

Common	Latin	Lifespan			Hardiness Zones	Light			Water			Size		Gardening Tips	Good to Know	
		Annual/Biennial	Perennial	Tender Perennial		Full Sun	Part Sun	Shade	Dry	Avg	Moist	Height	Spread			
Garlic	Allium sativum	Bulb			4 to 9	X				X			1 to 1.5 ft	6 to 9 in	<p>Plant cloves in the fall, usually one or two weeks after the first killing frost. Separate individual cloves a day or two before planting. Plant six inches apart, pointed side up, with the base two to three inches from the soil surface. Cover beds with three to four inches of mulch to prevent fluctuating temperatures during the winter and early spring and to help control weeds. Roots and shoots will emerge by the first hard freeze, but shoots will usually not emerge from the soil until the following spring. Remove mulch in the spring after the threat of hard freezes is over to help the soil warm up. Or leave it in place to help with weed control and preserve soil moisture. (28)</p> <p>Harvest when plant tops begin to die back in late June to early July. Gently lift the plants with a garden fork when about half of the foliage turns brown, but do not knock the tops over prematurely. The bulbs should be full-sized and well-wrapped. Allow plants to dry in a well-ventilated location out of direct sun (e.g. on top of window screens propped up on bricks). Cut off the tops after 7-14 days of drying, or cut off the tops and trim the roots at harvest and then dry the bulbs. (1)</p>	<p>Low maintenance, fragrant leaf, attracts pollinators, tolerates deer. Bulbs best planted in fall but need winter mulch. Mediterranean native. 2 varieties: hardneck produces flower stalk (pinkish-white in April to May) and scapes can be used as scallion; softneck does not produce flowers or useful scallions. Mature bulbs have 12-20 cloves. No serious insect problems. Can be planted in vegetable garden. (29) Do not plant garlic from the grocery store, as it can be a symptomless disease carrier. (30)</p>
Turmeric	Curcuma longa		X		8 to 11	X				X			3 to 4 ft	3 to 4 ft	<p>Both ginger and turmeric grow from a rhizome (a fleshy root) that is the edible part of the plant. Purchase through a mail-order nursery or at an organic market. Select one that is firm (not shriveled), several inches long and with several buds or "eyes." Cut it into 2-3-inch pieces, making sure that each piece includes at least 2-3 buds. Fill a pot at least 12 inches in diameter with a nutrient-rich soil that will drain well. Put the rhizome horizontally on the surface with the eyes facing up, and cover with 2 inches of soil. Water sparingly until sprouts appear. Put the pot in a warm location (70-80 degrees Fahrenheit) or use a heat mat to warm the soil. Remove from the heat mat once you see sprouts, in 3-8 weeks, and move the pot to a sunny spot near a window. If necessary, supplement with a grow light. Water as needed to keep the soil moist (not wet), and mist often if the air is dry. Ginger and turmeric plants are relatively care free. As they mature, you'll get a lovely display of tropical foliage and perhaps a flower or two. You can move your ginger and turmeric plants outside when daytime temperatures are at least 68 F and nighttime temperatures are above 50. Bring them back inside when the weather begins to turn colder again. After 8-10 months, the foliage will fade. When the plant has yellowed and dried out, it's time to harvest. Dig up the entire plant, brush the soil away from the rhizomes, and cut the stalk off. Save a piece or two of the rhizomes to replant. (37)</p>	<p>Best with morning sun and some afternoon shade. Can be grown as annual, rhizomes dug in fall and stored in cool location, or grown in a container and overwintered indoors in cool location. Showy pale yellow blooms in July to August. Attracts pollinators. Medium maintenance. Tolerates wet soil and can be used in rain garden. Native to tropical southwestern India (65 to 85 F, moist, humid). In the ginger family. No serious insect problems. (29) Possible contact dermatitis or hives. (38) Turmeric keeps well when frozen. Simply wash, peel, and freeze the rhizomes. When you're ready to use it you don't even need to thaw it; simply grate what you need. (11)</p>
Roseroot	Rhodiola rosea		X		All	X				X			1 ft	1 ft	<p>Store the seed in the refrigerator for up to six weeks to help speed germination. Sow seeds on the surface of seed starting mix, and keep moist. Seeds germinate in 2-4 weeks at 50 F. Plant seedlings in the garden in after your area's last frost date has passed or as soon as you can easily work the soil. If you live in an area that has cold winters, skip refrigerating the seeds and sow them directly outside. Exposing the seeds to two or more months of winter weather, especially snow cover, triggers germination. Each rhodiola plant has either male or female flowers, and plants require the help of bees or flies for pollination. (51)</p> <p>In cultivation, the seeds can be collected every year, but it takes 4-5 years for a suitable harvest of shoots and rhisomes. The roots are generally harvested in autumn. The fresh shoots have to be separated from the rhizomes. Before washing, the big roots should be sliced so they can be washed more effectively, any stones can be located and removed, and they can be dried more quickly and effectively. The harvested roseroot yield consists of rhizome and hairy roots. (52)</p>	<p>Native to crevices of mountain rocks in Arctic regins of Europe. Not frost tender. Cannot grow in the shade. Young succulent leaves can be eaten raw or cooked (like spinach). (53)</p>

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Ginger	Zingiber officinale		X		9 to 12		X			X		2 to 4 ft	2 to 4 ft	See Turmeric, above.	Medium maintenance. Tropical, needs heat and humidity - pot growing is best. Rhizomes will get root rot in cold and wet conditions. Young sprouts are edible. (29)
Candytuft	Iberis sempervirens		X		3 to 8	X				X		6 in to 1 ft	6 in to 1 ft	Start seeds indoors 6 - 8 weeks before the end of frost season. Press the ground cover seeds into the soil but do not cover them. Can also be started directly outdoors in a prepared seedbed once frost season has passed. Candytuft perennial plants are fairly drought tolerant, but they do require occasional deep watering. This flowering ground cover plant prefers full sun to light shade. Some gardeners cut plants back after blooming to encourage some blooming throughout the summer. Will establish nicely from ground cover seeds. (59) Harvest seeds when fully ripe. Allow pods to dry on plant; break open to collect seeds. Seed wands can be dried for later use. Be gentle when handling after they've been dried because the seed pods can be fragile. Harvest when ¼ to ½ of the florets on a stem are open. Expect a vase life of 7 days or dry for later use. Hang freshly cut stems upside down in a warm, dark place for 2-3 weeks or until they are firm to the touch. (60)	Showy white blooms in April to May. Less floriferous in part shade. Spreads, woody-based, forms foliage mound. Wet soils lead to crown rot. Excellent edging for borders or as ground cover. Attracts butterflies, tolerates rabbits. Native to Southern Europe. (29)
Hollyhock	Althaea rosea		X		5 to 9	X				X		6 to 8 ft	2 to 3 ft	For best results, sow immediately onto a good soil-based compost. Cover the seeds with fine grit or compost to approximately their own depth. They can be sown at any time, and germination can sometimes be quicker if kept at 60 to 70 degrees F. Can sow seeds in an unheated greenhouse and wait for natural germination, as many seeds have built-in dormancy mechanisms, often waiting for natural spring germination, hence giving them a full season of growth. (70) Flowers should be gathered in July and early August, when in full bloom, and dried in trays, in thin layers, in a current of warm air immediately after picking. When dry, they are a deep, purplish-black, about 2 1/2 inches in diameter, united with the stamens, which form a tube, the one-celled, reniform anthers remaining free. (71)	Native to China, but obscure origin, probably a hybrid, and widely cultivated. Attracts pollinators. Related to hibiscus. Mallow family. Not frost tender. It is in flower from July to September, and the seeds ripen from August to October. The species is hermaphrodite (has both male and female organs). Grows absolutely straight. Handsome flower borne along the stem. The leaves have five to seven lobes. Commonly white, pink, red, or yellow, the flowers are 3 inches or more across and are borne along the upper portion of the stem. (69) Flowers are also used for coloring purposes. (71)
Houseleek	Sempervivum tectorum		X		3 to 8	X			X			6 in to 1 ft	6 in to 1 ft	Hens and Chicks can be grown from seeds, seedlings or by dividing offsets. To transplant, dig a shallow hole and spread the roots, cover the crown of the plant, and tamp the soil gently so that the plant is firmly in the ground. Water lightly, but not every day. Their roots need to dry out between waterings. Or you can start seeds in the fall and transplant in the spring. Seeds can be sprinkled on top of a soil or gravel mix and kept moderately moist until they germinate. Once they sprout, sprinkle some fine gravel around them as mulch. During the growing season, expect each plant multiplies itself by at last 4, by producing little offset plantlets all around the perimeter of the 'Hen.' These are the 'Chicks.' The Chicks can be snapped off and replanted elsewhere at any time. (68) Break off leaves and squeeze out juice, as with aloe vera.	Easily grows in average soils. Evergreen succulent forms mats and rosettes that can have purple tips. No serious insect problems. Good in a rock garden, as winter interest, or as ground cover. Showy reddish purple blooms in June to July. Tolerates deer. Native to Central Europe. (29)
Elderberry	Sambucus canadensis		Shrub		3 to 9	Y	Y			Y		5-12 ft	5-12 ft	Parts used: flowers and berries. Numerous white flowers bloom from late June to August; Fruits ripen from July to September (111). Collect flowers when in bloom and fruits thereafter in early Fall (108).	Flowers and berries attract numerous wildlife, pollinators, and birds; a native plant that is deer resistant (107); produces dense ground cover that provides nesting and good feeding; may be used for erosion control on moist sites, grows widely in U.S. and is adaptable (111); medicinal benefits are not found in cultivars of the plant

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Dandelion	Taraxacum officinale		Y		5 to 10	Y	Y			Y		2-18 in	up to 6 in	Parts used: roots, leaves, and flowers. Leaves may be harvested anytime, but recommend spring for more tender and less bitter leaves. Roots in fall maybe dried or pressed for juice, (107)(108)(122).	Dandelions grow in many parts of the world, and are cultivated for food and medicinal use. Pollinators, especially bees, are strongly attracted to the flowers. Botanists consider dandelion an herb (107) (108). Flowers are used to make wine (122).
Thyme	Thymus vulgaris		Y		5 to 9	Y			Y	Y		upt to 1 ft	up to 1 ft	Parts used: leaf, flower. Harvest when starting to flower; leaves and flower tops maybe distilled for oil; use dried or fresh for other preparations.	Hardy, neat growing plant, its flowers are beloved by bees. May seed directly, trim back plant at least in spring to reduce woody growth of stems in mature plants. (122) A South Korean University has reports that thymol (a compound in thyme) along with other agents was effective in killing Tiger mosquito larvae (carries of West Nile virus, yellow fever, encephalitis et al.) (107)
Sage	Salvia officinalis		Y		5 to 8	Y			Y	Y		2.5 ft	2.5 ft	Parts used: leaf. Harvest just prior to bloom; leaves maybe dried or boiled/soaked	Difficult to start from seed. As it matures, best managed by cutting back in spring. Part of the mint family, there are over 900 species of sage (107)
Echinacea	Echinacea purpurea (L.) Moench		Y		3 to 8	Y						2-3 ft	up to 2 ft	Parts used: root, leaf, flower, and seed. Harvest leaves and above ground parts while in bloom (midsummer); harvest roots or rhizomes in autumn to be dried	Native to central U.S. (aka American coneflower) and a member of the daisy family, Asteraceae. Three types of echinacea are favored by herbalists: Echinacea angustifolia (narrow-leafed), Echinacea pallida (pale purple), and Echinacea purpurea (eastern purple) (107) All are threatened in the wild (108) May be grown from seed or root division in winter (108) Avoid harvesting wild echinacea as many are threatened; all are widely available through organic cultivated markets. (122)
Marsh Mallow	Althaea officinalis L.		Y		3 to 9		Y				Y	2.5 ft		Parts used: root; leaf and flower may be used also. Harvest roots from 3 year old plants in autumn for drying; leaves before plant blooms, and flowers, maybe used for teas (102) [?]	Seeds germinate quickly after being stratified. Native to Europe and naturalized in the U.S. Prefers marshy fields, loamy soil and wet or tidal zones. Cultivated for medicinal use (108). The medicinal properties of the root come from the mucilage or sap that the plant produces.
Calendula	Calendula officinalis	Y			2 to 11	Y	Y			Y		Up to 2 ft	Up to 2 ft	Parts used: flower. Harvest flowers in early summer (108).	Grows readily from seed; collect in Fall and sow in Spring. Extended bloom season. Prefers sunny location and blooms most in low humidity conditions; the more you pick and cut back, the more it blooms. Native to southern Europe, it is cultivated around the world in temperate regions, propagated from seed, and adapts to all soils. The wild species, C. arvensis, has similar therapeutic properties. (108) Flowers are edible; dishes include salads and stews.