

### Nature's Helpers Herb Bed Information

<p><b>Asparagus pea</b> (Lotus Tetragonolobus) (Nolobus Tetragonolobus)</p>	<p>Edible Culinary</p>	<p>Produces winged pods pick at 3cm stir fry, boil, or eat raw in salad</p>	<p>Self-supporting bush 12"-18" Can be grown in containers. Popular in the Victorian era.</p>
<p><b>Borage</b> (Borago officinalis)</p>	<p>Edible Culinary</p>	<p>Its leaves, flowers and stalks are edible and taste a little like cucumber. Good in salads, soups, yoghurt or cream cheese mixtures, or served with shellfish. The flower has a sweet, honey-like taste and is often used to decorate desserts and cocktails, commonly frozen in ice cubes.</p>	<p>Hardy annual. Height and spread are about 60cm. Likes free draining but not impoverished soil. Sometimes known as starflower.</p>
<p><b>Bronze Fennel</b> (Foeniculum vulgare)</p>	<p>Edible Culinary Medicinal</p>	<p>Prized by ancient Greeks and Romans who used it as medicine, food, and insect repellent. A fennel tea was believed to give courage to the warriors prior to battle. Eat bulb, leaves and fruit. Has an aniseed /liquorice flavour. High in vitamins and minerals. Herb good in salads, soups, and fish sauces. Infusions have been used as constipation remedy.</p>	<p>Hardy Perennial likes dry conditions. May self-seed. Pick young leaves regularly to help the plant stay productive and delay flowering. Recorded in 10<sup>th</sup> century Britain.</p>
<p><b>Chamomile German</b> (Chamaemelum Nobile 'flore piano')</p>	<p>Culinary Medicinal Cosmetic</p>	<p>Most commonly, flowers are dried and used in teas. Has calming and anti-anxiety properties. (Take care can react with aspirin and some anti-inflammatory drugs) Can be used in beer and ale production for bitter taste.</p>	<p>Produces low growing white flowers, can also be used for lawns. Likes full sun and rich, free draining soil. Very Hardy</p>
<p><b>Chamomile Roman</b> (Chamaemelum nobile)</p>	<p>Culinary Medicinal Cosmetic</p>	<p>Used in creams, lotions, and essential oils. An infusion used as a hair rinse is known to lighten fair hair.</p>	<p>Produces tall white flowers. Likes full sun and rich, free draining soil. Very Hardy</p>
<p><b>Chamomile- Lawn</b> (Chamaemelum nobile 'Treneague')</p>	<p>Functional</p>	<p>Dense, aromatic, finely divided green leaves. Good for lawns and cushions. Nonflowering This produces a glorious scent when walked on. We ask that this year let the plants establish. Instead, gently press your hand down on the plant and enjoy the aroma</p>	<p>Low growing habitat, no need to mow. In larger areas needs rolling instead to keep growth low and dense. Care needed as can be overwalked on.</p>

<b>Chive</b> (Allium schoenoprasum)	Edible	Good in salads and dips. Can be used in soups. Slight onion flavour. Cut and come again plant	Perennial. Likes damp but well drained soil in a sunny spot. Can be grown in containers
<b>Comfrey</b> (Symphytum officinale)	Edible Culinary Medicinal	Common name – ‘Knitbone’ – helps to heal breaks and sprains. Use both roots and leaves. Boil in water, drain, make a poultice, and wrap injury. Used in skin preparations. Young leaves can be used in salad or as a vegetable. Can also be used as plant feed.	Likes full sun. A hardy herbaceous perennial. Needs protection in severe winters. Can spread to 1m. Perhaps best grown in a pot.
<b>Curry plant</b> (Helichrysum Italicum)	Culinary Edible	Leaves are highly aromatic of curry. Sprigs can be used to add a mild flavour but not strong enough for the real thing. Leaves can be chopped and used in salads.	Hardy evergreen shrub. Can spread to 1m. H = 60cm Likes well drained soil and a sunny spot. Ideal for tubs and pots
<b>Dandelion</b> (Taraxacum Officinale)	Edible Culinary Medicinal	The entire plant is edible and nutritious. High in Vits A, C, and K. Also, calcium, iron and more. Use young leaves and flowers in salads. Older leaves can be bitter. Blanching tends to remove this. Infuse for teas, wine and the dandelion component of dandelion and burdock. Also, a component of root beer. Some use the roasted root as a substitute for coffee! The Root has a strong diuretic effect.	Where don't they grow! Very Hardy. Provide early nectar for bees. Difficult to keep under control.
<b>Dock</b> (Rumex Obtusifolius)	Medicinal Edible	Doesn't look edible but it is! Leaves were used to wrap and preserve butter. Said to be Anti-pruritic. (i.e. It inhibits itching) so good for bites, stings and sunburn. Often found near nettles. Traditionally said that the leaf will soothe the stings when rubbed on the site of injury. The scientific jury says “Not enough evidence”. Root is used in leather tanning and rest of plant produces mustard-coloured dyes.	Grows wild almost anywhere. Exceptionally long, strong root. Hard to keep under control

<p><b>Dill</b> (<i>Aethum graveolens</i>)</p>	<p>Edible Culinary Medicinal</p>	<p>Chopped leaves are used to flavour fish, cream cheese, soups and more. Seeds are used with fish soups and some confections. Flower heads are used for pickling vegetables. Seeds and flower heads are used to make dill vinegar. Dill water is said to aid digestion.</p>	<p>Usually grown as an annual. Full sun in light, free draining but fertile soil. Non-native so hard to grow outside</p>
<p><b>Fennel</b> (<i>Foeniculum vulgare</i>)</p>	<p>Edible Culinary Medicinal</p>	<p>All parts of this versatile plant are edible. Slice and put in salads. Use Fennel stalks to replace celery in soups and stews. Use as a "bed" for roast chicken and meats. Use the fronds as a garnish, or chop them and use with other herbs, like dill or parsley. Fennel and seafood are great together. Used in many herbal preparations for its Antioxidant, Anti-inflammatory and anti-bacterial properties</p>	<p>Full sun in rich free draining soil. Very hardy.</p>
<p><b>Geranium</b> Known as 'Cranesbill'</p>	<p>Medicinal Perfumery</p>	<p>There are 422 species of geranium growing in temperate regions of the world. This English name is derived from the Greek word meaning crane. The variety 'Cranesbill' is named because of the way the seed pods develop. Flowers have 5 petals of white, pink, purple or blue with distinctive veining. Traditionally used in herbal medicine to treat of ulcers and other skin conditions. Also said to treat anxiety and stress. Medics are studying its use in reducing inflammation in neuro-degenerative conditions e.g Parkinson's disease. The leaves are safe to eat however, the leaves and flowers are usually used for scents and flavouring. Essential oils also used to help and treat skin conditions.</p>	<p>Will grow anywhere but prefer not to be waterlogged.</p>
<p><b>Geranium</b> Variety unknown</p>	<p>Medicinal Perfumery</p>	<p>This may be a <i>Geranium Sanguineum</i>, so named because its leaves turn red in Autumn. This type of geranium is not to be confused with <i>Pelargoniums</i> which are the bigger ornamental flowers used for summer bedding.</p>	<p>Will grow anywhere but prefer not to be waterlogged.</p>

<p><b>Golden Feverfew</b> (Tanacetum parthenium – ‘Aureum’)</p>	<p>Edible Medicinal</p>	<p>In ancient times it was used as a woman’s medicinal herb. In the 18C it was used for tooth and headaches plus stomach pains. It became widely used to treat headaches. The aspirin of its time! Chewing the leaves was also said to alleviate headaches and migraine. Nowadays Scientists say - not enough evidence! Science also advises caution as it can cause allergic reactions in some people. Young leaves can be eaten in salads or with cheese though they are rather bitter.</p>	<p>Likes full sun, a moderately rich, well-drained soil. Very Hardy.</p>
<p><b>Foxglove</b></p>	<p>Medicinal</p>	<p>This ornamental flower, with many varieties, is <b>toxic</b> to humans and animals. You may think it odd then, to put in a nature’s helper’s bed. Herbalists used this plant to slow down and regulate heart rate. In 1785 Digitalis appeared in English medical books and is consider the beginning of modern therapeutics. Extracts, called digitalin are still used in modern medicine for heart conditions.</p>	<p>Hardy Biennial plant. Easy to grow and self-seeds</p>
<p><b>Garlic</b> (Allium sativum)</p>	<p>Edible Culinary Medicinal</p>	<p>The leaves and cloves are edible. Chopped leaves can be used to flavour salads, soups and cooked dishes. Flowers also edible. Bulbs can be roasted whole, chopped and eaten raw or cooked like onions. Has antibiotic properties. Used to ward off colds. Also, its capacity to reduce serum cholesterol levels. Wild Garlic can be found growing all around Chipping.</p>	<p>Likes full sun or light shade. Also likes rich, well-drained soil. Will tolerate poorer soils but hates being soggy.</p>
<p><b>Lavender</b> (Lavendula)</p>	<p>Culinary Medicinal</p>	<p>Highly aromatic plant. Has been used in perfumery for centuries and more latterly essential oils. It is renowned for its soothing properties and science agrees! The flowers may be used in small quantities in confectionary (sweets) or sometimes in savoury dishes. Lavender tea, made from the flowers is said to be calming.</p>	<p>Likes full sun in fairly rich, light and free draining soil. Hates cold and soggy places. Tolerates drought.</p>

<p><b>Lemon balm</b> (<i>Melissa officinalis</i>)</p>	<p>Edible Culinary Medicinal</p>	<p>Has a strong lemon scent. (Gently rub the leaves and smell me). Use fresh young leaves in salads, with fish and some meats. Goes well with cheese dishes and adds flavour to desserts. Infuse leaves for a highly scented tea. Tea is said to relieve colds and digestion whilst a poultice can be used to aid healing and relief from stings</p>	<p>Likes full sun or light shade in fairly rich, light and free draining soil</p>
<p><b>Lemon grass</b> (<i>Cymbopogon flexuosus</i>)</p>	<p>Culinary Medicinal</p>	<p>A perennial tropical grass with a fresh lemon scent. The whole plant is used in Southeast Asian cooking. (Cambodia, Vietnam, Thailand) Contains citronella, so is used in insect repellents, disinfectants, perfumes and essential oils. The tea is said to boost immunity and one study showed an increase in red blood cells. In beekeeping it imitates the scent of the honey bee and is used to attract bees to a new hive.</p>	<p>It is a tender plant and is est protected indoors or under cover in winter.</p>
<p><b>Lemon Verbena</b> (<i>Aloysia Citrodora</i>)</p>	<p>Medicinal Culinary</p>	<p>Used for digestive disorders It is also used for agitation, joint pain, trouble sleeping, asthma, colds, fever, haemorrhoids, varicose veins, skin conditions, and chills. Adds lemon flavours to food, teas and drinks</p>	<p>Half hardy. Bring inside in winter. Best in containers as can spread to 2.5 metres</p>
<p><b>Marigold</b> (<i>Calendula officinalis</i>)</p>	<p>Edible Cosmetic</p>	<p>Use in salads, has edible leaves and flowers. Flowers also used for dyes. Can be dried for pot pourri. Used in hand lotions and other cosmetics</p>	<p>Self-seeding hardy annual. Is highly drought tolerant.</p>
<p><b>Marjoram</b> (<i>Origanum majorana</i>)</p>	<p>Edible Culinary Medicinal</p>	<p>Highly versatile aromatic herb. Leaves can be used in salads, stuffing, with meat, cheese, chicken and eggs. It can serve as a garnish, for soups, salads, and meat dishes. Infused leaves produce an aromatic tea. Claimed to aid digestion and menstruation with Anti- inflammatory properties.</p>	<p>Likes full sun or light shade. Tolerates most soils but likes rich well drained spots. Native of warmer climes, so protect or bring inside in winter.</p>

<b>Mint</b> (Mentha)	Edible Culinary Medicinal	Leaves can be used fresh or dried. Used in teas and other beverages. Also, in sweets and ice-cream. Enhances meats particularly Roast lamb. Add mint sauce for a Sunday lunch favourite. Said to aid digestion, relieve headaches, nasal congestion, and other discomforts	Hardy Perennial Easy to grow. Best grown in containers as has unlimited spread
<b>Nasturtium</b> (Tropaeolum) 'Empress of India')	Edible	Usually grown as colourful annual this plant is related to watercress and mustard. Leaves have a hot peppery taste. High in Vitamin C. Use in salads. Flowers can also be eaten or used as garnish. Green seeds can be used as a caper substitute	Sunny position. Grown in borders, tubs, even hanging baskets
<b>Nettle</b> (Urtica dioica)	Culinary	In history Nettle has been used to make cloth and paper. More traditionally it has been used to make tea, juices and ale and to preserve cheese e.g. Cornish Yarg	Seems to grow everywhere
<b>Oregano</b> (variety unknown)	Culinary Medicinal	Enhances grilled meats (particularly chicken), baked fish, eggs and cheese. Used extensively in Italian cookery. Infusions can be made of leaves and flowers to produce aromatic tea. Many claims have been made through history to its therapeutic properties	Perennial. Likes well drained soil. Half hardy. May need to be brought inside in winter
<b>Golden Oregano</b> (variety unknown)	Culinary Medicinal	Enhances grilled meats (particularly chicken), baked fish, eggs and cheese. Used extensively in Italian cookery. Infusions can be made of leaves and flowers to produce aromatic tea. Many claims have been made through history to its therapeutic properties	Hardy. Our plant has survived in v poor soil, though generally prefers good, well drained habitats
<b>Parsley (curled)</b> (Petroselinum Crispum)	Culinary Edible	Parsley has a multitude of uses. Use chopped leaves in sauces, soups, with cold meats, fish, and cheese dishes. Also good in salads and as a garnish. Eating raw parsley at the end of a meal is said to eliminate the smell of onions and garlic from the breath	Biennial plant. Seeds can be sown in situ or inside. Likes fertile moist soil and full sun. Can be grown in containers with other herbs

<p><b>Parsley (flat leaf)</b> (<i>Petroselinum neapolianum</i>)</p>		<p>Flat leaf parsley is said to be stronger in flavour. It also has a multitude of uses. Use chopped leaves in sauces, soups, with cold meats, fish and cheese dishes. Also good in salads and as a garnish Eating raw parsley at the end of a meal is said to eliminate the smell of onions and garlic from the breath</p>	<p>Biennial plant. Seeds can be sown in situ or inside. Likes fertile moist soil and full sun. Can be grown in containers with other herbs</p>
<p><b>Rosemary</b> (<i>Rosmarinus Officinalis</i>)</p>	<p>Edible Culinary Medicinal</p>	<p>Can be eaten chopped, with flowers in salads. Great with roast lamb. Also good with other meats and a must with roast potatoes. Burning the essential oil is proven to aid memory. Also said to help with pain relief and discomfort by increasing blood flow</p>	<p>Hardy Likes full sun and will tolerate a wide range of soils</p>
<p><b>Sage</b> (<i>salvia officinalis</i>)</p>	<p>Culinary Medicinal</p>	<p>Called salvia by the Romans, is aromatic when crushed. Sage and onion stuffing is probably the most well-known. Used in Derby sage cheese and sausage making. Its leaves are good for cooking with meats and flowers can be used in salads. Has many medicinal uses. Current research is looking at its use in Alzheimer's disease and memory.</p>	<p>Full sun in light, free draining good soil. (Slightly alkaline)</p>
<p><b>Selfheal</b> (<i>Prunella vulgaris</i>) Known also as All heal and Heal all</p>	<p>Edible Culinary Medicinal</p>	<p>Young leaves and stems can be chopped and eaten raw in salads. It can also be boiled and used as a leaf vegetable. The whole plant is used to treat boils, cuts and inflammation. Has also been used to make ointments. An infusion is used in mouth wash, often with mint to treat halitosis (bad breath). It is used in some body building supplements.</p>	<p>Likes wet conditions. Thrives all around Chipping</p>
<p><b>Red veined Sorrel</b> (<i>Rumex sanguineu</i>)</p>	<p>Edible Culinary</p>	<p>Leaves have slightly bitter and citric taste. Baby leaf can be used in salads. Also harvested when mature and cooked like spinach. Use as an accompaniment to fish, meat and egg dishes, in soup and gratins.</p>	<p>Perennial. Easy to grow. Can be grown in containers.</p>

<b>Spilanthes</b> (Acmella oleracea) Toothache plant	Edible Medicinal	Also known as electric daisy. Small amounts of shredded leaves are said to add a unique flavour to salads. Used in soups and stews in Brazil. The flower bud has a grassy taste followed by tingling and numbness in the mouth and throat. Therefore, alleviates tooth ache.	Tender. Ideal for containers
<b>French Tarragon</b> (Artemisia Dracunculus)	Culinary Medicinal	Good with chicken and egg dishes. Also used in many sauces including tartar and hollandaise sauce, herb butter, and Tarragon vinegars. Was once used treat scurvy as it is high in vitamin C Used as a general antiseptic, insect repellent.	Plant in Poor, dry soil in a sunny aspect. Can be grown in pots
<b>Thyme</b> (Thymus vulgaris)	Culinary Medicinal	Common Thyme is a dwarf hardy evergreen shrub. Its aromatic leaves are used in bouquet garni, soups, fish dishes and stews. An infusion of the leaves is refreshing and said to help with sore throats, headaches and other ailments. Can be dried and used in pot-pourri	Dwarf, evergreen shrub, likes full sun and free draining soil. Can be grown in containers
<b>Thyme</b> (Thymus Doone Valley)	Culinary	Creeping evergreen whose flowers are enjoyed by bees and butterflies. This is a good culinary thyme with a fruity lemon flavour. Use with poultry, fish, fruit salads and baked custard.	Likes well drained soil and full sun. Ideal for tubs and pots
<b>Wild strawberry</b> (Fragaria vesca)	Edible Culinary Medicinal	Fruit is for eating. <b>If</b> you can beat the birds! Leaves added to cooking meat to enhance flavour. Leaf tea used for intestinal and urinary problems.	Likes free draining soil. Very hardy. Spread, need to be trimmed to keep compact.

**With acknowledgements to the following sources:**

Stephan Buczacki's book 'Best Herbs' (<http://stefanbuczacki.co.uk/>)

Jekka's Herb Farm information pages (<https://www.jekkas.com/>)

The Mammoth Onion information pages (<https://www.mammothonion.co.uk/cultivation-hints/cultivation/>)