



# Herbs for Many Uses

Carolyn Babbs, Master Gardener

## THESE HERBS SOW THEMSELVES

Many herbs are so easy to grow that they'll practically plant themselves. You need to sow or transplant them into the garden the first year and then let a few of each kind go to seed. The seeds will fall and germinate the following spring. Some seedlings may pop up in the most unexpected places. Enjoy the informal effect, or transplant the young seedlings to where you want them to grow. Here are some of the most dependable self-sowers:

Agrimony	Borage	Caraway
Chervil	Dill	Coriander/Cilantro
Epazote	Fennel	German chamomile
Lemon basil		Roman chamomile
Sweet wormwood		

## SOME HERBS JUST CAN'T BE GROWN FROM SEED

French tarragon    Peppermint  
Italian oregano (also called hardy marjoram)

## THE BEST HERBS TO BRING INDOORS

Bringing herbs indoors is a great way to brighten up those dull winter days. It's also a necessity if you want to over winter frost-tender herbs, such as scented geraniums and bay. Most herbs prefer a bright, airy spot with a temperature between 50 degrees and 70 degrees F. Keep the soil evenly moist, and provide a good level of humidity by grouping pots together and setting them on shallow trays filled with wet gravel. Here are some herbs that usually adapt well to indoor culture:

Basil	Bay	Catnip
Chervil	Chives	Coriander/Cilantro
Elfin herb	Myrtle	Oregano
Patchouli	Rosemary	Sages
Summer savory		Sweet marjoram
Scented geraniums		

## CULINARY HERBS

Anise	Angelica	Basil
Bee balm	Borage	Burnet
Caraway	Chervil	Chives
Coriander	Dill	Fennel
Garlic	Horehound	Lovage
Lemon balm	Lemon verbena	
Marjoram	Mints	Nasturtium
Oregano	Parsley	Rosemary
Sage	Savory	Sorrel
Sweet bay	Sweet cicely	Tarragon
Thyme	Wormwood	

## FRAGRANCE

Bee balm	Catnip	Costmary
Geraniums	Lavender	Lemon verbena
Lemon balm	Mints	Rose
Rosemary	Thyme	Violets
Wormwood		

## SOME HERBS THAT ROOT EASILY IN WATER

Mint	Basil	Pineapple sage
Lemon verbena		Rosemary
Scented geraniums		Lavender

## GROUND COVERS FOR SUN

Many herbs slip smoothly into the role of ground covers. Herbs offer numerous assets: they display interesting textures and patterns, provide fragrance and color, and are generally easy to grow. Most herbs are for looking at, not walking on; they are usually too delicate or too tall for traffic.

Lemon thyme	Wooly thyme
Mother-of-thyme	Caraway-scented thyme
Creeping thyme	Prostrate germander
Prostrate rosemary	

## HERBS FOR DRIER SOILS

The following plants can withstand drier soil and less frequent watering. Drought tolerance is enhanced by working the soil to allow roots to penetrate deep for water.

Borage	Chia, golden*
Cilantro	Calendula
Costmary	Cota & Navajo tea
Chamomile, Roman & German*	
Epazote	Feverfew*
Garlic chives	Hyssop
Horehound	Lavender
Lemon balm	Lavender cotton*
Orris*	Oregano, common*
Pyrethrum daisy	Pot marjoram*
Purple coneflower	Russian sage
Rosemary	Rue*
Star-of-Persia	Southernwood
Sweet marjoram*	Scented marjoram
Scented geranium	Salad burnet
Sage, culinary & ornamental*	
Santolina, gray & green*	
Summer savory	Thyme*
Tarragon	Wormwood
Wild marjoram*	Winter savory*

\*Indicates drought tolerance

## NATIVES OF THE AMERICAN SOUTHWEST

Rosemary-mint (*Poliomintha longiflora*)  
Autumn sage (*Salvia greggii*)  
Cuban oregano (*Plectranthus amboinicus*)  
Wild bergamot (*Monarda fistulosa*)  
Epazote (*Chenopodium ambrosioides*)  
Cilantro (*Coriandrum sativum*)  
Mexican oregano (*Lippia graveolens*)  
Hoja santa (*Piper auritum*)  
Mexican mint marigold (*Tagetes lucida*)  
Chaparral (*Larrea tridentata*)  
Ocotillo (*Fourquieria splendens*)  
Indian root (*Aristolochia watsonii*)  
Yerba mansa (*Anemopsis californica*)  
Yerba de Alonso Garcia (*Dalea formosa*)

## COMPANION PLANTING

Herbs have traditionally been used as “companion plants” to attract/repel various pests from the preferred plant. They may or may not work, but they do add interest to the garden!

## BENEFICIAL BORDERS

Experiment with these herbs to attract and nurture beneficial insects:

Dill	Caraway	Fennel
Spearmint	Common tansy	

## HERBS THAT REPEL

Mints - Very strong smelling, they may keep egg laying moths away from the cabbage patch. They may also discourage rodents.

Basil - Goes as well with tomatoes in the garden as in the kitchen. It also benefits asparagus because it may help repel flies and mosquitoes.

Sage - May deter flies and beetles. A good garden companion for beans.

Parsley - Onions thrive if grown nearby. May help carrots by warding off carrot flies.

Santolina (green and gray) - May repel moths and insects, which can benefit your lettuce crop.

Yarrow - Its strong scent may discourage insects. Also may help increase strength of nearby plants.

Garlic - Though not really an herb, this plant does double duty. Garlic may protect roses from pests. But it's more important use, when planted between rose bushes, is to increase the fragrance of the rose blossoms.

## HERBS THAT ATTRACT

Nasturtium - May attract whiteflies and aphids, which keeps them away from radishes and cabbages.

Dill - May attract hornworms, but don't plant right next to your tomatoes!

Artemisia - Rabbits may eat this plant and may leave your vegetable garden alone.

“Gardening Notes” is based on the experiences of Master Gardeners in Southern Nevada. While this publication has not undergone the formal University of Nevada Cooperative Extension (UNCE) peer review process, it has been reviewed by UNCE faculty. It appears to be valid for the geographical area and conditions indicated.

UNR Extension ♦ Clark County Main Office 8050 Paradise Road, Suite 100, Las Vegas, NV 89123  
Master Gardener Help Line: 702-257-5555