle-like leaves. This variety germinates faster and more uniformly than other varieties. Leaves have a delicious flavor and are fragrant. Excellent fresh or dried. Used to flavor salads, chicken, turkey, meats, stews, soups, seafood, roasted vegetables, stuffing, and sauces. Also is used for treating headaches, and circulation. Used medicinally as a massage oil for rheumatism or aching joints. It traditionally symbolizes happiness, protection, and love, and medieval brides often wore rosemary or carried it in their bouquets. Rosemary is a perennial known to live 15 to 20 years. Cold Tolerant. Drought Tolerant. Suitable for containers. An excellent choice for home gardens.



**Note: Germination is naturally low. Growing Rosemary from seed is well known as being difficult as it has a low germination rate and is also slow to germinate.**

#### **HB165-1 - Saffron Bulbs**

*Crocus sativus*. Perennial. Open Pollinated. The plant produces good yields of saffron which is the world's most expensive spice. The plant has violet-purple flowers with brilliant orange-red stigmas that are the source of the aromatic culinary spice. It takes 150,000 orange-red stigmas of the flowers to make two pounds of the spice. Used by Gourmet Chefs around the world. You don't need to purchase this expensive spice again! Grow your own plants for home use or for restaurant use. The lovely lavender blossoms in fall are an added bonus to your garden. Planted in the fall, it bears lovely lavender flowers the following autumn. Order at least 5 to 10 bulbs to produce enough spice for one recipe. Plant 100 bulbs to produce enough space for the entire year. Suitable for containers, patios, borders/ rock gardens, window boxes, square-foot gardening, and small gardens. A variety from Greece.



#### **HB105-250 - Salad Burnet**

70 days. *Sanguisorba minor*. Perennial. Open Pollinated. The plant produces excellent yields of salad burnet leaves. It is very flavorful and tastes and smells like cucumbers. Used in salads, sandwiches, soups, and stews. Adds cucumber flavor to vinegar, cream cheese, and cold drinks. Also said to be used in facial treatments to improve skin. Also known as Pimpinella. Keep flowers cut to promote leaf growth. Suitable for container gardening. An excellent choice for home gardens.



#### **HB70-1000 - Russian Tarragon Seeds**

85 days. *Artemisia dracunculoides*. Perennial. Open Pollinated. Russian Tarragon. The plant produces a very mild flavor of seasoning. Pale green leaves are used in vinegar, soups, stews, sauces, salads, and poultry dishes. Pick leaves as needed. Divide the plant every 3 years.



#### **HB84-100 - Sage**

90 days. *Salvia officinalis*. Perennial. Open Pollinated. The plant produces excellent yields of very flavorful silver-green leaves. Used fresh or dried to season beans, cheese, poultry, pork, sausages, omelets, cheese and bean dishes, meats, sauces, and tomato dishes. Also used as a digestive and nerve tonic. Sage tea is used to gargle for sore throat. Perfect as a border plant in the herb garden. Suitable for containers. Sage naturally dies after about 5 years, so replant every 3 years. Also known as Broadleaf Sage, Common Sage, and Garden Sage. Excellent choice for home gardens. A variety from the USA.



#### **HB106-500 - Soapwort**

85 days. *Saponaria officinalis*. Perennial. Open Pollinated. The plant produces good yields of beautiful flowers and dark green leaves. It is used in making homemade soups, shampoo, or delicate fabric wash by soaking roots and leaves in hot water. Also used to relieve skin itchiness, and pain relief, and as a soap. Attracts bees, butterflies, and hummingbirds. A variety from Europe.



#### **HB67-500 - Sorrel**

60 days. *Rumex acetosa*. Perennial. Open Pollinated. The plant produces good yields of 8" long greens used in salads, soups, and sauces for fish dishes. It has a lemon flavor and is high in Vitamin C. Used in diets for scurvy. A common native species in the grasslands. An excellent choice for home gardens. United States Department of Agriculture, PI 27761.



#### **HB68-250 - Spearmint**

85 days. *Mentha spicata*. Perennial. Open Pollinated. The plant produces good yields of dark green spearmint leaves. This sweet-smelling spearmint is used in candy, teas, jellies, desserts, lamb dishes, and salads. Also used as a garnish on ice cream, iced drinks, and melons. Adds fragrance to toothpaste, lotions, and tinctures. Spearmint tea is used for medical purposes to treat many ailments, including nausea, hiccups, and poor digestion. Suitable for containers. An excellent choice for home gardens. A variety from the USA.



#### **HB69-500 - St John's Wort**

85 days. *Hypericum perforatum*. Perennial. Open Pollinated. This shrubby plant produces good yields of green leaves with bright yellow flowers. It is used as an antidepressant, sedative, and wound healing. Also an excellent ground cover. Very easy to grow. A variety from the Mediterranean region.



#### **HB141-100 - Stevia**

120 days. *Stevia rebaudiana*. Perennial. Open Pollinated. The plant produces high yields of dark green leaves. It is used as a sweetener. Stevioside is 300 times sweeter than sugar but without calories. It can be used in place of sugar in drinks, baked goods, desserts, preserves, etc. Also plaque retardant and tooth decay inhibitor. It is a useful sweetener for diabetics and dieters and is used to treat blood pressure problems. Suitable for containers. An excellent choice for home gardens. A variety from South America.



#### **HB61-1000 - Sweet Marjoram Seeds**

90 days. *Origanum majorana*. Perennial. Open Pollinated. Sweet Marjoram. The plant produces good yields of very flavorful Marjoram leaves. This herb has an Oregano-like flavor. Used in meats, stews, casseroles, poultry, sausages, and sauces. The flowers are used to garnish salads, soups, stews, sauces, and stuffing. It can be used dried or fresh. Suitable for containers. An excellent choice for home gardens. A variety from the Mediterranean region.



#### **TR12-10 - Tea Leaf Tree**

*Camellia sinensis*. Perennial. Open Pollinated. This small tree produces excellent yields of green tea leaves. Tea is the world's most consumed drink. Young leaves are processed to make tea and green tea beverages. It is used for medicinal use too. Tea stimulates the central nervous system, is diuretic and astringent, relaxes smooth muscles, and increases coronary flow. It has significant anticancer and antioxidant effects and even has been shown to prevent tooth decay on account of its high fluoride content. Can be grown indoors in containers. A variety from India.





### **HB103-500 - Valerian**

85 days. *Valeriana officinalis*. Perennial. Open Pollinated. The plant produces good yields of roots that are used for nervous tension, anxiety, migraine, insomnia, pain relief, and to relax tense muscles and soothe digestive discomfort. Easy to grow. One of nature's best herbal sedatives. It can help you to wind down and get a good night's sleep. Also known as Garden Heliotrope, Cat's Valerian, Setwell, and St. George's Herb. An excellent choice for home gardens. A variety from the Mediterranean region.



### **HB55-1000 - Vera Lavender Seeds**

85 days. *Lavandula angustifolia*. Perennial. Open Pollinated. Vera Lavender. The plant produces a beautifully aromatic herb that has dark purple flowers. Makes an excellent ornamental hedge. Used in bouquets, sachets, and perfumes. Tender stalks are sometimes used in salads. The flowers and leaves are also edible. Used to repel moths, mosquitoes, and gnats. Suitable for containers.



### **HB166-250 - Water Pepper**

78 days. *Polygonum hydropiper*. Perennial. Open Pollinated. The plant produces good yields of peppery flavored leaves. The peppery herb is hot but does not linger. Served on sashimi (sliced raw fish), tempura, and sushi. Also known as Asian Marshpepper, Knotweed, and Smartweed. An excellent choice for home gardens. A variety from Japan.



### **HB162-1000 - Winter Savory**

78 days. *Satureja montana*. Perennial. Open Pollinated. The plant produces good yields of small shiny leaves on a spreading woody plant. It has pink, lavender, or white flowers. The leaves are used with beans, gravies, stews, soups, dressings, butter, vinegar, sausages, and salami. It makes a good salt substitute. The essential oil in the leaves is antiseptic. An excellent choice for home gardens.



### **HB73-1000 - Wormwood**

129 days. *Artemisia absinthium*. Perennial. Open Pollinated. The plant produces good yields of silvery gray and aromatic foliage. Repels moths and other insects. The oil from plants is used to treat sore muscles, digestive aids, fever, jaundice, parasites, treat sprains, bruises, and lumbago. Used as a pesticide against nematode control. Also known as Sweet Annie. Drought Tolerant. A variety of the Mediterranean region.



### **HB79-1000 - Yarrow**

85 days. *Achillea millefolium*. Perennial. Open Pollinated. The plant produces heavy yields of beautiful white flowers commonly used as a medicinal herb and in herbal teas. It attracts bees, butterflies, and beneficial insects. Good for cut flowers too, as dries well. Blooms in the summer. Used for medical purposes to treat colds, fevers, and wound healers. One of the most popular herbs for colds and flu. Used topically to stop bleeding by crushing flower tops and leaves. it was used medicinally to slow the flow of blood from wounds. A hot cup of tea from the leaves and flowers induces a sweat to throw off heat and toxins. Yarrow is also commonly known as Nosebleed Plant, Old Man's Pepper, Sanguinary, Soldier's Woundwort, Thousand Leaf, and Devil's Nettle. A variety from the Mediterranean region.

