

Culinary Herb Garden Favorites for East Tennessee Gardens

Herb	Best Varieties	Cultural Tips	Comments
Parsley	Krausa, Giant of Italy or Giant of Naples	Plant lots, sometimes preyed upon by butterfly larvae	
Rosemary	Eloise, Salem	Likes sun, lime	
Lavender	Provence	Needs good drainage and air circulation, likes lime, cut back by at least 1/3 annually	
Sage	<i>S. officianalis</i>	Cut back severely on an annual basis starting the second winter	
Thyme	French, Lemon	Great at edges and in crevices	
Mint	Blue Balsam, Apple, Ginger	Prefers sun, but can tolerate some shade, must be contained...	
Basil	Genovese and Serata, Napoletano Bolloso, Baja, Mrs. Burns Lemon, Lime, Persian	You can fertilize these a little more than other herbs- makes more leaves with a little more nitrogen. Remove blooms.	
Sorrel	Sorrel, blood leaf. French not as vigorous	Blood leaf makes nice edger, cut back flower stalks	
Lovage	n/a	Grows big, attracts many beneficials	
Pineapple Sage	n/a	Can get very large	
Lemon Verbena	n/a	Loses leaves in winter (not hardy but can grow in containers for years)	
Stevia	n/a	Keep blooms removed for best leaf production	
Chives	Fine Leaf, Garlic	Garlic Chives will self sow	
Dill	Fernleaf	Direct sow in fall or early spring	
Oregano	Greek for best flavor	Greek won't take over like others	
Hyssop	n/a	Great for Bees	
Anise Hyssop	n/a	Great for Bees, Tea	
Borage	n/a	Allow to self sow	
Mountain Mint	Thread Leaf, Frosted	Frosted must be contained or grown where it can take over	
Lemon Balm	n/a	Harvest mercilessly to keep from going to seed	
Salad Burnet	n/a	Provides fresh leaves almost all year	

Presented by Christy Shivell of
Shy Valley Native Habitat Nursery & Herbarry

Web: Shyvalleyfarm.com e-mail: shyvalley@aol.com phone/TEXT 423/348-6570