

**PLANT VARIETY DESCRIPTIONS**  
**2016 SPRING PERENNIALS**

## PERENNIAL FOOD CROPS

### **Achira (*Canna edulis*)**

Native to the West Indies and South America. Edible starchy rhizomes. 5 ft tall and 3 ft wide. Needs full sun to partial shade, well-drained soil and regular water.

### **Artichoke (*Cynara scolymus*)**

Native to the Mediterranean. Flower scales delicious, leaves used medicinally. 3-5 ft tall and 3 ft wide. Needs full sun and grows well in all soils with compost. Drought tolerant once established. We offer *Green Globe* and *Imperial Star* varieties, both producing abundant large chokes.

### **Asparagus (*Asparagus officinalis*)**

Native to Europe, North Africa and western Asia. Spring spears are tasty raw or cooked, high in antioxidants. 40-60 in. tall, spreading underground. Needs full sun and deep, well-drained soil with regular water. Wait two years before harvesting spears. We offer the heirloom variety, *Mary Washington*.

### **Cape Gooseberry (*Physalis peruviana*)**

Also called Golden Berry or Poja in Hawaii where it's grown extensively for market, Cape Gooseberry is native to Peru and Chile. It produces many delicious orange husked tropical-tasting fruit that can be nibbled fresh in the garden, baked into pies and tarts, cooked into jams or dried to make Golden Berry "raisins". It grows 2-4 ft tall and 3-4 ft wide and can perennialize if protected from frost. It prefers full sun and any well-drained soil with compost. You- and your kids- will *love* this plant!

### **Cardoon (*Cynara cardunculus*)**

Native to the Mediterranean. Mid-ribs of leaves delicious cooked- tastes like artichoke hearts! Cosmically delectable in baked gratins or pureed into spreadable pates or dipping sauces. Grows up to 8ft tall and 5ft wide. Needs full sun and rich soil, and is drought tolerant once established. A highly striking silver-leaved ornamental plant with stunning azure blue thistle flowers.

### **Chilean Guava (*Ugni molinae*)**

Chilean Guava, or Strawberry Myrtle, is a perennial evergreen shrub native to Chile and adjacent areas of southern Argentina which produces an abundance of cranberry-sized, bright red edible fruit. The fruit is absolutely delicious, tasting like a combination of strawberry and kiwi, with perfumy overtones reminiscent of bubble gum. This low-maintenance edible perennial is highly ornamental as well, growing to 5-6 feet, producing glossy dark green leaves and hundreds of pink flowers in the spring. It tolerates temperatures down to 20 degrees F. and grows in full to partial sun, preferring moist soil. Its fruits are enjoyed fresh as a snack in the garden, and are also tasty made into jam, ice cream or as an ingredient in cakes and muffins.

### **Crosnes (*Stachys affinis*)**

Also called Chinese artichoke or chorogi, Crosnes is an herbaceous perennial in the Mint family grown for its rhizome as a root vegetable. Its tubers are small and convoluted – looking like tiny Michelin men – and have a delicate, nutty flavor similar to artichoke hearts. In both France and the United States they are considered a delicacy (being rare, they command up to \$40 per pound in the marketplace) and are most commonly served steamed and dressed with butter sauce. In Chinese and Japanese cuisine, the tuber is pickled, and in Japan, after pickling, they are dyed with red shiso leaves to make chorogi. The tubers are harvested in October. A very fun plant to grow!

### **Earth Chestnut (*Bunium bulbocastaneum*)**

Also called Great Pignut, the Earth Chestnut is a member of the carrot family that is used for its tubers, seeds, and leaves. It grows wild in a wide range from southeastern Europe to southern Asia. Its small rounded tubers are edible raw or cooked and taste like sweet chestnuts, and its leaves can be used as an herb or garnish similar to parsley. Its seeds are used as a spice—sometimes called black cumin—in northern India, Pakistan, Bangladesh, Tajikistan and Iran. Earth Chestnut is a hardy perennial that grows to 2 feet and prefers a sunny location in moist, well-drained soil.

### **French Sorrel (*Rumex scutatus*)**

Native to South-Central Europe and Southwest Asia. Delicious acidic lemon-flavored leaves. Grows up to 1ft tall and 3ft wide. Requires full sun to partial shade and moist, well-drained soil. Delicious raw in salads or cooked into a sauce with butter, garlic and cream and served on seafood! Also great as an addition to potato/leek soup.

### **Horseradish (*Armoracea rusticana*)**

Horseradish is a perennial plant in the Mustard Family, originally native to southeastern Europe and western Asia. It has been cultivated since the time of ancient Egypt for its roots and leaves, which have both culinary and medicinal uses. Most commonly its grated root is mixed with vinegar and used as a condiment. The roots are harvested in the winter and offshoots of the main root are replanted to produce next year's crop. If left undisturbed in the garden, horseradish can become invasive.

### **Job's Tears (*Coix lacryma-jobi*)**

Native to East Asia and peninsular Malaysia. Edible seeds are valued in Chinese medicine and mature seeds are used as a high protein grain and as decorative beads or in jewelry. Grows 3-6ft tall and 2-5 ft wide and needs full sun to partial shade and regular water. Can perennialize in frost-free locations or does well in large planter pots. Job's Tears is highly ornamental in edible landscapes.

### **Malabar Spinach (*Basella rubra*)**

Native to Africa and Southwest India. Edible stems and leaves are used fresh or as a potherb. Grows well on trellises as an 8-10ft tall vine. Needs full sun. We offer both the red and green-leaved varieties. This plant can be quite frost tender, so needs a protected location.



**Mashua (*Tropaeolum tuberosum*)**

Mashua is the Andean regions' fourth most important root crop after potato, oca, and ulluco and can be found in almost any rural Andean market. Closely related to the garden nasturtium, it produces abundant pale yellow tubers with purple or red streaking that eaten raw have a hot, peppery taste like radishes, but when cooked it become mild and sweeten to a turnip-like fragrance. It has been grown for years as a flowering ornamental in Britain but all parts of the plant are edible: flowers, leaves, young shoots and tubers. Hummingbirds love the flowers of Mashua- you are guaranteed to attract these fine-feathered friends when you choose to plant mashua! We are offering two varieties this year, *Ken Aslet* and *Puca Anu*.

**Manzano or Roccoto Peppers: Red, Orange and Yellow (*Capsicum pubescens*)**

Native to Peru and Bolivia. These are very hot peppers, but flavorful and fruity sweet as well. Grow 4-5ft tall and can perennialize into small trees in frost-free locations. Requires full sun and grows best in rich soils. Drought tolerant once established. Very beautiful plants- ripe fruits look like so many ornaments.

**Naranjilla (*Solanum quitoense*)**

Naranjilla (Spanish for "little orange") is a subtropical perennial from northwest South America that is grown for its bright orange, golf-ball sized fruit. The fruit has a fantastic, tropical citrusy flavor reminiscent of lime and rhubarb. The juice of naranjilla is green and often used in a sweetened drink. Naranjilla is a striking plant with large white flowers and handsome leaves covered with spiny deep purple hairs. This plant is frost tender, so must be grown in a container in a greenhouse or in well-protected banana belts in our area, and does best in partial shade.

**Oca (*Oxalis tuberosa*)**

In the Andean highlands, only the potato is more important than oca, but worldwide oca remains obscure as a food crop- surprising because it comes in brilliant electric colors, has a melt-in-your-mouth texture and tastes like pre-sour-creamed potatoes! It is a luxuriously ornamental vining plant whose lemony-tasting leaves and flowers can be enjoyed raw in salads. Oca can be boiled, baked, fried or pickled in vinegar and has a nutritional value which is good or better than potatoes. Does best in a cooler part of the garden in rich moist soils. We will be offering 4-5 varieties depending on which ones are ready first.

**Pepino (*Solanum muricatum*)**

Pepino or Pepino dulce, a relative of tomatoes, is native to the temperate Andean regions of Colombia, Peru and Chile. Its eggplant-sized fruit are pale yellow with purple stripes and when ripe have the taste of sweet honey dew and cucumbers, delicious raw in fruit salads. Pepinos grow to 4-5ft wide, do best in full sun, can tolerate light frosts and are drought tolerant when established. The plants are highly ornamental with their evergreen, linear dark green leaves and hundreds of bright purple flowers.

**Red Veined Dock (Rumex sanguineus)**

Native to Europe, North Africa and southwest Asia. Young leaves tasty raw and older leaves good when cooked. Grows 2-3 ft tall and 1ft wide. Needs full sun to partial shade, almost any soil and regular water. Beautiful dark red-veined bright green leaves make this a highly ornamental plant!

**Rhubarb (Rheum rhabarbarum)**

Well-loved garden perennial, very productive. Stalks tart and tasty when cooked. Will grow 3ft tall and wide. Needs full sun and fertile, moist soil. Native to Mongolia, and valued in Chinese medicine. We offer heirloom *Paragon*, *Glaskins Perpetual* and *Victoria* varieties.

**Runner Beans (Phaseolus coccineus)**

This collection mixed varieties of perennial pole beans grows into vines 8 feet tall, and produces multitudes of scarlet, apricot, white or bi-colored flowers that mature into large bright green pods. You can eat the young pods as a delicious sweet snap bean or let them mature to produce large seeds, which can be eaten fresh or dried and have a fantastic rich flavor similar to fava beans. Its mature seeds are some of the most beautiful you will ever see—great for impressing children!

**Sea Beet (Beta vulgaris ssp. maritima)**

A new find for OAEC! This is a truly perennial salad and sauté green. It is the wild ancestor of chard, beets, and sugar beets, and still grows on the coasts of Europe, northern Africa, and southern Asia. It has an uncommonly rich flavor when sautéed and its fleshy, glossy leaves are a beautiful addition to salads.

**Perpetual Spinach**

Not a true spinach but a variety of chard that produces leaves which look more like spinach – flatter and more pointed – and which taste like spinach too. Great as a tender sauté green and also tasty fresh in salads. Very longstanding in the garden and generally doesn't bolt in the first year and can be considered a short-lived perennial.

**Sea Kale (Crambe maritima)**

Sea Kale, native to the coasts of western Europe, is an old-fashioned vegetable commonly grown in colonial times. Its young stalks are cooked until tender in salted water or by steaming, and are delicious when served with butter or hollandaise sauce. It is a beautiful plant, striking in perennial borders with its grey-green leaves and multiple tiny fragrant white flowers, great for attracting beneficial pollinators.

**Tamarillo (Cyphomandra betacea)**

Also known as Tree Tomatoes, the tamarillo is generally believed to be native to the Andes of Peru and probably also, Chile, Ecuador and Bolivia. It grows into a small vining tree up to 15ft and produces smooth egg-shaped red dangling fruit in November and December. The pulp is soft, juicy, and a complex sweet/tart taste reminiscent of melon with a tomato aftertaste- quite yummy. It can be eaten raw or cooked into compotes, stews and chutneys.

### **Tree Collards**

A truly remarkable plant, Tree Collards are a perennial Brassica which is highly productive and yields delicious blue-green leaves which taste quite similar to annual collards. They are especially sweet during the cool times of the year. While their exact origin is shrouded in mystery, they are reputed to come from Africa, and have been propagated and passed on within African American communities in this country. They can thrive happily for 10-12 years and then again must be propagated by cuttings to continue. The plants grow 5-6 feet tall and can sprawl 6-8 feet in all directions. They need full sun and rich, moist soil. Tree collards are the Official Green, "Richmonds Pride," of Richmond, California!

### **Variegated Tree Collards**

A very beautiful yellow and green variegated leaves variety of Tree Collards which has extremely tender sweet leaves and is highly ornamental and beautiful in any perennial border. Come early for these beauties as our supply is limited!

### **Daubenton Kale**

A perennial "kale" we are excited to be offering new this year that actually looks more like the annual collards we are familiar with. Extremely rare in the U.S., and increasingly difficult to find in Europe, its history is controversial and doesn't seem to be well known. It has been suggested that the 18<sup>th</sup> century naturalist Louis Jean-Marie Daubenton discovered it, but it is also claimed that it was grown widely in the Middle Ages. This is a wonderful brassica to add to your perennial edibles landscape as it is quite different than Tree Collards: it has a creeping low-growing habit and produces many multiple branches bearing small very tender smooth-textured leaves that stay sweet all year round. A must-have!

### **Wild Cabbage (*Brassica oleracea* var. *oleracea*)**

Wild Cabbage is the ancestor of all cultivars of *Brassica oleracea* – which includes broccoli, kale, cabbage, cauliflower, brussels sprouts and collards – and it still grows on the shores of coastal southern and western Europe. Technically a biennial, it is possible to perennialize this cabbage by continuing to cut off its flower spikes. The first year it makes a stout rosette of thick, fleshy leaves – adaptations to storing water and nutrients in harsh growing conditions- and can grow into a truly monstrous plant, 8 ft tall with 4inch thick tree-like woody stems. Highly ornamental and goes well in your Jurassic Park garden.

### **Welsh Onions**

Heirloom from 1880s that can perennialize in this climate. 4 to 9 inches long, with slender silver shanks. Non-bulbing, but will form clumps that can easily be divided. A good, sweet bulbed scallion for early spring transplants, 60 to 120 days from transplant.

### **Wild Arugula**

Sometimes called Arugula Sylvetta or Italian Rustic Arugula. A tender low-growing perennial mustard with an arugula taste, but richer and more peppery. Yellow flowers make a beautiful garnish. Slow growing and tolerates heat. Will readily self-sow.

**Yacon (Polymnia sonchifolia)**

Originally from the high Andes of Ecuador, Peru and Bolivia, this sunflower relative grows to a handsome 8 foot-tall sturdy plant crowned by tiny bright orange composite flowers. By the onset of winter it produces an abundance of huge yam-like underground tubers that have a taste of an unforgettable earthy sweetness and an apple-like crunch reminiscent of Jicama- only better! Add fresh slices of yacon marinated in lime juice and julienned spearmint or chop it finely into a mango-kiwi salsa and you will be a convert! Every gardener we have introduced this extraordinary crop to insists that they will forever find a place for it in their gardens among their other summer favorites. Needs full sun and well-drained, fertile soil.



## PERENNIAL CULINARY HERBS

### **Alexanders, or Black Lovage (*Smyrniium olustratum*)**

A new favorite OAEC perennial herb, Alexanders belongs to the Carrot family and is native to the Mediterranean. It has a taste intermediate between celery, parsley, and angelica. Once widely cultivated in Europe as far back as ancient Roman times, the “herb of Macedonia” was named after Alexander the Great. It can be used as a delicious potherb for flavoring in soups, stews, and sauces accompanying meat and fish. Alexanders is frost hardy and has delightfully fragrant flowers.

### **Angelica (*Angelica archangelica*)**

Native to Syria. Used as a vegetable, a flavoring, and medicinally. 3-4 ft tall, 2-3 ft wide. Sun/shade, any drained soil, regular water. Gorgeous globes of tiny white flowers that call in all sorts of beneficial wasps who will happily gobble up any aphids that are bothering any plants in your garden.

### **Anise Hyssop, Blue and White flowered (*Agastache foeniculum*)**

Native to the Mediterranean. Sweet, anise-flavored leaves great in teas, desserts and salads. Grows to 3 ft tall and 2 ft wide. Grows best in full sun/part shade in any soil with compost and is drought tolerant once established. Anise hyssop/Blueberry ice cream will change your life for the better and you just won't be the same after youve made it for the first time.

### **Chives (*Allium schoenoprasum*)**

Native to Europe, Asia, North America. Light onion flavor great in many dishes and as a garnish. Grows 1.5 ft tall and 1 ft wide and needs full sun/part shade, any soil with compost and is drought tolerant once established.

### **French Tarragon (*Artemesia dracunculus*)**

A classic perennial herb related to wormwood, tarragon is native to a wide area of the northern hemisphere. Tarragon is one of four “fines herbes” of French cooking, particularly suitable for chicken, fish, and egg dishes. Its aromatic, anise-like leaves can be steeped in vinegar to make a fine herbal vinegar. Tarragon actually prefers poor soil, drought, and neglect!

### **Garlic Chives (*Allium tuberosum*)**

Also called Chinese Chives, this perennial onion is grown for its strap-shaped leaves, which can be used fresh in salads or cooked into such dishes as pasta, Chinese dumplings, flatbreads, or stir-fries. Its attractive white flowers are beautiful as a garnish or salad ingredient.

### **Golden Marjoram (*Origanum vulgare 'Aureum'*)**

Native to the Mediterranean. Aromatic leaves great fresh or dried. Grows 6 in tall and 2 ft wide. Prefers full sun, any soil with compost and is drought tolerant once established.



**Greater Galangal (Alpinia galanga)**

Originating in Java, Greater Galangal has rhizomes larger than Lesser Galangal and is used particularly in Indonesian, Malaysian, and Indian cooking. Its flavor is lemony, gingery and camphorous, and is less pungent than Lesser Galangal. Greater Galangal can be grown in USDA Hardiness Zones 8B – 11, and is a beautiful plant which grows to 6-feet high.

**Lavender (of many varieties and cultivars Lavandula angustifolia, dentata, pinnata, viridis, x dentata, and x intermedia)**

Native across Europe, Asia, North Africa. Aromatic leaves and flowers used fresh, dried, in tea, skincare, and medicinally. Sizes range from 1 ft tall and wide to 5 ft tall and wide. Prefers full sun/light shade, any drained soil and is drought tolerant once established.

**Lemon Grass (Cymbopogon Citratus)**

Lemon grass, a perennial native to India and tropical Asia, is widely used as an herb in Asian cuisine. It has a subtle citrus flavor and can be used dried, powdered, or fresh. It is used in teas, soups, curries, and with poultry, seafood, and beef. Lemon grass is a tropical, so it needs to be protected from frost, and in our climate will do best as a container plant that can be moved indoors. It can grow to 3 feet tall and just as wide, and prefers warmth, full sun, and fertile well-drained soil.

**Lesser Galangal (Alpinia officinarum)**

Originating in China, lesser Galangal is a plant in the ginger family and is widely cultivated in Southeast Asia. It is grown for its rhizomes, which are valued for their spicy flavor and intoxicating aromatic scent. They are used particularly in Thailand and India in curries, herbal drinks and jellies. Lesser Galangal can be cultivated in Hardiness Zone 9, so it can tolerate being grown outside in many parts of the Bay Area. Otherwise it is a great container plant.

**Lovage (Levisticum officinale)**

Native to the Mediterranean. Aromatic celery-flavored leaves used culinarily and medicinally. Grows 4-5 ft tall and 2-3 ft wide and produces 6 ft tall flower stalks of beautiful umbelliferous bright yellow flowers attractive to all sorts of beneficial insects. Prefers full sun/part shade, any soil with compost and is drought tolerant once established.

**Marjoram (Origanum majorana)**

Native to the Mediterranean. Aromatic leaves great fresh or dried. Grows 2 ft tall and 1 ft wide. Prefers full sun, any soil with compost and is drought tolerant once established.

**Mitsuba, or Japanese Parsley**

Also called Japanese Hornwort, this perennial Japanese herb looks like flat-leaf parsley and has a similar clean taste, but also has a refreshing wild taste – like a combination of chervil and celery leaf. All parts of the plant are edible – seeds, flowers, roots – but leaves are the most commonly used. They are traditionally added to miso soup, used as a garnish on top of rice bowl dishes or with stir-fries, and are used raw in salads and sushi.

**Mountain Mint, California (Pycnanthemum californicum)**

Native to California, Mountain mint is a favorite perennial mint of the OAEC gardens. It is a stout, spreading, handsome plant for the herb garden or perennial borders, growing up to four feet, and producing clusters of tiny white, purple-spotted flowers. It makes an incomparably refreshing herb tea!

**Mountain Mint, Short-Toothed (Pycnanthemum muticum)**

Native to the eastern U.S., this highly pungent and beautiful perennial mint is used for a delicious tea. Its tiny white flowers are subtended by frosty white bracts that make it a striking border plant and great as a cut flower. Also an incredible tea plant.

**Oregano (Origanum vulgare)**

A common perennial herb native to warm, temperate western and southwestern Eurasia and Mediterranean regions. Oregano's most prominent modern use is as a staple herb of Italian cuisine, but it is also common in Middle Eastern, Latin American, and Spanish cuisines. It prefers full sun and moist conditions, but can tolerate poor soils.

**Peppermint (Mentha piperita)**

Native to Europe. Used for tea, as a flavoring. 2 ft tall, spreading (vigorously). Prefers full sun/part shade, any soil and regular water.

**Rosemary (Rosmarinus officinalis)**

Native to the Mediterranean. Aromatic leaves are great fresh or dried. Grows to 6ft tall and 3 ft wide. Prefers full sun to part shade, any soil with compost and is very drought tolerant once established. A fabulous bee plant! We offer *Tuscan*, *Prostrate* and *White-flowered* varieties.

**Culinary Sages (Salvia officinalis)**

The classical gray-foliaged culinary sage most commonly used. Its bright blue flowers can be used in cooking or fresh as a garnish. Needs full sun to partial shade, any soil with compost and is drought tolerant once established. All can be used in in savory dishes. We offer three varieties: *Golden* with its bi-colored yellow and green leaves, *Purple* with deep purple, velvety leaves and *Biergarten*, a large-leaved and green-foliaged, the best one for fried sage leaf dishes.

**Salad Burnet (Sanguisorba minor)**

Salad burnet is a perennial herb in the Rose family, native to western, central, and southern Europe, northwest Africa and southwest Asia. With a taste reminiscent of cucumber, it is used both fresh in salads and as an infusion in vinegar to make a yummy salad dressing. It is fairly drought tolerant, but prefers moist, fertile soils. It readily self-sows.

**Society Garlic (Tulbaghia violacea), White and Purple Flowered**

Native to Natal, Transvaal, and Eastern Cape, South Africa. Onion/garlic flavored leaves and flowers used fresh as a delicious garnish and bulbs used medicinally. Grows 2-3 ft tall and wide. Prefers full sun/part shade, any soil with compost and is very drought tolerant once established. We offer both the *Lavender-flowered* and very rare *White-flowered* varieties.

**Spearmint (Mentha spicata)**

Spearmint is an herbaceous perennial rhizomatous mint native to much of Europe and southwest Asia. It prefers moist, loamy soil and partial shade. Its leaves can be used fresh, dried or frozen. It makes a calming herb tea and a great base to a refreshing herb water. And at OAEC, we love to use it finely julienned in fruit salads or salsas.

**Garden and LemonThyme (Thymus vulgaris, Thymus x citriodorus)** Native to the Mediterranean. Aromatic leaves great fresh or dried. Grows 1-2 ft tall and wide. Prefers full sun, fertile well-drained soil and is very drought tolerant once established. We offer a changing variety of thymes that are available at different thymes.

**True Hyssop (Hyssopus officinalis)**

Native to southern Europe, the Middle East and the Caspian Sea region. Aromatic leaves are used culinarily either fresh or dried and are also used medicinally. Grows 2-3 ft tall and 1.5 ft wide. Prefers full sun, light, well-drained soil and is drought tolerant once established. Its flowers are incredible for attracting honeybees. At the present time, we are offering a rare white-flowered variety and in the autumn will have the common blue-flowered one as well.

**Winter Savory (Satureja Montana)**

Native to temperate southern Europe. Aromatic leaves are great fresh or dried. Grows 1 ft tall and 2 ft wide. Prefers full sun to partial shade, well-drained soil and is drought tolerant once established. Its abundant attractive white flowers attract many pollinators.

## PERENNIAL MEDICINAL HERBS

### **American Figwort (*Scrophularia marilandica*)**

This is a great understory plant, preferring partial to full shade and moist soil, but nonetheless, it is drought-tolerant. Native Americans used American Figwort as a post-partum aide and a poultice of the leaves can be used to treat sunburn or frostbite. It grows 3-6ft tall and 2-3ft wide. The small, urn-shaped blooms appear in late spring through summer and offer an endless supply of nectar to bees and other beneficial insects.

### **Ashwagandha (*Withania somnifera*)**

Native to India, Pakistan, and Sri Lanka, Ashwaganda roots are used in Ayurvedic medicine for stress, arthritis and other conditions. Grows 1-3 ft tall and wide. Prefers full sun, any soil with compost and is drought tolerant once established. Can be frost tender so must be planted in a protected spot.

### **Aztec Sweet Herb (*Lippia dulcis*)**

Aztec Sweet Herb is a perennial ground cover with thimble-like white flowers native to southern Mexico and Central America. It contains a compound called hernandulcin, that is 1000 times sweeter than sugar and, like stevia, is used as a natural sugar. It should be used in small quantities, however, because it also contains appreciable amounts of camphor, which can be poisonous in large quantities. The Aztecs used it in the treatment of bronchitis, indigestion, and hypertension.

### **Catnip (*Nepeta cataria*)**

Native to Eurasia. Used to treat anxiety and colds, and as an insect repellent, and is a legal habit-forming recreational drug for cats. Grows to 5 ft tall when happy and 1 ft wide. Prefers full sun/part shade, any soil with compost and is drought tolerant once established.

### **Celandine Poppy (*Chelidonium majus*)**

Native to Europe and western Asia. Used in small quantities as a sedative and immune stimulant, but may be toxic in large doses. Grows 3 ft tall and 2 ft wide. Prefers part to full shade, any soil with compost and regular water. Celandine produces many small delightful bright yellow poppy flowers, and readily self-sows.

### **Clary Sage (*Salvia sclarea*)**

Native to the northern Mediterranean. Used as an eyewash (hence the name, *clear-eye*), in aromatherapy, for women's complaints and digestive problems. Grows 3 ft tall and 1 ft wide. Thrives in full sun/part shade, any soil with compost and regular water. We have both *Purple* and the rare *White*-bracted varieties. A very, very beautiful sage.

**Feverfew (*Chrysanthemum parthenium*)**

Native to the Balkan Peninsula, Anatolia and the Caucasus. Used to treat fever, headache, arthritis and digestive problems. Grows 2 ft tall and wide. prefers Full sun/part shade, any soil with compost and is drought tolerant once established. Produces abundant fluffy white flowers that are great cut flowers.

**Jiaogulan (*Gynostemma pentaphyllum*)**

Native to eastern Asian forests, this herbaceous perennial vine is a potent medicinal herb, similar to ginseng in use, and favored in Traditional Chinese Medicine. Jiaogulan contains up to 4 times the amount of saponins found in Asian or American ginseng. It is hardy to -20F and prefers something to climb on in dappled light with moist, rich soil. The dark green leaves taste sweet at first with a slightly bitter aftertaste and are wonderful dried or fresh in teas and salads.

**Kidney Vetch (*Anthyllis vulneraria*)**

Medicinally similar to Comfrey, the soft leaves are used in poultices, lotions and salves as a detoxifying and soothing skin treatment. An easy-to-grow nitrogen-fixer native to Europe, Kidney Vetch has naturalized along the Pacific Coast and stays low, about 6-10 inches in height.

**Marshmallow (*Althaea officinalis*)**

Marshmallow is a perennial plant indigenous to Africa, which has been used as food and medicine for thousands of years. A sweet confection made from the root since ancient Egyptian times has evolved into today's modern marshmallows which are no longer a food *or* medicine. The leaves and flowers can be eaten raw in salads and historically most parts of the plant have been used as a vegetable. Medicinally, the plant has been used as a treatment for irritation of mucous membranes, including sore throats and gastric ulcers. Marshmallow is a perennial with beautiful pale pink flowers that dies back in the winter only to return again in the spring.

**Motherwort (*Leonurus cardiaca*)**

Native to Central Asia. Used as a uterine, cardiac, and nervous system tonic. Grows 2-3 ft tall and 1-2 ft wide. Prefers full sun/part shade, any soil with compost and is somewhat drought tolerant. This mint is very handsome and produces multiple spikes of pale purple flowers.

**Mugwort (*Artemisia vulgaris*)**

Mugwort is a perennial herb in the Daisy family, native to the British Isles, which has naturalized in many parts of the U.S., including riparian areas of Sonoma County. It is said to have derived its name from having been used to flavor beer before the wide use of hops. Mugwort has been used for hundreds of years for a wide array of purposes including aiding digestion and relieving flatulence, as an antifungal and antibacterial and for treating headaches. Today it is commonly used dried in moxibustion and is popularly put in dream pillows to invoke lucid dreaming.

**Orris Root (Iris Germanica var. Florentina)**

Once important in western herbal medicine for many purposes including relieving bronchitis, coughs, and sore throat, Orris is now used as a fixative and base note in perfumery and in the making of potpourris. The fresh rhizomes have little odor, but when dried, have the scent of sweet violets, and during the drying process, do not attain their maximum fragrance for at least two years. Orris has also been used as a main ingredient in other cosmetics, soaps, sachets and dental creams. It has a large white flower tinged with pale lavender, and prefers moist, fertile soil.

**Pennyroyal (Mentha pulegium)**

European pennyroyal is a mint that has traditionally been used as a culinary herb, folk remedy and abortifacient. Even though pennyroyal oil is extremely poisonous, its spearmint-like leaves have been used, in small quantities, in cooking, in tea, and medicinally in treating upset stomach, relieving flatulence, and stimulating menstrual flow. Pennyroyal is a beautiful, low growing plant with pom poms of pale blue flowers that are attractive to honeybees.

**Rue (Ruta graveolens)**

Native to the Balkan Peninsula, Rue is used to treat gastric troubles and cough, promote menstruation and is good for culinary use in small quantities. It is a very unusual, attractive plant with blue-green spoon-shaped leaves and odd-looking bright yellow flowers. It prefers full sun, any soil with compost and is very drought tolerant once established.

**Tansy (Tanacetum vulgare)**

Tansy, a perennial herbaceous plant in the Aster family, is native to temperate Europe and Asia and has a long history of medicinal uses. The United States Pharmacopeia lists it as a treatment for fevers, colds and jaundice. It is used as an ingredient in organic pesticides and is used as a biological pest control in organic gardens. Tansy is drought tolerant and its bright yellow, button-shaped flowers are great for bouquets and dried flower arrangements.

**Valerian (Valeriana officinalis)**

Native to Europe and Asia, Valerian is used to treat sleep disorders, restlessness, and anxiety, and its flowers were used in perfumes in the sixteenth century. It prefers full sun, but does well in full shade, any soil with compost and regular water. Valerian produces hundreds of tiny pinkish yellow flowers that are strongly and sweetly fragrant, particularly at night.



**Wood Betony (Stachys officinalis)**

Also called Bishop's Wort, Betony was used in ancient times to protect against sorcery, prevent bad dreams and was planted in church yards to discourage the activity of ghosts. A perennial grassland herb native to Europe, Western Asia, and North Africa, betony's modern herbal uses include treatment for head-related afflictions including migraines, toothaches, anxiety and insomnia as well as for gastro-intestinal irritations, diarrhea, and menstrual problems. Betony has attractive purple flowers (great for cutting!) that attract bees and butterflies and is easy to grow—preferring fertile, well-drained soil and full to partial sun. Betony grows to 1 to 2 feet tall and wide.

**Yerba Mansa (Anemopsis californica)**

Also known as Lizard's Tail, Yerba Mansa is a striking perennial flowering plant native to southwestern North America that is a versatile medicinal plant used for centuries by southwest native peoples and Hispanics for ailments ranging from toothaches to sinus infections. Known as an antimicrobial and antifungal, it has been used to treat inflammation of mucous membranes, swollen gums, and sore throat, and is also said to prevent buildup of uric acid crystals which cause kidney stones. Almost mythical as a heal-all, it has potential to become as popular as Echinacea or Goldenseal. It produces showy, white cones of flowers and spreads by runners, thriving in loose, moist rich soil.



## DYE PLANTS

### **Weld (*Reseda luteola*)**

Native to Eurasia and also known as Dyer's Rocket, this biennial is the source of a natural dye known as Weld. Traditionally used for dyeing silk, linen, and wool, this plant is rich in luteolin, which produces a bright lemon yellow. It has been mixed with the blue from Woad to produce "Lincoln Green". Weld, which prefers dry, sandy soil goes to seed in the spring and self-sows to produce plenty of plants for dyeing purposes.

### **Dyer's Madder (*Rubia tinctorum*)**

Related to bedstraw, or cleavers and sweet woodruff, Dyer's Madder produces a compound in its thick red roots, which gives a red color to a textile dye known as Rose Madder. Native to Europe, Madder has been used since prehistoric times--a piece of fabric found in the tomb of King Tutankhamen was dyed with Madder. It was also used as a colorant for paint and as a medicinal for treating bladder and kidney stones. Originally from southern England and continental Europe, madder is easy to grow. It spreads to about 2-3 feet and appreciates full sun and moist, fertile soil.