

2015 FALL & WINTER PERENNIALS

PERMACULTURE PLANTS

Aji Crystal (*Capsicum baccatum*)

Aji Crystal is a Chilean heirloom, which produces a very heavy set of waxy yellow to reddish-orange fruit which have a hot and spicy “sweet grapefruit” aromatic flavor, perfect for salsas. The plants reach 3 feet tall and do very well as perennial container plants.

Aji Dulce (*Capsicum chinense*)

A Venezuelan heirloom, Aji Dulce has the same shape, size and red color as Habanero but is sweetly aromatic, spicy and delicious with little or no heat. Unlike many other countries in Latin America hot peppers are not commonly used in cuisine of Puerto Rico, Cuba and the Dominican Republic, but this pepper is used instead, particularly in many signature Puerto Rican dishes. Aji Dulce is a great pepper for perennializing in containers, continually growing to 4 feet high.

Asparagus (*Asparagus officinalis*)

Native to Europe, North Africa, Western Asia. Spring spears are tasty raw or cooked, high in antioxidants. 40-60 in. tall, spreading underground. Full sun, deep, well-drained soil, regular water. Wait at least one year before harvesting spears.

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 Fahrenheit and grows in full to partial sun, preferring moist soil. Its fruits are delicious fresh as a snack in the garden, but 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.

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 wider 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 1 ft tall, 3 ft wide. Requires full sun to part shade and moist, well-drained soil.

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 purposes. 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 years crops. 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, valued in Chinese medicine, mature seeds used as beads. 3-6 ft tall, 2-3 ft wide. Perennial in frost-free location, can be grown in large planter pot, full sun/part shade, regular water

Lemon Drop/Aji Limon (*Capsicum baccatum*)

Aji Limon is a hot, citrus-like lemon flavored perennial pepper which is a popular seasoning pepper in Peru where it is known as Kellu Uchu. The 2 ½ inch peppers mature to a bright lemon-yellow, sometimes with a purplish blush, having a similar heat level to cayennes. The plant matures to 3 feet tall.

Malabar Spinach (*Basella rubra*)

Native to Africa and Southwest India. Edible stems and leaves. 8-10 ft tall vine. Full sun, fertile well-drained soil, best grown on trellis. Frost tender. We have both the red and green varieties.

Naranjilla (*Solanum quitense*)

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 leaves covered with short purple hairs. The plant must be protected from frost and grows best in partial shade.

Red Veined Dock (*Rumex sanguineus*)

Native to Europe, North Africa, Southwest Asia. Young leaves tasty raw, older leaves good cooked. 2-3 ft. tall, 1 ft wide. Full sun/part shade, almost any soil, regular water.

Rhubarb (*Rheum rhabarbarum*)

Well-loved garden perennial, very productive. Stalks tart and tasty when cooked. Will grow 3 ft tall and wide. Needs full sun and fertile, moist soil. Native to Mongolia, and valued in Chinese medicine.

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.

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 scallion for early spring transplants. 60 to 120 days from transplant.

Wild Cabbage

Wild Cabbage is the ancestor of all cultivars of Brassica oleracea – which includes: broccoli, kale, cabbage, cauliflower, brussel 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 9 stout rosettes of thick, fleshier leaves – adaptations to storing water and nutrients in harsh growing conditions, making this a great candidate for growing in drought conditions. It has a rich lovely cabbage taste as a sauté green. Being the wild ancestor it is, it is resistant to pests and disease.

ETHNOBOTANICALS

Achira (Canna edulis)

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

Cape Gooseberry (Physalis peruviana)

Native to Peru and Chile. Delicious tropical-tasting fruit. 2-3 ft by 2-3 ft. Full sun, any well-drained soil with compost.

Okinawan Spinach (Gynura bicolor)

Okinawan Spinach, or edible gynura, a native of China, Thailand and Myanmar, is grown for its leaves which can be eaten raw as a tasty salad green or cooked in a stir fry, tempura, soups and stews. The plant is a dense, low growing, low maintenance leaf vegetable that reaches 3 feet across and 3 feet tall. It blooms with a multitude of small bright orange composite flowers. We offer both the green and purple-leaved varieties.

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. Orris has a large white flower tinged with pale lavender, and prefers moist, fertile soil.

Patchouli (Pogostemon cablin)

Patchouli, a bushy herb of the mint family, is native to tropical regions of Asia and must be grown in our area as an annual or taken into a greenhouse for the winter. The signature strongly scented oil of patchouli has been used for centuries in perfumes, incense, insect repellents and medicines. Its leaves can be used as a pleasant herb tea and also placed in cloth and linens to prevent moths from laying eggs. The plant can grow to 3 feet and bears small pale pink flowers. It prefers to be grown in shade

Pepino (*Pepino Muricatum*)

Known commonly as Pepino Dulce, pepino is native to the temperate Andean regions of Peru, Colombia and Chile. It is grown for its delicious eggplant shaped 2-4" fruit which is very sweet and refreshing and can taste quite melon-like with a slight tomato aftertaste. The variety that we offer has an attractive pale-orange fruit with purple stripes. The plant is quite ornamental with dark green leaves and a multitude of showy purple flowers. It matures to a 3 foot tall leafy shrub and can sprawl 4 to 6 feet if it's happy. The plant prefers a sunny or semi-shaded frost-free location, but can endure temperatures in the high 20's.

Pyrethrum (*Tanacetum coccineum*)

Native to the Caucasus region. Used as a natural insecticide. 2 ft tall, 1 ft wide. Full sun, fertile, well-drained soil, drought tolerant.

Yacon (*Polymnia sonchifolia*)

Another "Lost Crop of the Incas," Yacon, or Bolivian Sunroot, is a sunflower relative native to the high Andes. It grows into a handsome 5 ft tall plant that is harvested in the autumn for its large tubers, which have a crunchy, fresh sweetness like jicama—only much better! Once you grow this plant, you will want it to be part of your garden forever. Needs full sun and well-drained, fertile soil.

Teosinte (*Zea diploperennis*)

Corn was domesticated from this wild perennial grass called Teosinte over 6300 years ago in Mexico. Exactly which of the five species of Teosinte and how they contributed to the evolution of corn is controversial. Teosintes strongly resemble corn in many ways, most notably in their male tassles, but are distinguished by their multiple branches and many small female inflorescences which mature into tiny "ears." Virtually all populations of Teosinte are either threatened or endangered; this particular species exists in an area of only a few square miles. This species is an elegant spreading grass which towers to 8 feet and has been a plant of interest in the OAEC garden for 25 years.

PERENNIAL CULINARY HERBS

African Rosemary (*Eriocephalus africanus*)

Wild African “Rosemary”, an exciting new herb for us, is not a true rosemary but is a member of the Aster family from the Cape of South Africa. It is an attractive, extremely drought tolerant shrub which burst into bloom in November with thousands of white flowers very attractive to bees. The pungent smell of its leaves are very reminiscent of rosemary and can be used similarly as a culinary herb. Traditionally it is used as a medicine for many ailments like coughs and colds, flatulence and colic and as a diuretic and diaphoretic. This plant prefers full sun and well drained soil.

Alexanders, or Black Lovage (*Smyrniolum 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 for Alexander the Great. It can be used as a delicious pot herb for flavoring in soups, stews, and sauces accompanying meat and fish. Alexanders is frost hardy and has delightfully fragrant flowers.

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

Native to the Mediterranean. Sweet, anise-flavored leaves great in teas, desserts, salads. 3 ft tall, 2 ft wide. Full sun/part shade, any soil with compost, drought tolerant once established.

French Tarragon (*Artemisia 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-frys. 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. 6 in tall, 2 ft wide. Full sun, any soil with compost, 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.

Lemon Verbena (Aloysia citrodora)

Lemon verbena is a deciduous shrub native to Argentina, Brazil, Chile, Bolivia, and Peru. An OAEC favorite herb, it is used to flavor herb waters and teas, but also adds a great lemon flavor to poultry dishes, aioli, ice cream, and salad dressings. It can grow to a small tree if frost protected and is quite drought tolerant.

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 in cooking and medicinally. 4-5 ft tall, 2-3 ft wide. Full sun/part shade, any soil with compost, 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 salad and sushi.

Mtule Basil (*Ocimum suave*)

This is a handsome upright African bush basil native to Tanzania and the Zambian archipelago. It has a wonderful spicy fragrance similar to Vana Tulsi basil and contains eugenol or oil of clove, which is traditionally used in Tanzania as an anti-septic and pain reliever for dental woes or to relieve teething in children. In our climate Mtule needs to be grown as an annual or in a container and brought indoors in the winter in which case it grows to a woody stemmed bush to 3 feet tall.

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). Full sun/part shade, any soil, regular water.

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.

Society Garlic (*Tulbaghia violacea*)

Native to Natal, Transvaal, and Eastern Cape, South Africa. Onion/garlic flavored leaves and flowers used fresh, bulbs used medicinally. 2-3 ft tall and wide. Full sun/part shade, any soil with compost, very drought tolerant once established.

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.

Thyme, French and Lemon (Thymus vulgaris, Thymus x citriodorus, respectively)

Native to the Mediterranean. Aromatic leaves great fresh or dried. 1-2 ft tall and wide. Full sun, fertile well-drained soil, drought tolerant once established.

True Hyssop (Hyssopus officinalis)

Native to southern Europe, the Middle East, and the Caspian Sea region. Aromatic leaves great fresh or dried, also used medicinally. 2-3 ft tall, 1.5 ft wide. Full sun, light, well-drained soil, drought tolerant once established.

Vietnamese Coriander (Persicaria odorata)

Vietnamese coriander, or Rau ram, is an herb whose leaves are used in Southeast Asian cooking, most notably Vietnamese where it is commonly eaten fresh in salads and summer eggrolls and cooked in soups and stews. It has a flavor reminiscent of a fruity cilantro. It prefers sun and warm and damp conditions but is frost tender so must be brought inside in the winter. Rau ram grows rapidly to 1 foot tall and can sprawl to several feet across.

Winter Savory (Satureja Montana)

Native to temperate southern Europe. Aromatic leaves great fresh or dried. 1 ft tall, 2 ft wide. Full sun/part shade, well-drained soil, drought tolerant once established.

PERENNIAL MEDICINAL HERBS

American Figwort (*Scrophularia marilandica*)

This is a great understory plant, preferring partial to full shade and moist soil; 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.

Ashitaba (*Angelica keiskei*)

Hailing from Japan, Ashitaba is one of the most renowned of medicinal plants, and is as beautiful as it is healing. Known also as “longevity herb” and “tomorrow’s leaf”, it is seen as a major contributor to the supposedly healthier, extended lives, something that may be based on its substantial levels of vitamin B₁₂ and on the chalconoids that are unique to this species of angelica. On the Japanese island of Hachijo, residents have Ashitaba as part of their diet, and typically have some of the longest life spans on earth. Growing slowly at first and rapidly as it matures, the plant becomes 3-4ft tall and wide within only a few months. Preferring moist and rich soil, Ashitaba is a perennial with large, whitish blooms that attract many beneficial insects. An amazing plant!

Ashwagandha (*Withania somnifera*)

Native to India, Pakistan, and Sri Lanka. Used in Ayurvedic medicine for stress, arthritis and other conditions. 1-3 ft tall and wide. Full sun, any soil with compost, drought tolerant once established.

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, which 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, colds, and as an insect repellent, recreational drug for cats. 1-2 ft tall, 1 ft wide. Full sun/part shade, any soil with compost, drought tolerant once established.

Celandine (Chelidonium majus)

Native to Europe and west Asia. Used in small quantities as a sedative and immune stimulant, may be toxic in large doses. 3 ft tall, 2 ft wide. Part/full shade, any soil with compost, regular water.

Chameleon Plant (Houtugnia cordata)

Also known as Lizard Tail or Fishwort, Chameleon plant is a trailing herbaceous perennial that thrives in moist conditions in our climate and has wide culinary and medicinal uses. It is used as a leaf vegetable particularly in Vietnam and Northeastern India it is used in salads or coked with other vegetables. In modern herbal medicine it for diuresis and detoxification and for its antiviral and antibacterial activities.

Costmary (Tanacetum balsamita)

Native to the Mediterranean, Costmary is a perennial temperate herb appreciated for its long feathery leaves and wintergreen minty aroma. Also known as Bible leaf, its leaves were dried and used as bookmarks to keep moths and silver fish from eating the family bible. Its fresh leaves can be used culinarily in salads, sauces, soups and in cold drinks. The plant is handy and easy to grow and thrives in almost any type of soil.

Elecampane (Inula helenium)

A member of the sunflower family native to southern and eastern Europe, but naturalized around the world. Elecampane has been a significant herb since ancient times. Its most common use today is in the treatment of lung infections such as bronchitis, colds, pneumonia and emphazyma and in veterinary herbalism, also used in the production of Absinthe.

Elecampane grows to a rosette of leaves two feet across and sends stalks up to 6 feet tall covered with pretty yellow flowers. It flourishes in moist, well drained soil in partial shade.

Feverfew (*Chrysanthemum parthenium*)

Native to the Balkan Peninsula, Anatolia and the Caucasus. Used to treat fever, headache, arthritis, digestive problems. 2 ft tall and wide. Full sun/part shade, any soil with compost, drought tolerant once established.

Gotu Kola (*Centella asiatica*)

Also known as Asiatic pennywort or ji xue cao, Gotu Kola is known throughout Asia as a potent medicinal herb and a tasty food. It has been used for thousands of years in both traditional Chinese medicine and Ayurveda for its wound healing properties and for its positive effect on memory and focus. It is referred to as the fountain of life in China in that as legend has it a Gotu Kola-eating herbalist once lived for 200 years. More recently its value has been recognized as an herb that supports cognition and vascular health, particularly in treatments for varicose veins. It can also be eaten raw in salads as a simultaneously sweet and bitter ingredient. Gotu Kola is a frost tender herb so must be brought inside in the winter.

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. Perfect! yellow blooms attract bees from Spring through Summer.

Navajo Tea (*Thelesperma megapotamicum*)

Navajo or Hopi Tea grows over much of the plains and mountain states and has been used for many hundreds of years by many Southwest Native American tribes to make an aromatic tea similar to green tea. It has been used medicinally to alleviate digestive problems, purify the blood and is

reputed to be beneficial for the kidneys. Navajo Tea is a drought tolerant perennial in the Aster family which grows to and produces green thread-like leaves, earning it the name of Greenthread.

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 marshmallows. 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.

Mormon Tea (*Ephedra viridis*)

Indigenous to the Western United States, Ephedra or Mormon Tea is an extremely drought tolerant woody 6 foot shrub that produces dense leafless broom-like branches. Early Mormon settlers used the branches of this plant as a black tea subtle in that it gives an energy boost not unlike caffeine. The drug ephedrine, an anti-depressant and decongestant is made from this and other Ephedra species. In herbal medicine it is used as a kidney flush and decongestant, and indigenous peoples roasted its seeds to make a mush and bake into a bitter bread.

Motherwort (*Leonurus cardiaca*)

Native to Central Asia. Used as a uterine, cardiac, and nervous system tonic. 2-3 ft tall, 1-2 ft wide. Full sun/part shade, any soil with compost, somewhat drought tolerant.

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.

Mulleins

Varieties:

Nettle-leaved Mullein (Verbascum chaixii)

Another OAEC favorite perennial mullein, Verbascum chaixii, forms a basal rosette of attractive dark green leaves which gives rise to multiple 2-3 foot tall stems of beautiful white flowers with fuzzy purple centers. Great for attracting beneficial insects, it is a fabulous cutting flower to put in perennial borders.

Rue (Ruta graveolens)

Rue or Herb of Grace, is a native to the Balkan Peninsula, is grown as a drought tolerant ornamental and also as a culinary and medicinal herb. Rue leaves and berries are commonly used in Ethiopian cuisine, especially in berbere, the characteristic spice mixture, and also to flavor grappa and herbal vinegars in Northern Italy. Medicinally it is used in homeopathy to treat many neuromuscular problems. Rue has a long history in Europe where it was used to sprinkle holy water before high mass where it earned the common name Herb of Grace.

Used to treat gastric troubles and cough, promote menstruation, good for culinary use in small quantities. Full sun, any soil with compost, very drought tolerant once established.

Spilanthes (Acmella oleracea)

Native to the tropics of Brazil. Used to treat toothache, stammering, stomatitis, leaves used in salads. 1-2 ft tall, 1 ft wide. Full sun/part shade, any soil with compost, regular water.

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.

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 prevent 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 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 produces multiple stalks of pretty purple flowers, great for cutting.

Yarrow (*Achillea millefolium* 'Proa')

Native to Europe and western Asia. Used to treat inflammation and headaches, strong astringent properties. 1 ft tall, spreading. Full sun/part shade, any soil, drought tolerant once established.

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

Dyer's Madder (Rubia tinctorum)

Related to bedstraw, or cleavers, 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. Easy to grow, it prefers moist, well-drained soil and will vine out to produce a crown that will yield plenty of roots for collecting.

False Indigo (*Amorpha fruticosa*)

A popular plant in permaculture design, this North American deciduous shrub has many uses and is predominantly favored as a nitrogen-fixer and erosion preventative; it can also be used as a dye plant, yielding indigo-blue colors. Growing from 6-10ft tall and 4-5ft wide, False Indigo prefers light shade to full sun and moist soil, but it is very drought tolerant once established. The large, purple flower spikes attract bees and butterflies from spring through early summer.

Mayo Indigo (*Indigofera suffruticosa*)

This is the most significant dye plant from the sub-tropical Americas, having long been used to create organic shades of blue to nearly black colors. Mayo Indigo is a nitrogen-fixer, grows 3-6ft tall and wide, and does well in full sun but can take some shade. In its native habitat it is often found on dry, disturbed areas like roadsides. The flowers attract bees and are light pink with white throats.

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.

OTHER ORNAMENTALS OFFERED

<u>Crop</u>	<u>Variety</u>
Abutilon hybrid	Paisley
Abutilon hybrid	Victor Reiter
Abutilon hybrid	Yellow
Abutilon megapotamicum	Variegatum
Atriplex hymenelytra	Desert Holly
Ballota pseudodictamnus	
Buddleja alternifolia	Alternate Leaved Butterfly Bush
Centaurea	Colchester White
Cistus	
Dahlia imperialis	Tree Dahlia-Pink
Dahlia imperialis	Tree Dahlia - White
Fuchsia thymifolia	Fairy Fuchsia
Helichrysum petiolatum	Limelight
Jasminum beesianum	Red Jasmine
Lavandula angustifolia	English
Lavandula dentata	Grey French
Lavandula pinnata	Canary Islands
Lavandula viridis	Yellow Flowered
Leonotis leonurus	Lion's Tail
Montanoa grandiflora	Tree Aster
Penstemon	Elfin Pink
Penstemon	Garnet
Penstemon	Midnight
Phlomis Lanata	Small Jerusalem Sage
Phlox subulata	
Salvia chiapensis	Chiapas Sage
Salvia elegans	Red Pineapple Sage
Salvia gesneriflora	Tequila Sage
Salvia guaranitica	Blue Anise Sage
Salvia holwayi	Holway's Sage
Salvia involucrata	Roseleaf Sage
Salvia japonica	Japanese Sage
Salvia karwinskii	Karwinski's Sage
Salvia leucantha	Purple Mexican Bush Sage
Salvia microphylla	Pink Blush
Salvia purpurea	Purple Sage
Santolina chamaecyparissus	Gray Lavender Cotton
Santolina virens	Green Lavender Cotton
Stachys byzantine 'Aureum'	Lamb's Ears 4
Verbascum chaixii	Nettle-leaved Mullein

