



Opening Times: Tues - Sat 10am - 6pm. Sun 11am - 4pm

Herb Plant Catalogue

Code Key

P = Perennials,

A = Annuals,

BI = Biennials,

HH = Half Hardy

Important

Any reference to the medical properties given for any particular herb in this catalogue is given for reference only and medical supervision from a qualified practitioner must be sought before using.

Angelica – archangelica – BI

A large plant growing 3-8 feet tall, hollow stems and tiny green white flowers in early summer. Prefers a well drained sunny position. Stalks are candied for decorating cakes and desserts. Roots and seeds are used to decorate liqueurs. A tea made from the leaves used as a tonic for colds and to reduce flatulence.

Anise hyssop - agastache foeniculum - P

A large plant growing 2-3 feet tall with bold spikes of light purple flowers. Prefers a well drained sunny position. Aniseed flavoured leaves can be added to salads also for teas and flavourings. It is used as a breath-freshener, as a tea and as a sweetener. An infusion of the herb is used for chest pains, and the roots used for coughs.

Balm - lemon - melissa officinalis - P

A lemon scented bushy plant growing 12-32 inches. Insignificant pale yellow flowers in summer. Prefers a moist soil in sun or partial shade. It is used as an ingredient of herb teas for relaxation and leaves can be used for salads, soups and sauces. Ideal for refreshing a fruit drink on a hot summers day. Used in oil for massage and ointment to deter insects and treat bites.

Balm golden variegated - melissa officinalis aurea - P

Lemon scented leaves with golden splashes, a very attractive plant, growing to 12-24 inches. Prefers a moist soil in sun or partial shade. Leaves used for salads, soups and sauces and as an ingredient of herb teas. This has the same healing properties as lemon balm.

Basil - ocimum basilicum - A

(available late spring/summer). Grown in warm tropical countries, it needs a very sunny situation to survive. Medicinally used to aid digestion.

o.b.Anise

A purple flushed foliage, pink flower spikes, sweet liquorice aroma. Height 18 inches.

o.b.Cinnamon

Similar to anise with cinnamon like aroma, height 18-30 inches.

o.b Genovese Sweet

Bright green leaves with small white flowers, height 8-24 inches.

o.b Lemon

Bushy with citrus scented leaves and white flowers followed by lemon seeds, height 18-24 inches.

o.b. Thai

Dwarf aniseed flavoured with pretty flowers.

Bay "Tree" – *Laurus Nobilis* – P

Dense evergreen shrub with leathery pointed leaves and clusters of small cream-yellow flowers. Grows to a height of 10-50 feet. Prefers a well drained soil in sun or partial shade. Young plants need protection from the frost. Leaves are used for bouquet garni and in stews and sauces. Medicinally used as an aid to digestion and to stimulate the appetite.

Bergamot – *Monarda didyma* – P

Green leaves with mixed coloured flowers, grows to a height of 16-48 inches. Prefers a rich moist soil in a sunny position. Leaves are infused to make tea, flowers are used for salads. Herbal tea is useful for colds and is placed on wounds to aid healing.

Borage - *Borago officinalis* - A

A hollowed stem plant with bright blue flowers in summer growing to 1-3 feet tall prefers a well drained soil in full sun. Leaves give a cucumber flavour to drinks; flowers are used for salads and can be candied for decorations. It has long been highly regarded for its ability to lift spirits. **Warning:** skin irritant and possible allergen.

Catmint - *nepeta cataria* - P

Erect stems a grey-green leaf with white, purple spotted tubular flowers from summer to mid autumn. Grows to a height of 1-3 feet, it is loved by cats. Prefers a moist well drained position in the sun. The leaves can be infused to make a mint like tea. Catnip has a sedative effect on humans.

Caraway – *carum carvi* - BI

Hollow stems and deeply divided fern like leaves with tiny white to pink flowers grows to a height of 10-36 inches and prefers a well drained sunny position. Leaves have a mild parsley/dill flavour and seeds are used to flavour savoury dishes. Caraway is prescribed for digestive problems.

Chamomile Double – *chamaemelum nobile* 'Flore Pleno'

Grows to a height of 6 inches with cream-white double flowers. Prefers a light well drained soil in full sun. Chamomile helps you to relax and remain calm.

Chamomile – *Chamaemelum nobile* - P

A non flowering plant that requires no mowing grows to a height of 1 inch, prefers a light well drained soil in full sun. Warning: handling chamomile can cause dermatitis.

Chervil - curled - *anthriscus cereflium* - A

A bright green plant with divided leaves white flowers in early summer it grows to a height of 12-24 inches and prefers a position in cool partial shade. Leaves are added to dishes based on potatoes, eggs or fish; it has a delicate anise flavour. It helps to aid digestion and to purify the blood.

Chicory – *cichorium intybus* – P

Has broad leaves with sky blue flowers and grows to a height of 1 to 5 feet. Prefers a rich well drained soil in full sun. Leaves can be eaten raw or cooked. Roots are dried and used as a substitute for coffee. The plant, flowers, and infusion of the dried root stimulate the appetite and purify the blood.

Chives – *allium schoenoprasum* – P

This is a clump forming plant with slender bulbs it grows to a height of 4 to 24 inches and prefers a rich, well drained soil in full sun. Leaves and bulb are used in salads and soft cheeses. The flowers have a mild onion flavour and can be used in salads. The plant is rich in Vitamin C and aids digestion.

Chives garlic – *allium tuberosum* – P

This is flat leaf plant, with white star shaped flowers, in late summer, growing to a height of 30 inches. Chopped leaves and flowers are added to salads, soft cheeses and stir fries. Plant is used for bladder complaints and to improve kidney function.

Comfrey – *symphytum officinale* – P

A vigorous plant growing to a height of 2 to 4 feet with purple flowers. Prefers a moist to wet soil in sun or partly shade. The leaves are used as a potash fertiliser and also in tinctures for healing externally. This plant should not be ingested. It can, however, also be a skin irritant.

Coneflower – *Echinacea purpurea* – P

This tall plant has purple honey scented flowers with conical brown centres. It grows to a height of 4 feet and prefers a rich well drained soil in full sun. It contains painkilling, antiseptic and blood purifying substances that kill bacteria and fungi and increase the body's natural resistance.

Coriander – *coriandrum cilantro* – A

A plant grown for both leaves and seeds it grows to a height of six to 28 inches and prefers a well drained soil in sun or partial shade. If grown for the leaves it needs to be in part shade to stop it bolting. Leaves are used to flavour foods and seeds are used in curries and pickling spices. Aids digestion and is a mild sedative.

Cotton Lavender – *santolina chamaecyparissus* – P

Has a white woolly linear leaves and deep yellow flowers in summer. Grows to a height of 8 to 20 inches and prefers a light well drained soil to dry soil in the sun. Dried leaves are added to pot-pourri. It has insecticidal properties making it the ideal plant to be placed by the kitchen to keep out flies.

Curry Plant – *helichrysum italicum* – P

Dense evergreen shrub with silver leaves and yellow button like flowers. It smells strongly of curry and grows to a height of 24 inches. It prefers light well drained soil in full sun. Sprigs are added to rice, vegetables and savoury dishes to give a mild curry flavour. It is used to ease problems with the airways.

Dill – *anethum graveolens* – A

Usually only one upright stem with foliage divided into thread like segments, it has yellow flowers in summer and grows to a height of 24 to 36 inches. Prefers a well drained soil in full sun. Leaves and seeds are both used with eggs, fish, seafood, and potatoes. Do not plant with fennel as they cross pollinate. Dill is the herb that can calm hiccups in children.

Evening primrose – *oenothera biennis* – BI

It is a tall plant with scented yellow flowers growing from 1 to 5 feet. Prefers a dry poor soil in full sun. Good for hormone imbalances and skin conditions.

Fennel – *foeniculum vulgare* – P

It is a tall plant with erect hollow stems and glossy pinnate foliage divided into thread like leaves. It has dull yellow flowers and grows to a height of 6 feet. Prefers a well drained soil in full sun. Both leaves and seeds are used in fish dishes. Bruised or crushed seeds are infused to make tea. Aids digestion.

Fennel – *Foeniculum vulgare purpureum* – P

This variety has deep brown foliage and is slightly hardier, it grows to a height of 4 to 5 feet and prefers a well drained soil in full sun.

Feverfew golden – *tanacetum parthenium (aureum)* – P

Bright golden foliage and daisy like flowers. It grows to a height of 8 to 18 inches and prefers a well drained to stony soil in full sun. It is good for headaches.

Horseradish- *armoracia resticana*- P

Leaves are bright green with tiny white flowers produced in summer. It has a thick branch tapped roots and grows to a height of 1 – 4 feet, prefers a well drained rich soil in sun or partially shade. Young leaves are used in salads and the root is used for sauces. Good for gout, arthritis and urinary infections.

Hyssop – *hyssopus officinalis* – P

A semi evergreen with a woody base and linear leaves and purple blue flowers (occasionally pink or white) in late summer. It grows to a height of 18 – 24 inches and prefers a well drained to dry soil in the sun. The leaves have a bitter mint flavour and are used sparingly in meat dishes. It aids digestion.

Ladies mantle – *alchemilla mollis* – P

It has round kidney shaped leaves and clusters of green flowers in the summer and grows to a height of 4 to 8 inches. It prefers a well drained soil in sun or semi shade. Used to dye fabric and wool. It is used to stem bleeding.

Lavender – *Lavandula* – P

An evergreen plant with variously coloured flowers - usually purple/violet but also pink or white. Prefers a well drained soil in an open soil. Fresh flowers are crystallised or added to jams, ice cream and vinegars. Used for relaxation and repairing skin tissue.

Lavandula angustifolia munstead

Bright lavender blue flower height 12 to 18 inches

Lavandula angustifolia

Rosea pink flowers height 0 to 18 inches.

Lemon Verbena – *aloesia triphylla* – P – HH

This half hardy plant flowers in late summer and grows to a height up to 5 feet. It prefers light well drained soil in a shelter sunny position. Leaves are used to flavour fruit drinks, custards, salads, jams, jellies and ice cream. It is used for sore throats.

Lovage – *levisticum officianale* – P

Produces new shoots in early spring it is a large celery scented plant with hollow stems and tiny yellow green flowers in summer. It grows to a height of 3 feet and prefers a deep rich moist soil in sun or partial shade. Young shoots are blanched and eaten as a vegetable, stalks are candied as angelica, and seeds are added to breads and cheese biscuits. It aids digestion. Pregnant women should not use this herb.

Marjoram French golden – *origanum arreau crispum* – P – HH

This plant has rounded wrinkled yellow green leaves which tend to scorch in full sun. Less vigorous and more tender than other marjoram's. Grows to a height of twelve inches. Used as an essential oil in aromatherapy.

Marjoram sweet – *origanum majorana* – P

Upright red brown stems and downy grey green leaves insignificant white to pink flowers grows to a height of 24 inches. Prefers a well drained to dry soil in the sun. Dislikes wet winters and poor air circulation. Leaves and flowers are used to flavour meat dishes, soups, tomato sauces and pasta.

Web: www.ashleyherbfarm.co.uk

Tel: 01858 565722 / 07789 687192

Mint – mentha – P

There are several different species of mint. Care should be taken when planting as it is very invasive. It prefers a rich moist soil in sun or partially shade. Used to flavour a variety of dishes. Aids digestion freshens the breath.

Apple mint – mentha rotundifolia – P

Round hairy leaves pink to white flowers height 16 to 36 inches.

Basil Mint – mentha spicata – P

Mauve flowers sweet and spicy height 12 to 36 inches.

Garden Mint – mentha spicata – P

Long foliage classic taste height 12 to 36 inches.

Indian Mint – saturega douglasii – P

Small leaves creeping plant height 4 to 12 inches.

Pennyroyal – mentha pulegium – P

Pungent upright to decumbent with lilac flowers in distinct whorls height 4 to 16 inches. Aids digestion and it should not be used by pregnant women.

Peppermint – mentha piperita – P

Very strong scent. Height 12 to 36 inches. Is an aid to digestion and a deodoriser, can help mask bad breath (or halitosis)

Tashkent Spearmint – P

Very strong scent slightly crinkled leaves height 12 to 36 inches.

Spearmint – Mentha spicata – P

Sweet flavour serrated leaves height 12 to 36 inches.

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Myrtle – *murtus communis* – P – HH

An evergreen shrub makes a dense wind resistant hedge in mild areas. Leaves have a juniper like aroma when crushed. Fragrant white flowers grow to height of ten feet. Prefers a well drained soil in the sun. Leaves are used to flavour pork and lamb. Used for colds.

Onion Welsh – *allium fistulosum* – P

Cylindrical bulbs pencil thick stems and hollow leaves, bell shaped yellow-white flowers. Prefers a rich well drained soil in the sun. Can be used both raw and cooked. Aids digestion and the prevention of influenza.

Onion Welsh – Red – *allium fistulosum* – P

The flavour is stronger and the plant is hardier than the above.

Oregano Greek – *Origanum vulgare hirtum* – P

Erect hairy stems and ovate downy leaves with clusters of white flowers. Grows to a height of 24 inches. Prefers a well drained to dry soil in the sun. It is used to flavour meat dishes and pizzas. Used as a stimulating tonic with antiseptic properties.

Oregano hot and spicy – *Origanum vulgare* – P

Has a strong intense flavour. Prefers a well drained to dry soil in the sun. Grows to a height of 24 inches.

Oregano Country Cream – *origanum vulgare* ‘Country Cream’ – P

Very attractive mid green with cream variegation low bushy form.

Parsley Curled – *petroselinum crispum* – BI

Rich in vitamin A and C, it has tiny yellow-green flowers, growing to a height of 12 to 32 inches. Prefers a rich well drained soil in the sun or partial shade. Leaves are used to flavour sauces, butter, dressings, stuffing's and savoury dishes. Eating helps to freshen the breath. The herb aids digestion and is a diuretic.

Parsley French – *petroselinum hortense*- BI

This flat leaved parsley has a stronger flavour than curled parsley and is also hardier. It grows to a height of 15 to 24 inches. Position and uses, as curly parsley.

Rosemary – *rosmarinus* – P

An evergreen plant, it prefers a well-drained soil in the sun and shelter in cold areas. Used to flavour meat especially lamb. Rosemary aids digestion, strengthen the nervous system and improves circulation. To be avoided by pregnant women.

Rosemary – *rosmarinus officinalis albiflorus* – P

White flowers. Height, 6 feet.

Prostrate Rosemary – *rosmarinus officinalis prostrates* – P – HH

This creeping rosemary grows to a height of 6 to 12 inches.

Rue – *ruta graveolens* – P

Grey lacy foliage, small evergreen shrub with mustard yellow flowers in summer. Grows to a height of 24 inches. Prefers a well drained soil in the sun. Can be used with food, but is strong and bitter. Its effect is calming and sleep inducing. Must be used under full medical supervision and never used if pregnant. Warning can cause serious skin irritation in sunlight and severe blistering.

Sage – *salvia* – P

An evergreen shrub with several species and variants. Heights vary from 1 to 3 feet. They prefer a dry sunny position on open ground.

Sage – Clary *salvia sclarea* - BI

Large aromatic leaves. Height 3 feet.

Sage – Common *salvia officinalis* – P

Velvety pale green leaves. Height 24 to 30 inches. Treats gum and mouth ulcers and sore throats. Use under medical supervision not to be used by pregnant women.

Sage – Golden variegated – *salvia icetinera* – P

Broad leaves gold splashed, mild flavour. Height 24 to 30 inches.

Sage – Pineapple- *salvia elegans* – P – HH

Evergreen bright green pointed leaves and red flower. Height 3 feet.

Sage – Purple – *salvia officinalis purpurea* – P

Downy purple leaves, with bushy growth. Height 24 to 32 inches.

Sage – Tricoloured – *salvia officinalis tricolour* – P

Leaves are green, pink, white and purple. Height 24 to 32 inches.

Salad Burnet – *sanguisorba officinalis* – P

Small decorative leaves which often survive a mild winter, otherwise are one of the earliest to appear in spring. Tiny green blooms with a red tip in early to mid summer, grows to a height of 8 to 30 inches and prefers a well drained humus rich soil in the sun or partial shade. Leaves have a nutty and slightly sharp cucumber flavour, used for garnishes, salads, herb butters and soft cheese. Used for treating infections of the mouth, throat or gums.

Savory winter – *satueja Montana* – P

An evergreen low growing rock plant, white to pale pink or purple flowers in the summer, growing to a height of 4 to 16 inches. Prefers a dry soil in the sun. Used to flavour pulses, sausages, stuffing's and meat dishes.

Soapwort – *saponaria officinalis* – P

Bushy plant with a lovely pink flowers from mid summer to mid autumn. Growing to a height of 12 to 36 inches. Prefers a well drained to moist soil in sun or partial shade. This plant is poisonous to fish. Used as a soap substitute and has mild cleansing properties.

Sorrel – Broad Leaved – *rumex acetosa* – P

Long staked spear shaped leaves with red-green flowers in summer grows to a height of 2 to 4 feet. Prefers a moist soil in sun or partial shade. Fresh young leaves are added to salads, sauces. Soups. Soft cheeses and egg dishes. Used in homeopathic medicine for sinusitis and catarrh.

St Johns Wort – *hypericum perforatum* – P

Square stalks, long and slender with distinctive hypericum yellow flowers in summer. Growing to a height of 12 to 24 inches. Prefers a well drained to dry soil in sun or partial shade. Used medicinally to relieve stress and anxiety. The plant has long been popular as an anti-depressant.

Strawberry Alpine – *fragaria vesca* Alexandria – P

Does not produce runners, and has a larger fruit than the wild strawberry, it grows to a height of 10 inches and prefers a humus rich solid in sun or partial shade. Leaves are used in blended herb teas, fruits are eaten fresh.

Sweet Cicely – *myrrhis odorata* – P

Bright green lacy foliage, fern like leaves tiny white flowers in late spring. Grows to a height of 3 to 6 feet and prefers a moist humus rich soil in sun or shade. Leaves are added to soups, stews and wine cups. Roots are cooked and eaten as vegetables or cold in salads. Seeds are eaten raw in salads. It is a laxative and aids digestion.

Tarragon French – *Artemisia dracunculus*- P

Upright branched stems and linear smooth leaves with a mild anise flavour, grows to a height of 1 to 3 feet. Prefers a well drained soil in the sun. Leaves are used to flavour chicken and egg dishes, sauces, salad dressings and mustard. It increases the appetite.

Thyme – thymus – P

Small evergreen aromatic plants, suitable for rock gardens walls and containers. They prefer a well drained soil in the sun. They do not like a wet winter and benefit from a layer of gravel to protect the foliage from wet soil. Used to flavour savoury dishes, especially fish, stuffing's for poultry and vegetables. Calms the stomach aids digestion.

Thymus 'Archers Gold' – P

Pink-mauve flowers green/gold leaves. Height 6 to 9 inches.

Thymus 'Bressingham Pink Doefleri' – P

Mauve/pink flowers grey hairy thin leaves, mat forming.

Thymus Doone Valley – P

Purple flowers, variegated green/gold lemon scented leaves. Height 3 inches.

Lemon Thyme Thymus citriodorus variegata

It has small lavender-pink blooms in June & July. It has a semi-creeping partially upright habit. The tiny lemon-scented variegated leaves are green with yellow edging.

Minimus Thyme – P

This small plant forms dense mounds and can be used in seats or as lawn.

Thymus Silver Posie – P

White variegated leaves and a pale and a pale mauve pink flower. Height 10 inches.

Thymus Silver Queen – P

Silver green to cream marbled lemon scented leaves. Not as hardy as 'silver posie'. Height 9 inches.

Thymus Vulgaris – common thyme – B

Grey/green leaves and white to pale purple flowers. Height 12 to 18 inches.