

ECONOMIC

Throughout history herbs were cultivated for a variety of economic uses to enhance people's lives with some used as dyes in the pursuit of color for cloth, paints, food and drink. In recent years there has been a resurgence of interest in plant-based dyes as a safe alternative to synthetic dyes.

Santolina and Wormwood have been used since ancient times as a moth repellent and their gray foliage is an attractive contrast in the garden.



Angelica – *Angelica archangelica*
Bay – *Laurus nobilis*
Bear's Breeches – *Acanthus mollis*
Butterfly Weed – *Asclepias tuberosa*
Chamomile – *Matricaria recutita*
Comfrey – *Symphytum officinale*
Common Milkweed – *Asclepias syriaca*
Flax – *Linum usitatissimum*
Lavender – *Lavandula angustifolia*
Lemon Balm – *Melissa officinalis*
Rose – *Rosa gallica*
Sage – *Salvia officinalis*
Santolina – *Santolina chamaecyparissus*
Stevia – *Stevia rebaudiana*
Sweet Marjoram – *Origanum marjorana*
Teasel – *Dipsacus foliolosus*
Wormwood – *Artemisia absinthium*

04/2023



Herb of the Year™ 2023

Ginger
Zingiber officinale

2023 Notable Native Herb™

Pokeweed
Phytolacca americana



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A 501(c)(3) non-profit organization.

It is the policy of the Bartlett Arboretum & Gardens and UCONN Master Gardeners not to advise nor recommend herbs for medicinal or health use.

Linda Nykaza Albanese Herb Garden



at The Bartlett Arboretum & Gardens

Step into our garden and enter centuries of wisdom and delight surrounded by herb plants historically cultivated as flavorings, medicines, dyes, teas and other uses as well as attracting a vast array of beneficial wildlife.

The Herb Garden was established in 2009 and completely renovated in 2021. It is maintained weekly by volunteers with the UCONN Extension Master Gardener Program.

Bordered by boxwood shrubs, the classic four pathways converge to the circular center with each quadrant representing themes of aromatic, culinary, medicinal, and economic herbs. The plants are annual, perennial, native and tropical in a compact setting sure to delight the senses.

We invite you to watch our garden grow and see why it is enjoyed by our many visitors. Let it inspire you to create a home herb garden and learn why herbs have great appeal with a variety of uses.

CULINARY

Culinary herbs are among the easiest edible plants to grow. Plant your herb garden in a sunny site with well drained soil or in containers. Generally, herbs have few pest problems and the deer tend to dislike their scent and taste.

Most herbs reach their peak flavor just before they flower. Cut stems, not leaves, from all over the plant to keep it nicely shaped and encourage growth. Chives have beautiful flowers that can be added to salads and can be planted at intervals for a continuous bloom.



Angelica – *Angelica Arhangelica*
 Basil – *Ocimum basilicum*
 Bronze Fennel – *Foeniculum vulgare*
 Chives – *Allium schoenoprasum*
 Dianthus – *Dianthus gratianopolitanus*
 French Tarragon – *Artemisia dracunculus*
 Horseradish – *Armoracia rusticana*
 Lemon Grass – *Cymbopogon citratus*
 Nasturtium – *Tropaeolum majus*
 Oregano – *Origanum vulgare*
 Peppers – *Capsicum annuum*
 Purple Coneflower – *Echinacea angustifolia*
 Rosemary – *Rosmarinus officinalis*
 Sage – *Salvia officinalis*
 Spearmint – *Mentha spicata*
 Thyme – *Thymus vulgaris*
 Wild Yam Vine – *Dioscorea villosa*
 Winter Savory – *Satureya montana*

AROMATIC

Aromatherapy utilizes natural oils from plants for holistic healing. You can simply enjoy the scents on your fingertips or by learning the more complex art of making oils. Rose Geranium's essential oil has a relaxing affect and Lavender contains soothing properties.

Several of the herbs, such as Lemon Verbena, can be used to make sachets, potpourris and scented baths.



Anise Hyssop – *Agastache foeniculum*
 Bee Balm – *Monarda didyma*
 Catnip – *Nepeta cataria*
 Chocolate Mint – *Mentha piperita* cv.
 Feverfew – *Chrysanthemum parthenium*
 Hyssop – *Hyssopus officinalis*
 Lavender – *Lavandula angustifolia*
 Lemon Verbena – *Aloysia triphylla*
 Nasturtium – *Tropaeolum majus*
 Orris-root – *Iris germanica*
 Peony – *Paeonia* spp.
 Peppermint – *Mentha piperita*
 Pineapple Sage – *Salvia elegans officinalis*
 Rose – *Rosa gallica*
 Spearmint – *Mentha spicata*
 Scented Geranium – *Pelargonium* sp.
 Sweet Woodruff – *Galium odoratum*
 Valerian – *Valeriana officinalis*

MEDICINAL

Herbs seduce us into thinking they are all safe, yet some can be poisonous if consumed in large quantities. Used correctly and responsibly, herbs can aid digestion, fight colds, reduce migraines along with many other therapeutic benefits, but consult your doctor or trained herbalist before ingesting herbs. And be sure to use gloves when handling Rue and Arnica as they can cause severe skin irritations.

As one of the most ancient medicinal herbs, Chamomile makes for a wonderful tea with its delightful taste and calming properties.



Aloe – *Aloe* spp.
 Arnica – *Arnica montana*
 Borage – *Borago officinalis*
 Cardamom – *Elettaria cardamomum*
 Chamomile – *Matricaria recutita*
 Eucalyptus – *Eucalyptus cordata*
 Feverfew – *Chrysanthemum parthenium*
 Foxglove *Digitalis purpurea*
 Lovage – *Leristicum officinale*
 Motherwort – *Lionurus cardiaca*
 Musk Mallow – *Malva moschata*
 Parsley – *Petroselinum crispum*
 Purple Coneflower – *Echinacea angustifolia*
 Purple Passionflower – *Passiflora incarnata*
 Rue – *Ruta graveolens*
 St. John's Wort – *Hypericum perforatum*
 Senna – *Senna marilandica*
 Tansy - *Tanacetum vulgare*
 Yarrow – *Achillea millefolium*