

## Houston Herb Garden

### 2022

#### Aloe Vera



**Aloe Vera** is a succulent perineal 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.

#### 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.

#### 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.

## Lemongrass



**Lemongrass** is an herb with a distinct citrusy flavor and aroma. It is a perfume grass used for flavoring and medicinal purposes. It is a tall, perennial grass native to India and tropical regions of Asia and is alternatively known as Cymbopogon. The main component of this fragrant herb is lemonal or citral, which has antifungal and anti-microbial qualities.

## 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.

## 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.

## 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.

**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, native to the Mediterranean region.

**Sage**

Sage is a perennial plant. 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.

**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.

**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