

Herbs for Spring

compiled by Judith Craft

Agarita	Berberis trifoliata
Alkanet	Alkanna tinctoria
Anise	Pimpinella anisum
Almond Verbena	Aloysia virgata
Aloe	Aloe vera
Angel Trumpet	Brugmansia arborea
Anise Hyssop	Agastache foeniculum
Basil	Ocimum basilicum * all varieties
Beebalm	Monarda *all varieties
Blackfoot Daisy	Melampodium leucanthum
Black Dalea	Dalea frutescens
Blue Balloon Flower	Platycodon grandiflorus
Butterfly Weed	Asclepias tuberosas
Cardinal Feather	Acalypha radians
Cardinal Flower	Lobelia cardinalis
Cat's Whiskers	Orthosiphon aristatus
Chocolate Daisy	Berlandiera lyrata
Chrysanthemum	Chrysanthemum indicum
Clary Sage	Salvia sclarea
Cleveland Sage	Salvia clevelandii
Coneflower	Echinacea *all varieties
Creeping Jenny	Lysimachia nummularia
Cuban Oregano	Plectranthus amboinicus
Cumin	Cuminum cyminum
Curry Plant	Helichrysum angustifolium or H. italicum
Dahlia	Dahlia *all varieties
Damianita	Chrysactinia mexicana
Dianthus	Dianthus *all varieties
Epazote	Chenopodium ambrosioides
Fennel	Foeniculum vulgare dulce
Feverfew	Chrysanthemum parthenium
Firebush	Hamelia patens
Flax	Linum usitatissimum
Fleabane	Inula dysenterica
Foxglove	Digitalis purpurea
Fragrant White Mistflower	Eupatorium havanense
Frangipani	Plumeria rubra
Garlic	Allium sativum
Gayfeather	Liatris mucronata
German Chamomile	Matricaria recutita
Globe Amaranth	Gomphrena globosa
Goji Berry	Lycium barbarum
Golden Dalea	Dalea aurea
Gotu Kola	Centella asiatica
Greenthread	Thelesperma *all varieties
Hibiscus	Hibiscus *all varieties
Hollyhock	Alcea rosea
Horehound	Marrubium vulgare
Horsemint	Monarda punctata
Hyssop	Hyssopus officinalis
Jerusalem Sage	Phlomis viscosa
Johnny Jump Up	Viola tricolor
Joe Pye Weed	Eupatorium purpureum
Lady's Bedstraw	Galium verum
Lamb's Ears	Stachys byzantina
Lamb's Quarters	Chenopodium album
Lavender	Lavendula *all varieties
Lemon Balm	Melissa officinalis
Lemon Grass	Cymbopogon citratus

Lemon Verbena	Aloysia triphylla
Lemongrass	Cymbopogon * both varieties
Lobelia	Lobelia *all varieties
Longevity Spinach	Gynura procumbens
Lovage	Levisticum officinale
Love In A Mist	Nigela *all varieties
Marigold	Tagets erecta
Marjoram	Origanum marjorana
May Night	Salvia nemorosa
Mexican Oregano	Lippia graveolens
Mexican Mint Marigold	Tagets lucida
Milkweed	Asclepias *all varieties
Mint	Mentha *all varieties
Mugwort	Artemisia vulgaris *all varieties
Mullein	Verbascum Thapsus
Nasturtium	Tropaeolum majus
Native Poinsettia	Euphorbia cyathophora
Orach	Atriplex hortensis
Oregano	Origanum vulgare *all varieties
Orris Root	Iris germanica, Iris florentina & Iris pallida *any of the 3
Paper Flower	Bougainvilla glabra
Parsley	Petroselinum *all varieties
Patchouli	Pogostemon cablin
Pelargonium / Geraniums	Pelargonium hortorum
Pennyroyal	Mentha pulegium
Peppermint	Mentha piperita
Plantain	Plantago major
Perilla	Perilla frutescens
Poppy	Papaver *all varieties
Purslane	Portulaca oleracea
Rosemary	Rosmarinus officinalis
Sage	Salvia officinales *all varieties
Salad Burnet	Poterium sanguisorba
Sambac Jasmine	Jasminum sambac
Santolina	Santolina virens
Skullcap	Scutellaria *all varieties
Snake Herb	Dyschoriste lorfinearis
Soapwort	Saponaria ocymoides splendens
Sorrel	Rumex sanguineus *all varieties
Southernwood	Artemisia abrotanum
St John's Wort	Achillea *all varieties
Stevia	Stevia rebaudiana
Summer Savory	Satureja hortensis
Sweet William	Dianthus barbatus
Sweet Woodruff	Galium odoratum
Tansy	Tanacetum vulgare
Tarragon	Artemisia dracunculus
Texas Aster	Aster texanus
Texas Betony	Stachys caccinea
Texas Cedar Sage	Salvia roemeriana
Texas Frogfruit	Phyla incise
Texas Star Hibiscus red	Hibiscus coccineus
Texas Star Hibiscus white	Hibiscus coccineus Alba 'Lone Star'
Thyme	Thymus vulgaris *all varieties
Toad Flax	Linaria vulgaris
Tuberose	Polianthes tuberosa
Vetiver	Chrysopogon zizanioides
Vicks Plant	Plectranthus purpuratus
Viola	Viola *all varieties
Winter Savory	Satureja montana
Wormwood	Artemisia absinthium
Yarrow	Achillea *all varieties