

Plant List for Growing Your Own Herbal Teas

Common	Latin	Lifespan			Hardiness Zones	Light			Water			Soil	Location		Size		Prefer'd Start (Seed, Plant)	Flavor	Harvesting Tips	Good to Know	GRAS
		Annual/Biennial	Perennial	Tender Perennial		Full Sun	Part Sun	Shade	Dry	Avg	Moist		Bed	Pot	Height	Spread					
Anise Hyssop	Agastache foeniculum		X		4 - 8	X	X		X	X		Well Drained	X	X	2 - 4 ft	1.5 - 3ft	Seed or Plant	Strong licorice	Leaves - Collect in Spring and Summer. Flowers - Collect in Summer.	Member of the mint family. Attracts hummingbirds, bees and butterflies. Short lived perennial. Used by Native Americans for tea and medicine for colds and to correct a "dispirited heart."	No
Lemon Verbena	Aloysia citriodora			X	8 - 10	X				X		Well Drained	X	X	2 - 4 ft	2 - 4 ft	Plant	warm and earthy flavor with cooling finish	Leaves picked in Summer.	Leaves strongest when plant blooms. Plants in containers may not bloom. Grows easily from tip cuttings.	Yes
Tea	Camellia sinensis		Shrub		7 - 9		X			X			X	X	10 - 15 ft	6 - 10 ft	Plant	Aromatic and slightly bitter.	Leaves are picked during the year from bushes over three years old. Harvest only young new leaves for tea.	Evergreen. Susceptible to a number of fungal diseases.	Yes
New Jersey Tea	Ceanothus americanus		Shrub		4 - 8	X	X		X				X		3 - 4 ft	3 - 5 ft	Plant	Bitter, similar to black tea	Leaves are gathered during the flowering period and dried. Pick leaves from stem when green and mature.	Good ground cover in hard to grow areas. Difficult to transplant because roots run deep. Plants withstand drought conditions. Scale insects may attack stems.	No
Lemongrass	Cymbopogon citratus			X	10 - 11	X				Med		Well Drained	X	X	2 - 4 ft	2 - 3 ft	Seed or Plant	Herbal/floral flavor; lemon scent	Stems are cut at ground level. Cut off the lower bulb (bottom 6 inches) and remove the tough outer leaves. Cut or "bruise" the inner stalk and use it to add fresh flavor to your cooking.	Good for rain gardens. In early fall, several leaf sections with attached roots can be divided and potted with top leaves removed for overwintering in a bright window. These saved sections can be then used as starts for the following year; does not perform well in clay or other heavy soils.	Yes
Chamomile, German	Matricaria recutita	X			2 - 8	X				Med		Well Drained		X	1 - 2 ft	.75 - 1 ft	Seed or Plant	Aromatic; slight apple floral; slightly sweet	Use only flowers for tea. Flowers are collected when first fully opened.	Contains pollen from the same biological family as ragweed. Those sensitive to ragweed pollen may have an allergic reaction -- more so with Roman chamomile than German. Cool season annual -- plant early Spring.	Yes
Peppermint	Mentha piperita		X		5 - 9	X	X					Rich		X	1 - 2 ft	1 - 2 ft	Plant	Cool, minty	Use leaves at any time. Leaves to be dried are best taken just as flowers begin to appear.	Vigorous and creeping plant. Attracts butterflies.	Yes
Spearmint	Menta Spicata		X		5 - 9	X	X					Rich		X	1 - 2 ft	1 - 2 ft	Plant	Cool, minty. Sweeter than peppermint	Use leaves at any time. Leaves to be dried are best taken just as flowers begin to appear.	Vigorous and creeping plant.	Yes

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Wild Bergamot	Monarda fistulosa		X		3 - 9	X	X		X	X		Well-drained.		X	2-4'	2-3'	Seed or Plant	Oregano	Use both flowers and leaves for tea. Cut off flower heads when they bloom in early to late summer.	Attracts hummingbirds, butterflies, and bees. Supports specialized bees. Free air circulation needed to prevent mildew. Self-seeding. Need to control spread.	Yes
Sweet Cicely	Myrrhis odorata		X		5-9		X	X		X		Organically enriched soil	X	X	2-4'	2-4'	Seed or Plant	Light anise, subtle floral flavor	Harvest leaves throughout growing season. Cut back when in flower to get a second round of tasty leaves and prevent seeding.	Tolerates sun if kept moist; self-seeding; Deep tap root requires adequate pot size and makes it hard to move or remove from a planting bed	No
Pineapple Sage	Salvia elegans			X	8 - 10	X	X			X		Humus, well-drained	X	X	3-4'	2-3'	Plant	Leaves taste of pineapple (more so with fresh leaves); the flowers taste like a combination of citrus and mint.	Harvest leaves lightly and stop in the fall to prepare the plant for winter if bringing indoors. The bright red flowers are also edible.	Likes light afternoon shade in hot summer climate. Fast-growing. Tall stems may break off in wind. May stake plant or pinch off when young. Attracts hummingbirds, butterflies. Can make tea from flowers and leaves.	No
Betony	Stachys officinalis		X		4 - 8	X				X		Avg., well-drained	X	X	1.5-2'	1.5-2'	Plant	Vegatal; woody	Leaves can be harvested from early flower bloom until flowers are almost finished. Leave some of the leaves and flowers so plant can replenish itself.	Likes light afternoon shade in hot climate. Used as herbal remedy; listed as official herb of the apothecary, believed to have magical healing powers. Old English belief that it would ward off ghosts, goblins and unwelcome spirits in graveyards.	No
Thyme, Lemon	Thymus citriodorus		X		5 - 8	X	X		X	X		Well-drained	X	X	0.50-1.50'	1.00-1.50'	Plant	Strong Lemon Scent	Harvest leaves throughout the season; best just before flowers open. Dry leaves quickly.	Attracts bees. Tolerates deer, drought, poor soil. No serious insect or disease problems. Can rot in wet soil.	No
Thyme, Orange	Thymus 'Orange Balsam'		X		5 - 8	X	X		X	X		Well-drained	X	X	0.50-1.00	0.50-1.00	Plant	Orange Citrus	Harvest leaves throughout the season; best just before flowers open. Dry leaves quickly.	Attracts butterflies. Tolerates deer, drought, poor soil. No serious insect or disease problems. Can rot in wet soil.	No
Ginger	Zingiber officinale			X	9 - 12		X			X	X	Fertile, well-drained soil	X	X	2-4'	2-4'	Seed (Rhizome) or Plant	Fresh: Hot, tangy warm; Dry: Bittersweet and spicy	Dig rhizomes in Fall or when tops have died down. Dry in shade. Handle rhizomes carefully because of thin outer skin.	Can be grown from organic rhizomes purchased in grocery store. Look for plump pieces with swollen buds at ends of fingers. Stem generated by rhizomes forms a bud that becomes a complete plant. Prefers heat and humidity. Can rot in wet soil.	Yes