

						Growing conditions			Part Used							[1]
Botanical Name	Common Name	Variety	Spacing (ft)	Height (ft)	Width (ft)	Sun/PS /Shade	Moisture needs	Habit	leaf	flower	fruit	root	seed	USDA Zone	Family	Description
Achillea filipendulina	Fernleaf (Gold) Yarrow		3	3-5	2-3	S	Xeric	clumping, self seeding		X				3-9	Asteraceae	Yarrow is an easy perennial, growing in nearly any sunny situation, even where there is poor soil. This species forms a tall, bushy mound of fragrant ferny foliage, with huge clusters of golden-yellow flowers appearing on tall stems beginning in early summer. Outstanding for cutting, fresh or dried. Remove faded flowers regularly to promote continued blooming. Not a spreading species, this has a strongly clumping habit. Flowers attract beneficial insects.
Achillea millefolium	Common Yarrow		1	1-2	n/a	S/PS	Mesic	spreading	X	X				4-8	Asteraceae	The Yarrows are among the best perennials for planting in hot, dry and sunny locations, providing good colour throughout the summer months. Excellent for cutting, fresh or dried. Remove faded flowers regularly to promote continued blooming. Inclined to spread, so site this carefully or plan to reduce the clumps each spring. Trim back hard after the first flush of bloom, to maintain a compact habit. Heat tolerant. Flowers attract beneficial insects.
Acorus gramineus 'Licorice'	Licorice Sweet Flag	Licorice	1-2	0.5-1	N/A	PS/Sh	Hydric	spreading	X			X		5-9	Acoraceae	Perennial Herb: Deer resistant. Foliage has a stong licorice scent and flavor. Use between stepping stones, as a ground cover, poolside planting or in containers. Nice when used in edges. Foliage color: green. Height: 12 inches. Spread: 12 inches. Water: moderate/moist. Will grow in bog/shallow water. Supply occasional water if shaded. Exposure: sun or shade. USDA Z5.
Agastache cana	Double Bubblemint		1.5-2	2-3	1-2	S	Mesic	clumping	X	X				5-9	Lamiaceae	Texas Hummingbird mint is a very rare wildflower with aromatic, raspberry- pink flowers that cover the plant for several months in late summer and fall. Licorice-mint scented foliage is deer resistant. The blooms of Agastache Cana mix well with other late blooming perennials. Hummingbirds and butterflies love this long blooming favorite. This plant is native to mountainous areas to 6000' in New Mexico and western Texas where it is sometimes commonly called mosquito plant because rubbing the aromatic foliage on one's skin reportedly repels mosquitoes. Leaves may be used fresh or dried to flavor teas
Agastache foeniculum	Anise Hyssop		1.5	2-3	1-2	S/PS	Mesic	clumping	X	X				6-10	Lamiaceae	Anise Hyssop has very showy flowers, fragrant foliage and seems to be of little interest to deer. It often blooms the first year. It's a bee, hummingbird, and butterfly magnet and makes an excellent addition to herb gardens, borders, perennial gardens, and prairies. When the leaves of the Anise Hyssop are crushed they smell like licorice and have been used to make tea and cold remedies.
Agastache mexicana	Giant Mexican Hyssop		1-2	2-4	1-3	S/PS	Mesic	clumping	X	X				6-10	Lamiaceae	Agastache mexicana is a herbaceous perennial plant producing a cluster of erect, branched stems from 1.5-4ft tall from slowly-spreading rhizomes. The plant is a popular medicinal herb in Mexico, where it is sold in local markets and also in national markets. It is cultivated for medicinal use and is also grown as an ornamental, valued especially for its flowers and their ability to attract bees, butterflies and humming birds to the garden. Prefers a warm sunny sheltered position and a well-drained soil. Succeeds in most soils so long as they are well-drained. Plants are not very long-lived, especially in cultivation.
Alcea rosea	Hollyhock		2-4	3-6	2-4	S/PS	Mesic	clumping, self seeding	X	X				5-9	Malvaceae	Hollyhocks (Alcea spp.) are classified as biennials or short-lived perennials. These easy-care plants originate in China and the Mediterranean. Hollyhocks produce showy blossoms that attract butterflies, bees and hummingbirds to the garden. Plant hollyhock seeds outside in the winter to produce blossoms by summer. Traditional spring-planted seeds will not flower until the next summer. Hollyhocks reseed themselves year after year.
Allium cepa x proliferum	Egyptian Walking Onion		0.5-1	2-3	1-2	S/PS	Xeric	clumping, self seeding	X	X		X		3-10	Amaryllidaceae	Egyptian walking onions taste much like shallots, although slightly more pungent. When the bluish-green stalk gets top-heavy, the stalk fall over, creating new roots and a new plant where the bulbs touch the ground. One Egyptian walking onion plant can travel 24 inches per year. Plant in full sun where you intend to have them for a long time. It can even be grown in a mixed border for an unusual effect!

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Allium fistulosum	Bunching Onion		0.5-1.5	1-3	0.5-1.5	S	Xeric	clumping	X	X		X		5-9	Amaryllidaceae	Allium fistulosum, commonly called spring onion, Welsh onion, or Japanese bunching onion, is a clumping, slowly-spreading, evergreen perennial onion that is primarily grown as a vegetable for harvest of its tasty onion-flavored leaves. This bunching onion was developed in Asia from a wild relative native to China.
Allium schoenoprasum	Chives		1-2	1-2	1-2	S	Xeric	clumping	X	X				3-10	Amaryllidaceae	Easy to grow, onion chives pack a lot of flavor for their compact size. The plants form neat grass-like clumps of tubular leaves that contribute an onion flavor to salads, creamy soups, potatoes, egg dishes, and others. A wonderful addition to an herb garden. Great for containers, and also makes a neat border. Enjoy the light purple blooms in the spring—they are edible, too. Frost tolerant. Flowers attract beneficial insects.
Althaea officinalis	Marshmallow		2-4	3-4	1-3	S/PS	Mesic	clumping				X		3-7	Malvaceae	Upright perennial with a fleshy taproot, downy stems, velvety round to ovate leaves and pale pink flowers. The roots are whitish yellow outside and white and fibrous within. Dies down in winter and grow out again in spring. Grows in any soil - will grow larger in moist than in dry soil.
Anchusa azurea	Azure Anchusa		2-3	2-3	1-2	S/PS	Mesic	clumping, self seeding	X	X				3-8	Boraginaceae	Anchusa azurea, or Alkanet, is a flowering, bristly, short-lived, perennial. In its native Europe, it is often found on the sides of arable fields, waste places, roadsides and stony hills. The small, bright blue flowers of Alkanet are borne in loose clusters from late spring to mid-summer. The plant will grow best in full sun, but you should provide some afternoon shade during the hot summer months, and it tolerates heavy clay soil. It prefers moist, well-drained, soil, but established plants will tolerate drought. These plants are extraordinary in the landscape, but like many Boraginacea they do get rangy after flowering. At this point, cut them back to the base and they will gather their resources and go for another flowering cycle.. A great choice for encouraging pollinating insect wildlife into your garden!
Anethum graveolens	Dill		1	2-3	2-3	S	Mesic	annual, self seeding	X				X		Apiaceae	Dill is a tall herb with fine, feathery foliage. Foliage color can range from dark green to a blue-green. In mid-summer, dill will produce large, flat topped yellow flower clusters with seeds that can be harvested for culinary use
Anthemis nobilis	Roman Chamomile		0.5-1	0.5	1	S/PS	Mesic	clumping	X	X				3-9	Asteraceae	Roman Chamomile is one of those small plants that packs a big aromatic punch. Smelling like a Jolly Rancher sour apple candy, it makes an odiferous bright green ground cover in cool summer climates. Often used in England to fill in cracks between pavers or as a path cover or even as a soft bench cover. Chamomile can be used for more than just a sweet smelling ground cover or a tasty tea. The fresh flowers can be used as a garnish. Just be sure to remove the green bitter leaves under the flowers. The flowers and the leaves can also be used in potpourri in combination with other dried flowers. And, there are endless combinations of tea, both hot and iced, that Chamomile can lend its unique flavor and scent to. Flowers attract beneficial insects.
Anthemis Sancti-johannis	Saint John's Chamomile		1-2	1-2	1-2	S/PS	Mesic	clumping, self seeding		X				3-9	Asteraceae	Masses of striking, sunniest orange marguerite daisies rise above bushy, ferny fragrant foliage to 2' tall. Plants form a bushy mound of ferny green foliage, bearing loads of small bright-orange daisies from early summer on. Useful in containers, as well as in the garden. Relatively drought tolerant, and adapts well to poor soils. Removing faded flowers regularly will greatly increase blooming time. If plants become floppy in mid-summer, shear them back to 6 inches to rejuvenate. A short-lived perennial, but will often self seed.
Anthemis tinctoria	Dyer's Chamomile		2-4	1.5-2	2-3	S/PS	Mesic	clumping, self seeding						4-8	Asteraceae	A clump-forming, shrubby perennial growing to 3' tall which features profuse 1.5" diameter, yellow, daisy-like flowers and finely divided, fern-like, aromatic, green leaves which are whitish and woolly beneath. Good fresh cut flower. Large, lemon-yellow daisies used for tea or to dye wool. Plants prefer full sun and regular garden soil—will even naturalize in waste places

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Armoracia rusticana	Horseradish		1.5-2	2-3	2-4	S	Xeric	spreading					X	3-9	Brassicaceae	Horseradish grows up to 1.5 meters (5 feet) tall, with hairless bright green unlobed leaves up to 1 m (3 ft 3 in) long that may be mistaken for docks (Rumex). Often forms shiny spirally leaves. Dies back to ground in winter. It is cultivated primarily for its large, white, tapered root. The white four-petaled flowers are scented and are borne in dense panicles. Established plants may form extensive patches and may become invasive unless carefully managed
Artemisia dracunculus	French Tarragon		1.5-2	1.5-2	1.5-2	S/PS	Mesic	clumping	X					3-10	Asteraceae	French tarragon is a loose, open perennial growing to about two to three feet tall. Leaves are dark green, narrow and slightly twisted. Plant will occasionally produce small, greenish flowers that are sterile. makes a wonderful aromatic garden plant. Although these plants can survive long periods without water, they will not produce new foliage under these conditions and should be watered every 2-3 days. Ensure optimal flavour by giving plants enough root space as well as well drained alkaline soil. Thrives in full sun. Leaves have a licorice or anise flavor.
Artemisia ludoviciana	Western Mugwort		2-3	2-4	2-4	S/PS	Mesic	spreading	X					4-9	Asteraceae	This is a stiff, aromatic, silvery-white perennial, 1 1/2-3 ft. tall, which can spread quickly to form large colonies. Shrub-like, white, densely matted with hairs, from rhizome. Small, yellowish flowers are secondary to the silver color of the erect stems and narrow leaves, created by a dense coat of hairs. This is a common artemisia, with attractive, fragrant, whitish green foliage. Its adaptability and tendency to colonize makes it a good choice for a low-maintenance, knee- to waist-high groundcover. It can even take mowing.
Asclepias tuberosa	Pleurisy Root		2-4	2-3	2-4	S/PS	Mesic	Clumping	X	X		X		3-9	Apocynaceae	Asclepias tuberosa is a bushy warm season perennial with many branched pubescent stems emerging from a sturdy tap root. Unlike other milkweeds, this one does not contain milky latex sap. The leaves are bright green and lance shaped. It has a clumping habit and does not spread. It is commonly known as butterfly weed because of the butterflies that are attracted to the plant by its color and its copious production of nectar
Asparagus officinalis	Asparagus		0.75-1.5	3-4	2-4	S	Mesic	clumping	X					2-11	Asparagaceae	Asparagus, Asparagus officinalis, is an herbaceous perennial plant in the family Asparagaceae which is grown for its young shoots, or spears, which are eaten as a vegetable. The asparagus plant is tall with scale like leaves emerging from the underground stem (rhizome) and has stout stems and feathery foliage.
Bunias orientalis	Turkish Rocket		2	2-3	2-3	S/PS	Mesic	clumping, self seeding		X				4-11	Brassicaceae	Turkish Rocket is a very hardy perennial in the brassica family with a lot going for it. The main edible part are the young florets that can be harvested and cooked like a broccoli raab, although we've read that most parts are edible/useful at different times of year. We love the vibrant, rich green color and incredible vegetative vigor of this plant, and the mid-season flowers seem to be a real joy for all sorts of beneficial insects.
Centranthus ruber	Jupiter's Beard		2-4	2-4	2-4	S/PS	Xeric	clumping	X					5-8	Caprifoliaceae	Bushy, well-branched, with one of the longest blooming seasons, a showy bloom of star-shaped crimson, pink or white flowers from spring to frost. Flowers are fragrant and attract bees and pollinators. Easily grown in average to sandy, medium moisture, well-drained soils in full sun to part shade. Prefers slightly alkaline soils in full sun.
Chamaemelum nobile	Roman Chamomile		0.5-1	2-3	2-3	S/PS	Mesic	clumping	X	X				4-9	Asteraceae	Roman chamomile is a low-growing evergreen perennial that forms a spreading mat of aromatic foliage typically growing 3-6" tall and spreading by decumbent stems to 12" wide.
Crambe maritima	Sea Kale		2	2-3	2-3	S/PS	Mesic	clumping	X	X				4-8	Brassicaceae	Beautiful, unique, perennial green with a lot going for it. Incredibly hardy, comes up very early in the season, has massive edible leaves, interesting 'broccoli' tops and a very ancient feel about it.
Delosperma cooperi	Hardy Purple Ice Plant		0.5-1	0.5	n/a	S	Xeric	spreading						5-9	Aizoaceae	One of the finest drought-resistant ground covers available. Succulent foliage reaches only 3" high and has daisy-like 2" flowers that are a wonderful shade of rosy-purple. Purple Ice Plants begin to bloom in early to mid-summer and continue to bloom all summer long! Great bee and pollinator plant! Spreads 12-15". Prefers a well-drained area and a sunny location. Deer-resistant.

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Delosperma nubigenum	Hardy Yellow Ice Plant		0.5-1	0.5	n/a	S	Xeric	spreading						6-8	Aizoaceae	Hardy Yellow Ice Plant is a mat-forming, evergreen succulent with bright yellow, daisy-like flowers, 3/4 in. across (2 cm). Blooming continuously from late spring to fall, the blossoms are produced in such quantities that they literally cover the foliage of closely-packed, fleshy green leaves. Great Bee and pollinator plant. Perfect for edges and rock gardens.
Dracocephalum moldavicum	Moldavian balm		1-2	1-2	1	S/PS	Mesic	Clumping	X	X					Lamiaceae	Moldavian Dragonhead is a self seeding annual, and is hardy in zones 3a-7b. It gets about 1 foot high or so and about the same width, and the flowers are very long lasting, bright purple, proportionally large to the plant, and shaped outrageously like the toothed head of a dragon.. It grows quickly so it is often one of the first flowering herbs of the summer.. it is easy to grow, flowers all summer, prolific to self seed, and makes a great tea. It is also loved by pollinators
Echinacea angustifolia	Narrow-leaved coneflower		2-3	2-3	2-4	S/PS	Mesic	Clumping	X	X		X		3-9	Asteraceae	This species of Coneflower is the preferred one for medicinal uses. Plants form a medium to tall clump of coarse dark-green leaves, by midsummer bearing large daisy flowers with mauve-purple to rose-pink petals surrounding an orange-brown central cone. Petals droop down in an attractive way. Removing faded flowers regularly will greatly increase the flowering period. Seedheads have good winter interest. Outstanding for cutting. Attractive to butterflies.
Echinacea purpurea	Purple Coneflower		2-3	2-3	2-3	S/PS	Mesic	clumping				X		4-12	Asteraceae	Echinacea purpurea (Purple Coneflower) is a garden classic perennial plant and one of our most popular native wildflowers. Echinacea purpurea (Purple Coneflower) has a large center cone, surrounded by pink-purple petals and brighten the garden in mid-summer. It attracts bees, butterflies, hummingbirds and more. great for cut flowers, both fresh and dried. Also a wonderful medicinal herb.
Ephedra viridis	Green Ephedra		4-6	4-6	4-6	S	Xeric	clumping	X					6-12	Ephedraceae	Green Ephedra or Mormon Tea is a native, evergreen shrub, 4 ft., it grows in high elevation desert areas, Calif. to Utah, looks like leafless, green branched shrub. Ephedra spp. are good wildlife plants. Ephedra viridis tolerates sand. Ephedra viridis is great for a bird garden.
Fallopia multiflora	Ho-Shou-Wu (Fo-ti)		3-5	N/A	N/A	S/PS	Mesic	spreading				X		6-9	Polygonaceae	Fo-ti is a legendary plant in traditional Chinese herbal medicine used to nourish the heart and calm the spirit. The vining herbaceous perennial has red stems, heart shaped leaves and either white or pink flowers. It is a fast growing, almost to the point of being unstoppable and good for fences, creating shade for porches, etc. Grow in full sun, semi-shade, or dappled shade in moist well-drained soil.
Fallugia paradoxa	Apache Plume		4-8	4-6	4-6	S	Xeric	clumping						6-10	Rosaceae	Fallugia paradoxa is an erect shrub not exceeding two meters in height. It has light gray or whitish peeling bark on its many thin branches. The leaves are each about a centimeter long and deeply lobed with the edges rolled under. It is a drought hardy plant native to the SW USA and provides good habitat for wildlife. Apache plume has single, white, rose-like flowers in a fine-textured shrub up to 5 feet tall and 8 feet wide. Flowering occurs from late spring until late summer, and is followed by clouds of showy, pink, feater-duster-like seed heads that are just as showy as the flowers.
Galium odoratum	Sweet Woodruff		1-2	0.5	N/A	PS/Sh	Mesic	spreading		X				4-8	Rubiaceae	Galium odoratum, commonly called sweet woodruff, is a mat-forming perennial that is most often grown as a ground cover in shady areas. Plants typically grow 8-12" tall and feature fragrant, lance-shaped, dark green leaves in whorls of 6-8 along square stems. Plants have also been used commercially in perfumes
Galium verum	Yellow Bedstraw		1-2	1-3	2-3	PS/Sh	Mesic	spreading	X	X		X		3-7	Rubiaceae	Galium verum, commonly called yellow bedstraw, is a rhizomatous, somewhat weedy perennial herb that typically grows to 8-30" tall and to 36" wide on erect to sprawling stems. Yellow dye from flowering stems has been used as a food coloring for cheese or butter. Red dye can be made from the roots. Prefers a loose moist leafy soil in some shade, but it tolerates a position in full sun. Plants are tolerant of dry soils, but do not thrive in a hot climate. They dislike very acid soils. An aggressive spreader, though it is low-growing and mixes without harm with any plants at least 2' tall. It grows well in the summer meadow and is a food plant for the larvae of several species of butterflies

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Glycyrrhiza glabra	Licorice		1-1.5	2-3	n/a	S/PS	Mesic	spreading					X	7-10	Fabaceae	Once established, the plants shoot up like a young willow thicket, setting erect lilac flowers that give way to the smooth pods. The part used is the stoloniferous root, which can be harvested after 2 or 3 years of growth. Plant prefers full sun and dry, alkaline soils. Can take years to establish a good plot. This is a great crop for people in Arizona, or at elevation in California, or any other place where the weather is clear, high and hot.
Glycyrrhiza uralensis	Chinese Licorice		1-1.5	2-3	n/a	S/PS	Mesic	spreading					X	5-10	Fabaceae	Herbaceous perennial native to Siberia and China. Flowers blue to 3 feet. The plant prefers alkaline soil and thrives on neglect. This plant produces the fine-flavored licorice root.
Helianthus maximilianii	Maximilian Sunflower		3-4	4-6	3-4	S/PS	Xeric	clumping, self seeding	X	X				4-9	Asteraceae	Maximilian Sunflower is very showy and towers above surrounding vegetation when in bloom. It is best suited for full sun in dry to medium conditions. It grows to 6' tall and spreads both by seed and slowly by rhizome to form a large clump. Flowers are great for pollinators and goldfinches love the seeds in fall.
Hylotelephium spectabile	Showy Stonecrop		2	1-2	1-2	S	Mesic	clumping	X					3-9	Crassulaceae	The fleshy foliage grows with a mounding habit and is attractive even without blooms. The stems can be pruned in summer to obtain a shorter bushier plant but will delay bloom time. The showy flowers appear mid to late summer into fall and attract bees and butterflies. Leaving the seedheads on the plant will add some winter interest.
Hyssopus officinalis	Hyssop		2-3	1-2	2-4	S/PS	Mesic	clumping	X	X				5-10	Lamiaceae	Hyssop is an evergreen, bushy perennial native to southern Europe. A member of the mint family, Hyssopus officinalis can be used sparingly as a spice or macerated as a unique flavor to liqueurs. The plant has a long history of folklore in ancient Europe and was often hung in homes for protection. Hyssop herb is also typically made into a syrup or steeped and enjoyed as an infusion of hyssop tea.
Inula helenium	Elecampane		1-2	3-5	2-3	S/PS	Mesic	spreading					X	5-8	Asteraceae	a perennial herb in the aster family with a long history of medicinal uses. In appearance, it is reminiscent of a sunflower plant, with tall stalks, pale green foliage, and bright yellow flowers with large seed heads in the center. The flowers of elecampane are much smaller than sunflowers, but it has enormous leaves that can grow to 2 feet in length. All parts of the plant have medicinal applications, but the octopus-like roots provide the main source of useful material.
Lavandula x intermedia.	Dutch Lavender	Dutch Mill	2-3	2-3	2-3	S	Xeric	clumping		X				5-9	Lamiaceae	Dutch Mill is an early blooming variety of oil producing lavender similar to Grosso. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.
Lavandula x intermedia.	Dutch Lavender	Provence	2-3	2-3	2-3	S	Xeric	clumping		X				5-9	Lamiaceae	Provence is 24-36 inches, copious flowers, somewhat lighter than grosso, evergreen good oil and a great plant for fresh or dried bouquets. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.
Lavandula x intermedia.	Dutch Lavender	Super	2-3	2-3	2-3	S	Xeric	clumping		X				5-9	Lamiaceae	Super is 24-36 inches or larger, lighter purple flowers, evergreen, good oil. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.

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Lavandula x intermedia.	Dutch Lavender	Twickle	2-3	2-3	2-3	S	Xeric	clumping		X				5-9	Lamiaceae	Twickle is 24-36 inches, sagey colored leaves, flowers tend towards blue, not a lot of oil but a distinctive peppery essential oil. evergreen, full sun. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.
Lavandula angustifolia.	English Lavender	Mary Diana	2-3	2-3	3-4	S	Xeric	clumping		X				5-9	Lamiaceae	Mary Diana is 18-24 inches, purple/blue flowers, good oil, this plant was developed by Campie's Lavender Patch in Stagecoach, NV. Often associated with the famous purple fields of Provence, Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils
Lavandula angustifolia.	English Lavender	Premier	2-3	2-3	3-4	S	Xeric	clumping		X				5-9	Lamiaceae	Premier is the first to bloom, very dark purple flowers, 12-18 inches dark green leaves, full sun, a great early bloomer. Often associated with the famous purple fields of Provence, Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils
Lavandula angustifolia.	English Lavender	Royal Purple	2-3	2-3	3-4	S	Xeric	clumping		X				5-9	Lamiaceae	Royal Purple is 18-24 inches, violet to blue flowers, one of our favorite culinary lavenders. mixes well with Premier and De-Lavande, full sun. Often associated with the famous purple fields of Provence, Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils
Lavandula x heterophylla	Indoor Lavender	Goodwin Creek	2-3	2-3	3-4	S	Xeric	clumping						8-9	Lamiaceae	Goodwin Creek is 12-18 inches, the only lavender plant that we recommend for all year inside. it will grow indoors all year. outside in winter will kill it. light green leaves with sawtooth edges and purple flowers. A wonderful fragrant indoor lavender to enjoy year round.
Leonurus cardiaca	Motherwort		2-3	2-4	2-3	S/PS	Mesic	clumping, self seeding	X	X				3-8	Lamiaceae	Perennial flowering to 5 feet tall. Native to Europe. Traditional usage (TWM): menstrual woes, tonic to the heart. Decorative flowers on a lithe and blowsy plant. Plant prefers part shade to full sun, regular garden soil and plenty of water. Space plants 1 to 2 feet apart.
Levisticum officinale	Lovage		1.5-3	3-6	1-3	S/PS	Mesic	clumping	X				X	3-9	Apiaceae	The plants can grow up to six feet tall, with a 32-inch spread, so they make stately specimens in the garden. It prefers partial shade or afternoon shade. Flowers attract beneficial insects. The leaves and stem of the lovage plant add an intense celery-like flavour to soups, stews and stocks or pork and poultry dishes. Seeds are milder and can be used like dill seed and coriander.
Malva sylvestris	High Mallow		2-4	2-4	2-4	S/PS	Mesic	clumping	X	X				4-8	Malvaceae	A vigorous biennial/perennial plant with showy flowers of bright mauve-purple, with dark veins, standing 3-4 feet (0.91-1.22 m) high and growing freely in meadows, hedgerows and in fallow fields. Flowers are similar to marshmallow and visited by many pollinators.
Marrubium vulgare	White Horehound		1.5-3	1-2	1.5-3	S	Xeric	clumping, self seeding	X	X				4-10	Lamiaceae	An attractive shrub with small, grey-green leaves that are covered in small white hairs, creating a fuzzy appearance.
Melissa officinalis	Lemon Balm		1	1-2	n/a	S/PS	Mesic	spreading	X	X				4-8	Lamiaceae	Strongly aromatic herb with lemony fragrance and excellent medicinal and culinary qualities. Shiny green leaves on full plants up to 2' tall. Harvest before flowering since leaf quality declines as flower stalks mature. Attracts bees and pollinators.
Melissa officinalis ssp. altissima	Lime Balm		1-2	1-2	N/A	S/PS	Mesic	spreading	X	X				6-9	Lamiaceae	Herbaceous perennial to 2 feet, native to the Mediterranean. Light-green lime-flavored foliage is softly pubescent, with outsize flowers of light lavender. A rare and unusual subspecies of lemon balm
Mentha x piperita	Peppermint	French	1	1-2	n/a	S/PS	Mesic	spreading	X	X				4-10	Lamiaceae	French Peppermint' is a classic aromatic herb. This very attractive herb with medium green leaves is extremely hardy to zone 3. A low growing spreading groundcover. French Peppermint will readily make itself at home in full sun to partial shade in moist soil.

						Growing conditions			Part Used							[1]
Botanical Name	Common Name	Variety	Spacing (ft)	Height (ft)	Width (ft)	Sun/PS /Shade	Moisture needs	Habit	leaf	flower	fruit	root	seed	USDA Zone	Family	Description
Mentha × piperita 'swiss'	Swiss Mint	Swiss Mint	1	1-2	n/a	S/PS	Mesic	spreading	X	X				4-10	Lamiaceae	Swiss Mint (mentha x piperita 'swiss') - Interesting and hard to find mint variety used in the flavoring of Swiss candies. also sometimes called "Swiss Ricola" mint. Attractive upright-growing plant features large slender light green leaves with toothed edges. Light and refreshing flavor for culinary or tea use. Flowers attract beneficial insects.
Mentha aquatica	Berries and Cream Mint	Berries and Cream	1.5-3	1-2	N/A	S/PS	Mesic	spreading	X	X				6-10	Lamiaceae	Berries and Cream mint is a vigorous grower and can grow up to 3' tall. The plant has dark green, spear-shaped leaves with wide, rounded bottoms that grow in opposite pairs. Has spikes of light purple flowers in summer. The leafy herb has a berry-like aroma combined with the scent of menthol and a hint of citrus. Plant Mentha aquatica along the edges of bodies of water or in shallow water. The plant prefers slightly acidic soil in moist loam. Watermint plants do best in full sun but can also thrive in partial shade.
Mentha aquatica 'Citrata'	Orange Mint	Orange	1.5-3	1-2	N/A	S/PS	Mesic	spreading	X	X				6-10	Lamiaceae	Also known as Bergamot Mint. Treasured for its very special fragrance. Its hint of citrus is tantalizing in fruit punches, teas and potpourris. The oil is an ingredient in chartreuse and perfumes. Plant Mentha aquatica along the edges of bodies of water or in shallow water. The plant prefers slightly acidic soil in moist loam. Watermint plants do best in full sun but can also thrive in partial shade.
Mentha arvensis	Banana Mint	Banana	1-2	1-2	N/A	S/PS	Mesic	spreading	X	X				6-10	Lamiaceae	Banana mint grows low to the ground and bears many small, oval to lanceolate shaped leaves on medium to slender, green stems. The bright green leaves have lightly serrated edges and are coated in a soft layer of fuzz. In the summer, Banana mint also develops many small lilac flowers that grow in clusters and are highly fragrant. In addition to the flowers, the leaves of the Banana mint are aromatic with a sweet, tropical scent and are crisp with bright, herbal flavors of peppermint and bananas. Delightful and unusual banana scented leaves provide endless culinary possibilities! This mint from France has a low growing creeping and trailing habit that makes this variety nice for containers or hanging baskets. Perennial zones 5-9.
Mentha arvensis 'Variegata' (M. x gentillis)	Ginger Mint	Ginger	1.5-3	1-2	N/A	S/PS	Mesic	spreading	X	X				6-10	Lamiaceae	Ginger mint is a cross between corn mint and spearmint, and smells very much like spearmint. Often called slender mint or scotch mint, variegated ginger mint plants have beautiful bright yellow stripes on the leaves. Heart-shaped leaves flecked with gold make this a spectacular ornamental mint. Its fruity taste carries a hint of ginger. The attractive plant brightens up the herb garden. The plant is happy in moist soil with sun or part shade and will expand into the garden easily unless it is restrained in pots or bottomless buckets sunk into the garden bed. Ginger mint is well suited to container gardening, where it can decorate a patio or doorstep while offering its many benefits to the cuisine.
Mentha haplocalyx	Chinese mint 'Bo He'		1-2	1-2	N/A	S/PS	Mesic	spreading	X	X				7-10	Lamiaceae	Chinese mint is native to China where it is widely grown as a tea plant used for medicinal purposes. It can grow up to 60cm tall and has square stems, toothed oval leaves and bears whorls of pale lilac flowers growing from the leaf axils. It prefers sun to partial shade and moist soils
Mentha sp.	Citrus Kitchen Mint	Citrus Kitchen	1.5-3	1-2	N/A	S/PS	Mesic	spreading	X	X				6-10	Lamiaceae	A mint hybrid known for its strong, pleasant citrus flavor and aroma. It's prized for its culinary uses both for cooking and beverages. On top of being useful in the kitchen, its fragrance makes it a great choice for garden borders where its tendrils can be easily bruised by foot traffic, releasing its scent into the air.
Mentha sp.	Cotton Candy Mint	Cotton Candy	1.5-3	1-2	N/A	S/PS	Mesic	spreading	X	X				6-10	Lamiaceae	A fuzzy blue leafed, spreading groundcover mint with spikelets of lavender flowers in summer. As mint breeder Jim Westerfield once told Richters, "The first time I smelled this hybrid a voice in my head said 'Cotton Candy'. It had a certain soft, sweet aroma, combined with, of all things, pink flowers! What's interesting is that there exists not one bottle of flavoring ANYWHERE on any shelf in the world, whose label reads 'Cotton Candy'. Nope, such a seasoning has simply NEVER existed."

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Botanical Name	Common Name	Variety	Spacing (ft)	Height (ft)	Width (ft)	Sun/PS /Shade	Moisture needs	Habit	leaf	flower	fruit	root	seed	USDA Zone	Family	Description
Mentha spicata	Spearmint	Spearmint	1	1-2	n/a	S/PS	Mesic	spreading	X	X				3-10	Lamiaceae	Spearmint, (<i>Mentha spicata</i>), aromatic herb of the mint family (Lamiaceae), widely used for culinary purposes. Mint thrives in moist to slightly soggy soil. Consider planting mint near downspouts or in low, damp spots in your yard. Great for sweet teas. Flowers attract beneficial insects.
Mentha x piperita	Chocolate Mint	Chocolate	1.5-3	1-2	N/A	S/PS	Mesic	spreading	X	X				6-10	Lamiaceae	Chocolate mint has a fragrance of chocolate. A variety of peppermint, it is a rhizomatous, upright perennial which is most commonly grown as a culinary herb and/or ground cover. It typically grows to 2' tall and spreads by rhizomes to form an attractive ground cover. The rounded, lance-shaped leaves are a darker green than other forms of mint. Lavender flowers appear in summer.
Mirabilis multiflora	Desert Four O'clock		1-2	0.5-1	4-8	S	Xeric	clumping						4-8	Nyctaginaceae	15-18" tall x 48-72" wide. In its full afternoon glory, Desert Four O'clock has few rivals. A mature plant will have hundreds of magenta-pink flowers open at one time! This short grass prairie wildflower is a xeric species with an enormous, deep-growing taproot. Plant it in any soil, even clay, where it will get plenty of sun and heat. Once established, it grows best when given just a little extra irrigation. Semi-succulent foliage. Great pollinator plant, particularly for nocturnal pollinators.
Monarda didyma	Red Bergamot		1-3	2-4	N/A	S/PS	Mesic	spreading	X	X				4-9	Lamiaceae	The boldest blossoms of the bergamot varieties and a favourite for those who are looking to attract a flurry of pollinators to the garden! Red ragged blossoms are easy to spot in their blooming months of July and August.
Monarda fistulosa	Bee Balm, Mixed		1-3	2-4	N/A	S/PS	Mesic	spreading	X	X				3-10	Lamiaceae	This is a highly aromatic and showy cultivar that makes mixed colors, foliage giving rise to blossoms of pink, lavender and purple.
Monarda fistulosa	Bee Balm, Wild Bergamot		2-4	3-5	n/a	S/PS	Mesic	spreading	X	X				3-10	Lamiaceae	Bee Balm is a great insect attracting flower, particular for bumblebees and hummingbirds. A North American native, It grows 3-4' tall and spreads slowly. It has pink showy whorled blooms; leaves have aroma of orange and spice. Often used in tea. It has a soothing flavor and aids digestion.
Monarda fistulosa	Bergamot, Sweet leaf		1-3	2-4	N/A	S/PS	Mesic	spreading	X	X				3-10	Lamiaceae	With showy flowers of lavender to rose and leaves both pungent and minty, this wild native plant, hardy in the face of severe frost, drought or flood, accommodates well to the domestic garden and brings long-lasting joy. Fantastic fresh cut flower and tasty tea herb.
Monarda punctata	Spotted Bee Balm		1.5-3	1-3	1-3	S/PS	Mesic	clumping	X	X				4-9	Lamiaceae	This native beauty boasts pale yellow blooms with purple spots. Also known as Spotted Bee Balm and Horsemint, this Monarda has a lovely thyme scent and has been used in teas and for other medicinal purposes. Spotted Bee Balm is drought tolerant and thrives in dry, sandy conditions, requiring little water and upkeep. Growing to be 40" tall, this Bee Balm attracts an abundance of pollinators to the summer garden or meadow.
Monardella odoratissima	Oregano de la Sierra		1-2	0.5-1	1-2	S/PS	Mesic	clumping, self seeding	X	X				5-10	Lamiaceae	Perennial miniature woody subshrub native to North America, Flowers lavender in showy globular whorls, sometimes as many as 3 to a stem, to 18 inches tall. Does well on a dry, rocky and sunny exposure—screes slopes, path, roadside or full-sun garden bed. The leaves give off a bright lemony mintiness when fresh and when dried, are spicily aromatic, attaining the fragrance of Oregano—deep, complex and pungent.
Myrrhis odorata	Sweet Cicely		2-3	2-3	2-3	S/PS	Mesic	clumping		X				4-8	Apiaceae	Herbaceous perennial native to Europe and Asia. The plant exudes the fragrance of Anise from its ferny leaves, white terminal umbels and deeply grooved, resinous seeds. The seeds are the part that earned this plant the name "myrrh," as they are shellacked with resin. Plant prefers rich garden soil of shade garden or woodland—part to full shade.
Nepeta cataria	Catnip	Lemon	2	3-4	1-2	S/PS	Mesic	clumping, self seeding	X					3-9	Lamiaceae	Catnip is easy to grow and gets about three feet by three feet. Catnip dies back to the ground in winter but returns in the spring. Leaves can be harvested anytime. Be careful that your cats don't maul it;) Uses: Butterfly, Culinary, Fragrant, Medicinal. Catnip has a long history of medicinal use. Most often it is referred to as a sleep aid. Flowers attract beneficial insects.

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Botanical Name	Common Name	Variety	Spacing (ft)	Height (ft)	Width (ft)	Sun/PS /Shade	Moisture needs	Habit	leaf	flower	fruit	root	seed	USDA Zone	Family	Description
Nepeta racemosa	Catmint		3	2-4	2-4	S/PS	Xeric	clumping	X	X				3-9	Lamiaceae	Catmint (Nepeta) is a member of the mint family. It is an extremely easy growing plant with few pests or problems. One of the best pollinator plants for our region. It often blooms from late May - October. The billowing foliage is topped with spikes of flowers in early summer with repeat blooms throughout the season. Nepeta has slightly aromatic grey-green foliage that has a delicate, lacy appearance. The flowers can be white, pink or lavender-blue, and bloom on long spikes. The lavender-blue varieties are often used as a substitute for lavender plants, where lavender is not particularly hardy.
Ocimum basilicum	Basil		0.5	0.5-1	0.5-1	S	Mesic	annual	X	X				10-12	Lamiaceae	Basil or sweet basil is an annual plant, a popular culinary herb that is dark greenish to light yellow green in color with a pointed round leaves in appearance.
Ocimum tenuiflorum	Tulsi / Holy Basil		0.5	0.5-1	0.5-1	S	Mesic	annual	X	X				10-12	Lamiaceae	Known as the Queen of Herbs in India, tulsi is considered to be sacred. This type of holy basil is also known as Kapoor, or temperate basil. It is distinguished by its bubble-gum scent, frost-tolerance, and fast-growing nature. Its health-promoting properties are said to help combat stress and other medical concerns. If allowed to flower, it is a bee magnet
Oenothera biennis	Evening Primrose		1-3	2-6	1-3	S/PS	Mesic	clumping	X	X			X	4-9	Onagraceae	This is a cheerful North American herb that blooms with bright yellow flowers that, as its name suggests, open up at night and close around noon. It is easy to spot in the wild and can grow almost anywhere, which makes for a very low maintenance addition to the garden! Its leaves can be cooked like spinach and roots eaten like potatoes. Attracts hummingbirds by day and hawk moths by night.
Oenothera speciosa	Mexican Evening Primrose		1-2	0.5-1	n/a	S/PS	Xeric	spreading						4-9	Lamiaceae	This is a vigorous, spreading plant that will form a low patch of small, spotted, olive-green leaves. Large satiny deep-pink flowers appear from early summer into the fall, seeming to rest right on top of the leaves. Excellent choice for hot, dry slopes. Also nice in containers. Use as a groundcover to take advantage of its spreading nature. Drought tolerant.
Origanum majorana	Sweet Marjoram		1-1.5	1-1.5	1-1.5	S	Xeric	clumping	X					8-11	Lamiaceae	Sweet marjoram could be described as a mild oregano. Bushy and lush, you will want to harvest snips throughout the growing season and trim it all at the end of the growing season to dry for later use. In Germany, it's a popular seasoning for sausage. In the northern US, it is popular for turkey stuffing. In France, Italy, and Portugal it is used to flavor soups, lamb, veal, stews, and assorted vegetables. Not as cold hardy as oregano, plant in a location that is sheltered from cold winter freezes like near a wall or along a rock border. Flowers attract beneficial insects.
Origanum vulgare	Oregano		1-1.5	1-1.5	1-1.5	S	Xeric	clumping, self seeding	X					4-10	Lamiaceae	Oregano is a loose, open plant growing from six inches to two feet tall with gray-green leaves and small purple or white flowers that can thrive in hot dry sites once established.
Penstemon palmerii	Palmer's Penstemon		2	2-4	1-3	S	Xeric	clumping, self seeding						4-9	Plantaginaceae	Palmer's Beardtongue blooms in early summer with tall spikes of fragrant, light pink flowers in early summer. Very xeric and heat tolerant, it is a willing reseeder for use in colonizing harsh sites. One of the most durable and beautiful penstemons. Great for large pollinators and hummingbirds. Will reseed if allowed.
Penstemon psuedo-spectabilis	Desert Penstemon		2	2-4	1-3	S	Xeric	clumping						5-9	Plantaginaceae	Penstemon pseudospectabilis a species of penstemon. It is native to the southwestern United States, where it grows in desert and plateau habitat types, such as sandy washes, scrub, and woodland. The plant is generally a shrub growing to one meter, with many erect stems. brilliant deep pink flowers bloom in abundance over a long period in late spring and early summer. The shiny blue-green leaves are serrated along the edge, adding to the plant's ornamentation. Hummingbirds find the flowers irresistible and songbirds eat the seeds. This regional beauty is an important nectar source for native bees and honey -bees

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Botanical Name	Common Name	Variety	Spacing (ft)	Height (ft)	Width (ft)	Sun/PS /Shade	Moisture needs	Habit	leaf	flower	fruit	root	seed	USDA Zone	Family	Description
Penstemon strictus	Rocky Mountain Penstemon		1	1-2	1-2	S	Xeric	clumping						3-8	Plantaginaceae	Rocky Mountain beardtongue, with its spikes of bright blue flowers and evergreen foliage, is one of the easiest-to-grow Penstemon. Long-lived, this beauty thrives in most any well-drained soil with full sun exposure. The show begins in early summer and continues for more than a month, giving you enough bloomspikes to fill every vase in the house. But be sure to leave some on the plant -- hummingbirds and butterflies love this Penstemon almost as much as you do, and will visit your garden in droves to sip its nectar.
Pycnanthemum pilosum	Mountain Mint		2-3	1-3	1-3	S/PS	Mesic	spreading		X				4-8	Lamiaceae	This herbaceous perennial plant is 2-4' tall, branching frequently to create a slender bushy appearance. The small white to lavender flowers have subtle purple spots and are packed with nectar inviting all kinds of bees, wasps, flies, beetles, moths and butterflies. It indeed is one of THE natives to have to attract pollinators. Mammals, small and large, will not bother this plant due to its strong mint smell. A simple walk-by and brush up against this plant will yield that familiar mint fragrance.
Rheum rhabarum	Rhubarb		2-4	2-4	3-5	S/PS	Mesic	clumping	X					6-10	Polygonaceae	Native to southern Siberia, it got its name from the Russians who grew it along the Rha river (now the Volga). For centuries it was traded alongside tea as a cure for stomach aches and fevers. This herbaceous perennial vegetable grows 2 to 4 feet tall with large, smooth, heart-shaped basal leaves. The plant grows from large, fleshy reddish-brown rhizomes with yellow interiors. The leaves emerge from crown buds when temperatures begin to exceed 40°F in early spring. The thick, succulent red or green leafstalks (petioles) grow up to 18 inches long and 1-2 inches in diameter, with leaf blades up to a foot or more in width. The foliage dies back to the ground each winter.
Rosmarinus officinalis	Rosemary		3-4	2-4	3-5	S	Xeric	clumping	X					6-10	Lamiaceae	A classic Mediterranean culinary herb. Barely hardy in Reno, place somewhere sheltered, next to a wall or in a courtyard. Plants can grow to 4-6 feet tall with some varieties having a trailing or cascading habit. Foliage is dark green and needle-like much like a spruce or fir. A white band on the underside gives it a gray coloration.
Salvia apiana	White Sage		2-3	2-3	2-3	S/PS	Xeric	clumping	X	X				7-12	Lamiaceae	White sage is a native evergreen salvia to southern California commonly found in coastal sage scrub and chaparral. Soft, gray-white leaves of white sage clothe the herbaceous stems, which are erect from the wooden base. Plant in a container and bring inside for winter or a warm sheltered space next to a wall or rocks. This plant can only tolerate 0F - 10F temperatures.
Salvia greggii	Cherry Chief Sage	Cherry Chief	2-3	2-3	2-3	S/PS	Mesic	clumping	X	X				6-10	Lamiaceae	Autumn sage is a soft, mounding shrub normally 2-3 ft. tall, with small, mintily aromatic green leaves that are evergreen in warmer climates. The flowers are borne on racemes from spring to frost and can be red, pink, purple, orange, or white. ... The species name "greggii" is in honor of Josiah Gregg, (1806-1850). Autumn sage works well in containers, borders, or mass plantings. It blooms prolifically from mid-summer to mid-fall. During this time it will be attracting bees, birds, and butterflies. Hummingbirds are especially drawn to the flowers' typical red color.
Salvia hians	Kashmir Sage		1-3	1-3	1-3	S/PS	Mesic	clumping	X	X				5-9	Lamiaceae	This short-lived herbaceous perennial from the Himalayas has scented, hairy leaves and forms a small shrub 2 feet tall by 2 feet wide. It bears 1.5-inch-long purplish-blue flowers with white lips (called bee lines) from early to late summer. The flowers are clasped by rusty colored calyxes that accent color of the blooms. Salvias are some of the showiest plants for containers, annual borders, and mixed borders. Butterflies and hummingbirds love them. The plant flowers over a longer period of time than most sages. Salvia hians is a particularly robust sage, with resinously sticky foliage that gives off an enticing, fruity aroma, even at a distance.
Salvia officinalis	Sage		2-4	2-3	2-4	S	Xeric	clumping	X	X				5-9	Lamiaceae	Sage is a shrubby, perennial plant that grows to about 2-3 feet tall. Foliage is gray-green with a pebbly texture. As it ages, it has a tendency to sprawl. Spikes of purple flowers appear in mid-summer. Great Pollinator and bee plant

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Santolina rosmarinifolia	Green Santolina		1-3	1.5-3	1-2	S/PS	Xeric	clumping	X					6-10	Asteraceae	Green Santolina is an evergreen, rounded, fragrant shrub from the Mediterranean that produces cheerful yellow flowers. It needs well-drained soil in the full sun. Santolina herb plant is fairly pest and disease resistant, drought tolerant and deer resistant
Satureja montana	Winter Savory		1-1.5	0.5-1	1-1.5	S/PS	Xeric	clumping	X	X				5-10	Lamiaceae	A evergreen shrub that can be easily overlooked in the culinary realm, although it should certainly have a place in any kitchen garden! Produces charming white flowers, in contrast to the pink flowers of the summer savoury. Plant in well drained alkaline soil in a sunny spot (will tolerate part shade). Makes a great border and edging plant. Prune in early spring to encourage robust growth.
Satureja montana var. citriodora	Lemon Savory		1-2	1-1.5	1-2	S/PS	Xeric	clumping	X	X				5-8	Lamiaceae	Evergreen woody subshrub to 12 inches tall, native to the Mediterranean. With flowers of white to pink and leaves redolent with citrus, the plant is also pretty on the dryland landscape and well-loved by bees. Plant prefers full sun and dry soils.
Satureja montana var. illyrica	Purple Winter Savory		1-2	0.5-1	1-2	S/PS	Xeric	clumping	X	X				4-10	Lamiaceae	A prostrate groundcover form of winter savory, growing to only 6 inches. Plant is purple-flowered, an aromatic spice, leaves turning purple in the winter. Plant prefers full sun, a dry exposure, and fast-draining soil.
Scutellaria lateriflora	Skullcap		1.5	1-3	n/a	PS/Sh	Mesic/hydric	spreading	X	X				6-9	Lamiaceae	Skullcap is an herbaceous perennial. Plant prefers part shade to full sun and rich, moist soils. Flowers have a blue monk's hood appearance. Low growing and spreading, Skullcap is great if you have a low wet spot in your yard. Used in teas for headaches.
Sedum reflexum	Blue Sedum		0.5-1	0.25-0.75	n/a	S/PS	Mesic	spreading						4-9	Crassulaceae	A standout among hardy, low-maintenance, ground cover succulents. Its stiff, needle-like leaves hold a soft blue-green and flush salmon pink in winter. The growing season also brings a sea of bright yellow, star-shaped flowers that attract pollinators. Edible stems and leaves add a crunchy lemon flavor to salads or as a garnish
Sedum spurium	Dragon's Blood Sedum		0.5-1	0.5-1	n/a	S/PS	Mesic	spreading	X					4-9	Crassulaceae	Dragon's blood sedum is a small, cold-hardy stonecrop that makes excellent ground-cover.
Silene vulgaris	Maiden's tears		1-2	1-3	1-2	S/PS	Mesic	clumping	X					5-9	Caryophyllaceae	Silene vulgaris is a herbaceous perennial plant producing a dense cluster of stems from woody rhizomes; it can grow up to 2.5' tall. It produces delicate white flowers and ornamental buds. The plant is a commonly used wild food, especially in the Mediterranean, and has at times been suggested for cultivation. It also has a range of medicinal uses and has sometimes been grown as an ornamental. As the leaves age, they become sticky and resinous.
Stachys byzantina	Lamb's Ears		43832	43832	n/a	S/PS	Xeric	spreading		division	X			4-10	Lamiaceae	Soft white woolly leaves on spreading 12-18" stems. Flower stalks with purple flowers not showy. Grown mostly as foliage plant to contrast with greens and purples. Slightly amended soil, sun to part sun, extra water. Will creep out of planted area.
Stachys officinalis	Wood Betony		1-2	1.5-2	1-2	S/PS	Mesic	clumping	X	X				5-10	Lamiaceae	a rhizomatous perennial the produces basal rosettes of dark green glossy ovate basal leaves. Tiny two-lipped rose-lavender flowers appear in dense spikes atop mostly leafless flowering stems from mid-summer through September. Plants will spread over time to form a dense groundcover.
Symphytum x uplandicum	Russian Comfrey		3-4	2-4	3-5	S/PS	Mesic	clumping	X			X		4-10	Boraginaceae	Broad leaved clumps 3-4' wide and 2' tall grow, then in early summer slender stalks of leaves emerge. These leaves get gradually smaller as they near the top, ending in gracefully hanging, tiny bell shaped flowers loved by bumblebees. Russian Comfrey is sterile which means it does not make viable seed. Besides being attractive, its leaves add relatively high amounts of nitrogen, potassium and phosphorus to the compost pile. Or, use the leaves as a direct mulch and let them break down right under the plants. Once the plant has some size on it, you can cut leaves and use them whenever there are enough to mess with. Late fall pruning should be avoided as the plant starts to flower and go into its readiness phase for winter dormancy. As the last batch of leaves rot, they fertilize the plant for better growth next spring. Great for bumblebees, animal fodder, as a topical medicinal.

[1]																
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						Sun/PS /Shade	Moisture needs		leaf	flower	fruit	root	seed			
Tanacetum balsamita	Costmary		3	2-4	n/a	S/PS	Mesic	spreading	X					5-9	Asteraceae	Costmary is a low growing, spreading, aromatic plant of the daisy family, used in medicine and for flavoring ale prior to the use of hops. Appreciated for its long, feathery leaves and mixed balsam-mint-like aroma. Also known as Bible plant, costmary leaves were often used as bookmarks to mark pages of scripture. The plant will thrive in almost every soil or situation, but will do best on dry land. Heads of yellow flowers bloom in August and attract beneficial insects.
Thymbra spicata	Spiked Thyme		1-2	1-1.5	1-2	S/PS	Xeric	clumping	X	X				7-10	Lamiaceae	Evergreen woody subshrub to 18 inches tall, native to Greece. With outside, lipped flowers of lavender and glossy, oil-rich leaves the plant is pretty on the dryland landscape, well-loved by bees. Plant prefers full sun and dry soils. Plant in a container and bring inside for winter or a warm sheltered space next to a wall or rocks. This plant can only tolerate 0F - 10F temperatures.
Thymus capitatus	Timo Arbostivo		1-2	0.5-1	1-2	S/PS	Xeric	clumping	X	X				6-9	Lamiaceae	a small woody, strongly branching perennial with showy bright rose, dense flower heads above narrow, dark green, strongly aromatic leaves. It is native of dryish, rocky spots throughout the Mediterranean. For any rich, well drained soil in a sunny and protected spot.
Thymus fragrantissimus	Orange Thyme		1-2	0.5-1	1-2	S/PS	Xeric	clumping	X	X				5-10	Lamiaceae	A new Thyme with an orange-spicy scent. When you cook with it, the clear orange flavor lingers in the mouth without the harsh aftertaste of other thymes. This species grows short and compact to 4" tall and 12" across. Lots of light pink blooms in Summer are a delight for the local bee population. Plant prefers full sun and dry soils. Harvest leaves prior to flowering.
Thymus vulgaris	French Thyme		0.5-1	0.5-1	1-1.5	S/PS	Xeric	clumping	X	X				6-10	Lamiaceae	Woody perennial subshrub, a select cultivar from France. Excellent as a spice, this nicely green, narrow leaved cultivar is one of the most flavorful of all the Thymes. Wonderful flower displays are much visited by bees. Flowers also edible and tasty. Makes an excellent tea (dry it first). Plant prefers full sun and mesic soils.
Urtica dioica	Stinging Nettle		1-3	2-4	n/a	S/PS	Mesic	spreading	X					4-9	Urticaceae	Stinging nettle (Urtica dioica) is a fast-growing herbaceous perennial that gets tall in the summer and dies back down to the ground in the winter. It bears small greenish flowers in the spring. Be careful when working with stinging nettle because it has a toxic component. Its leaves and stems have tiny stinging barbs, which contain chemicals that can cause pain and inflammation in people and animals when they come in contact with the skin. Reactions also can occur if you eat the plant without properly preparing it.
Valeriana officinalis	Valerian		1.5-2	1-3	1-2	PS/Sh	Mesic	clumping	X					4-8	Caprifoliaceae	a clumping perennial with scented leaves, stems, flowers and roots. Sends up clusters of white flowers in summer. Leaves are odd-pinnate, each leaf having 7-10 pairs (plus terminal) of toothed, lance-shaped leaflets. Leaves are aromatic when bruised
Verbena hastata	Blue Vervain		2-3	2-4	2-3	PS	Mesic	slowly spreading self seeding	X	X		X		3-7	Verbenaceae	Blue vervain is a native wildflower that spreads slowly through rhizomes and self-seeding. It can grow in disturbed sites and is commonly found in moist meadows, thickets, pastures, riversides, marshes, ditches, and river-bottom prairies. The plant forms clumps of stiff upright stems with lanced-shaped leaves with toothed margins. The purple flowers occur in a candelabra-shaped panicle and are a high-value nectar plant with a long bloom season. Blooms open bottom to top with only a few open at one time in mid to late summer.

[1] Primary sources used:

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