

Houston Herb Garden

2020

Aloe Vera



Aloe Vera is a succulent perennial plant. It may be used on skin conditions or superficial cuts for its antimicrobial and antioxidant properties. It is also consumed to help with constipation and other internal ailments.

Artemisia



Artemisia is also known as wormwood. Several kinds of Artemisia are used in herbal medicine and many are cultivated for their feathery gray foliage. It has a very mild fresh scent but a bitter taste and was sometimes put in the cabinet to give the linens a fresh smell.

Asparagus



Asparagus is low calorie, low in sodium with no cholesterol as well. It is also a rich source of dietary fiber, which is essential for the body. Its tender shoots are a great source of vitamins, minerals, and essential proteins.

Basil – Purple



Purple basil has a striking dark burgundy color. The flavor is not as sweet as some basil varieties with a stronger clove taste. Highly aromatic, purple basil can be steeped in vinegar or oil to add beautiful color to one's dishes.

Basil – Sweet



Basil is a warm-weather annual herb, which is very fragrant and tastes great in tomato-based dishes, Italian seasonings and the beloved pesto.

Basil – Bell Pepper



Bell Pepper Basil is an excellent culinary variety useful in any dish where a bell pepper flavor is desired. Withstands cold better than many other varieties and can be overwintered indoors with plenty of light. Pretty spikes of maroon/pink flowers add interest to the herb garden.

Chamomile

Chamomile blossoms steeped to make tea has been used in alternative medicine as possibly an effective aid in treating anxiety, upset stomach, colic, diarrhea and insomnia

Chives

Chives have a mild onion flavor and contains a considerable amount of vitamin C, potassium and folic acid. They are a good addition to modern recipes to restore vital nutrients that are lost in cooking. Medicinally, they are known to promote good digestion and comfort stomach upset.

**Cilantro/
Coriander**

The cilantro leaves are often used in Asian and Latin American cooking and have a lively citrusy taste. Coriander is the dried seed of the cilantro plant. The seeds are used in curries, curry powder, pickles, sausages, soups, and stews. It can stimulate insulin secretion as well as lower cholesterol and blood sugar levels.

Curry Tree

The curry tree is found mostly in countries with hot climates and is a native plant of India. The leaves of the curry tree are called curry leaves or sweet neem leaves and are a common spice in Indian cuisine.

Dill

Dill is an annual herb in the celery family and has been widely used since ancient times. Its leaves and seeds are used as an herb or spice for flavoring food especially pickling and cold salads.

Echinacea

Echinacea is a group of flowering plants used as a popular herbal remedy. They are linked to many health benefits, such as reduced inflammation, improved immunity and lower blood sugar levels. Echinacea plants are loaded with plant compounds that function as antioxidants.

Eggplant

Eggplant is a flowering plant that belongs to the nightshade family. Most commonly purple, the spongy, absorbent fruit is used in several cuisines. Typically used as a vegetable in cooking, it is a berry by botanical definition.

Ginger

Ginger is a flowering plant, whose rhizome, ginger root or ginger, is widely used as a spice and in folk medicines. The health benefits of honey and ginger in treating respiratory problems are unmatched by any other concoction.

Fennel

Fennel is a perennial herb of the carrot family grown for its edible shoots, leaves, and seeds. It is a highly aromatic and flavorful culinary herb and, along with the similar-tasting anise, is one of the primary ingredients of absinthe.

Grapes – Spanish Black

Black Spanish Grapes are a delicious sweet and juicy seeded grape that produces large clusters of small to medium size grapes. This variety is a heavy and consistent producer. This is an older variety from back in the 1800s.

Lavender

Lavender is a flowering plant in the mint family that's easily identified by its sweet floral scent and has been around since ancient times. Lavender is good for clearing the mind, body and soul, as well as, lavender helps support a calm composure and reduces irritability, apprehension, stress, nervous tension, insomnia, nightmares, and is generally balancing to the psyche.

Lemon Balm

Lemon balm is an herb in the mint family. It is often used for culinary purposes to make teas, marinate chicken or fish, or flavor baked foods and jams.

Lemon Verbena



This fragrant beauty, lemon verbena, will maintain a tidy size. In the ground, it forms a luxuriously lemony shrub. Packed with delicious citrus flavor, thinly sliced leaves add zest and aroma to fish, salads, and steamed vegetables.

Marigolds



Marigold, also known as calendula, is traditionally used to help relieve minor burns, wounds and other skin problems. The flower petals may be utilized as an herbal infusion, topical solution and eyewash. Marigold petals add color and flavor in various dishes like stews, soups, pudding and salads. It is an excellent companion plant because it repels harmful insects such as aphids and whiteflies. Its petals are used as a natural dye.

Marjoram



Marjoram is a somewhat cold-sensitive perennial herb or under-shrub with sweet pine and citrus flavors. People make medicine from marjoram's flowers, leaves, and oil to treat many ailments such as asthma, menstrual cramps, coughs, colds, liver problems, gallstones, headache, and diabetes.

Mint – Julip



Mint has been long identified in diverse cultures, such as India, Middle East and Europe, due to its abundant aroma, calming taste and healing qualities. There are 30 species of mint and hundreds of varieties. Its characteristic smell makes it one of the most well-liked perfuming herbs. NOT to be confused with mint julep, which is an alcoholic beverage.

Mint – Spearmint



This mint is very sweet smelling and a favorite for taste and healing properties such as settling an upset stomach.

Mullein



Mullein tea made from the flowers and leaf, is a beneficial remedy for bronchitis, sore throat, tonsillitis, dry coughs, and hoarseness. The large whole leaves were also used for bandages because of its softness and because of its anti-inflammatory properties. It is a biennial plant.

Nasturtium



Nasturtium flowers are aromatic with a fragrance reminiscent of mustard and have a tender, mild, peppery, and slightly spicy taste. Both the flowers and leaves of the nasturtium plant are edible and have a peppery taste, like a watercress. Both the buds and seeds of the nasturtium plant are edible and are commonly pickled yielding a flavor and texture like capers.

Bunching Onions



Onions are full of antioxidants and help support the immune system, so they are one of the healthiest foods one can eat. The bulbs are small but are very flavorful when chopped and added to any culinary dish.

Oregano



Oregano is widely used as a spice. It has an aromatic, warm, and slightly bitter taste. It has been used around the Mediterranean region for centuries. Oregano and other herbs provide antioxidants and promote good health.

Parsley-Italian



Italian parsley is a variety of the parsley plant used as an herb in a wide range of cuisines around the world. The flat leaves taste robust and fresh and can be added whole or chopped. It is commonly used to elevate the flavor of dishes like soups, salads and fish recipes.

Pepper – Cayenne



The cayenne pepper is a berry, not a vegetable. It is a digestive stimulant, a cardiovascular tonic and a first aid application for bleeding. It's also high in iron and vitamins A,C,E and K. It can be very spicy eaten fresh or dried.

Pepper – Marconi



Marconi peppers have a sweet and mild taste. They grow to be rather large. This makes them great for roasting with your favorite stuffing mix.

Purslane



Purslane is a small, fleshy or succulent, annual ground cover plant. Its flowers and leaves are edible and are a rich source of potassium, magnesium and calcium. It adapts well to dry areas with poor soil and grows like a weed.

Rosemary



Rosemary is part of the mint family, as is basil, lavender, oregano, and many other herbs. It is a woody, perennial shrub with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers, and native to the Mediterranean region.

Rue

Rue has been cultivated since ancient times as a small garden shrub for its evergreen leaves and dull-yellow flower clusters. The oils in the stems and leaves can be irritating to sensitive skin especially when skin is exposed to sunlight, and can result in photo-sensitivity or contact dermatitis. Care must be taken when handling rue. It is toxic when consumed in large quantities. Medicinal benefits include its digestive, relaxing and antispasmodic properties.

Sage

Sage is a perennial plant and cultivated for its pungent leaves. It is native to the Mediterranean region and is used fresh or dried as a flavoring in many foods, particularly in stuffing for poultry, pork and in sausages.

Spiderwort

Spiderwort plants are perennial herbs. The roots are a laxative. They are also used as a tea in the treatment of kidney and stomach ailments and women's complaints. A poultice of the leaves can be applied to stings, insect bites and cancers.

Strawberries

The health benefits of strawberries include improved eye care, proper brain function, relief from high blood pressure, arthritis, gout, and various cardiovascular diseases. Surprisingly, strawberries are not a fruit, but rather a fleshy receptacle for the seeds, which is the actual fruit.

Thyme

Thyme is a pungent, perennial, evergreen, culinary herb widely used in French and Italian cuisines. It is a relative to oregano and has medicinal and ornamental uses as well. In ancient Egypt it was used for embalming.

**Thyme –
Mother of Thyme**

Another popular variety of thyme for culinary purposes. Medicinally, thyme is taken by mouth for bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, stomach pain, diarrhea, intestinal gas, parasitic worm infections and skin disorders. It is also a diuretic and an appetite stimulant.

Tomatoes

The fleshy fruit of tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

Vicks Plant



The Vicks plant, is a rare succulent perennial, cascading herb. It is named for its relaxing methanol fragrance synonymous with the vapor rub. Vicks' bright green velvety foliage has a minty, menthol aroma, and when crushed can be inhaled (or steamed) to clear congestion.

Wild Violets



Wild violets are edible perennial plants that spread both by rhizomes and by seeds. Violet flowers and leaves are edible with the leaves having a high level of vitamins A and C. They can be used in salads or cooked as greens. The flowers can be made into jellies, candied, or tossed into a salad. Medicinally it is used as a remedy for coughs and sore throat, hoarseness and tonsillitis.

Zinnias



Zinnias are grown as a long lasting cut flower to be enjoyed in an arrangement or to add color to the garden. It is a very drought tolerant plant best grown in southern USA and Mexico.

Zucchini



Zucchini is a summer squash. It is a nutritious low-calorie heart healthy food that contains good amounts of potassium, which helps reduce blood pressure. It is also rich in minerals and vitamins.