

March 2023 Tilth Alliance Edible Plant Sale

Herb and Flower Plant List



Updated 3/9/2023

Please be aware that we may not have all of the varieties listed in this document at the 2023 March Edible Plant Sale. Occasionally, the growers will experience a crop failure or the plants will be too small to sell. We apologize for any inconvenience this may cause.

All our vegetable starts are organically grown and/or Certified Organic in Washington State by Cascade Cuts in Bellingham, Dirty Knees Nursery in Bellingham, Rent's Due Ranch in Stanwood, and Sunseed Farms in Acme.

Edible Flowers

Alyssum

White

Annual. Freely re-seeding and heavenly scented Alyssum is a wonderful pollinator plant to add to containers, bed edges, including the veggie bed, and in annual flower displays. Alyssum is a relative of the cabbage family and the sweet little flowers are a great addition to salads in the summer. Keep well watered to keep it blooming. Also very attractive to beneficial insects like syrphid flies, lacewing and parasitic wasps. This is an all white selection which brightens up the garden.

Borage

Borage - Regular

The bright blue, star-shaped flowers (which bloom most of the summer) make borage one of the prettiest herb plants. The leaves are large and leathery and covered in soft spikes. The flavor of the leaves and flowers resembles that of cucumber. The plant will grow to a height of about 18 inches, and spread about 12 inches. Beloved by bumble bees.

Calendula

Alpha

Bright orange Gerbera like flowers on 30 inch plants are a delight in any garden. The petals of this beauty have a high resin content making them perfect for mixing into hand creams. Great as cut flowers and reseed easily for more flowering fun.

Pacific Mix

A riot of yellows, oranges and blends in between to spice up your garden. Add to veggie beds to encourage pollinators. Fill containers and blend with other summer annuals. Self seeding annual will come back in unpredictable colors next year. Great for adding to salads for colorful toppings and to egg salad for a tasty and colorful treat.

Neon

Glowing orange with burgundy tips, 'Neon' is a fabulous addition to your garden. Mix it in with your fruiting plants to attract pollinators straight to your squash and tomatoes. Cut for bouquets or trim flowers to dry and add to homemade lotions. Calendula is a multi-use and showy choice. Self sows easily.

Strawberry Blonde

A lovely pink variety from Wild Garden Seeds in Oregon. Dark red backsides on the petals and a dark central eye provide contrast to the lovely pastel pink and yellow petals.

Triangle Flashback

Great cut flowers or colorful additions to a festive cake batter, the undersides of these petals are dark burgundy with the tops are a mix of white, apricot, orange and yellow. Plants can reach 14-24 inches tall.

Dianthus

Mixed

Perennial. Evergreen. Ah, the sweet spicy smell of summer is strong in these rose, white, orchid and pink beauties. The flowers are fully double and some are bi-colored too. Add to summer lemonades, cocktails, on cupcake frosting or even in your dinner salad. Remove the base as it can be more bitter for your sweeter culinary treats. Dianthus love full sun and good garden soil.

Pansy

Frizzle Sizzle Mix

Hardy Annual. Pansies will often transition from spring to summer well if planted in a semi shady area. When in full sun move them in June to a shadier spot and enjoy them when they flush put again in the fall. They can live over through our northwest winter weather. These lovely rainbow colored flowers have delicate ruffles on the petal edges and sometimes have tiger striped whiskers. Res, yellow, purple, blue, rose, orange and more.

Lemon Blueberry Swirl

Hardy Annual. Delightful slightly whiskered yellow faces have blue edging and slight ruffles. Delicious in a salad or topping a birthday cake! Slight fragrance. Place them in pots near your front door entry. Pansies prefer shelter from hot sun so as summer comes on move into shadier areas.

Mixed Varieties

Hardy Annual. One of the most endearing of spring flowers, pansies can grow cheerfully well into the summer months when given a cool and semi-shady spot in your garden. They have a lovely piquant taste and come in a vast array of colors. They will brighten up a nook in your garden or pots on your shady porch as well as enliven a salad or decorate the top of a summer birthday cake.

Sorbet Mixed

Hardy Annual. A mix of one of the most popular pansy varieties available. Bright yellow, blues, white and other colors; enjoy the multiple tones in this mix. Lovely mix for décor on baked goods too! Place pansies in sunny spots for the spring and move into shadier locations once summer arrives.

Viola

Helen Mount

Hardy Annual. Classic 'Johnny Jump Up' viola with a yellow whiskered face and top petals in deep purple brings cheer to the spring garden. Flowers are 1-2 inches, tiny jewels, that bloom in abundance. Great for all edible uses and especially nice in containers on your porch. This one will bless you with seedlings - put where you want them to naturalize.

Mixed Varieties

Hardy Annuals. Cheerful, colorful, edible and fragrant, pansies are a great addition to the spring garden. Tuck into a rockery, use as an edging plant, or in cluster them in containers filled with spring bulbs. Grow a colorful, edible pot full for your special dinner salads.

Herbs

Catnip

Catnip - Regular

This long-lived perennial herb is used in gardens and landscapes. The leaves are used in salads, sauces, teas, and soups. By the way, cats love it too! (So plant lots!) If you have problems with cats using your beds as litter boxes, plant some catnip on the border and your garden will become a sacred ground rather than a dumping ground!

Chamomile

German

Annual plants that re-seed readily in the garden. Ferny green foliage with tiny, apple-scented, white daisy-like flowers bloom spring through fall. Flowers are harvested for use in teas, baths and hair rinses to bring out blonde highlights. An excellent companion plant in the vegetable garden. A tea of chamomile applied to seedlings is said to prevent damping-off disease.

Roman

Low growing perennial herb that can double as a groundcover in your garden. This Chamomile is loved for its medicinal properties in the sunny yellow eyed, white petaled flowers. Thrives in dry and sandy soil - blooms in late spring.

Chervil

Chervil - Regular

Chervil is a perennial that grows to a height of 20 inches with a spread off about 8 inches. It blooms in mid-summer, producing flat umbels of tiny white flowers. The entire plant is edible and tastes reminiscent of celery. It goes with many dishes, and you can use the hollow stems as straws! It has become one of the classic herbs used in French cookery.

Chives

Garden Chives

A member of the onion family, this compact perennial makes a great addition to potted combinations and to intersperse in the vegetable garden. Placed well it can be an efficient attractor for beneficial insects through its early summer bloom time. The mild flavored leaves are wonderful for clipping and adding as a garnish on your summer meals. The flowers can be used too if you can bear to cut them off!

Garlic Chives

A flat-leafed variety of chives with the rich flavor of garlic. Attractive white flowers and leaves are edible. Good for attracting pollinators.

Curry Plant

Curry Plant - Regular

Grows to 2' with tiny, yellow flowers in summer. Curry plant is not considered a culinary herb, as it does not taste as good as it smells. When brushed, the leaves release a strong curry scent, reminiscent of your favorite curry dishes! Extremely drought tolerant.

Hyssop

Hyssop - REgular

This decorative and long-lasting perennial herb has been widely used since ancient times. The plant grows 2 feet tall and spreads about a foot. The purple-blue flowers are about an inch $\frac{1}{4}$ inch long and are carried in long, narrow spikes. All parts of the plant give off a strong aroma. Leaves have a slightly bitter, minty taste. A few leaves can be used in savory dishes such as rich stews and in marinades. Flowers can be used as an attractive garnish and in salads.

Lavender - English

English

Woody evergreen perennial. The classic Mediterranean lavender found growing on the rocky, sunny hillsides above the sea. Sweetly fragrant when brushed against, place it where you will have contact! Good for landscaping, containers, and using the flowers in cooking. Wonderful attractors for pollinators and other beneficial insects. Flowers last a month and you may get a second flush after trimming the dry flowers off.

Hidcote Blue

Woody evergreen perennial. Hidcote Blue is an improved strain of the classic Hidcote - one of the most well known English Lavenders growing around the world. Flower spikes are dark purple and bear a very sweet scent. Compact in size to 1 foot tall by 2 feet wide - sometimes a little larger. Beloved of bees and other pollinators. Stand back and let this bloom this summer! English lavender is great for drying and using in potpourris but especially nice for cooking. Harvest in the tight bud stage to dry as flowers.

Lavender - French

Fringed French

Woody evergreen perennial. Also known as Toothed Lavender or Sweet-Scented Lavender. *L. dentata* grows wide to 3 feet or more with narrow gray green fringed leaves. Purple flowers with showy bracts at the tops of the flowers have strong stems and are great for bouquets. Less flavorful for edible uses but still powerful attractors for beneficial insects.

Grosso

French Lavender. A popular variety with fat flower spikes on long stems makes this choice great for dried flower arrangements. With its mounding and spreading form it makes a fragrant and attractive hedge around the vegetable garden. Highly attractive to pollinators and other beneficial insects. All lavenders appreciate good drainage.

Lemon Balm

Lemon Balm - Regular

Wonderful lemon-scented herb used in teas or fresh bouquets. Attracts beneficial insects and is a must for the organic garden. Spreads by underground runners and is best grown where it can be contained! Make sure to cut back the plant after flowering but before the seed matures to prevent reseeding.

Marjoram

Golden Creeping

Perennial. A selection that grows in a golden mound only 6 inches high. White flowers are rare but adorn the plant in summer when they do bloom. Great for pathway edges where you can brush against the leaves and stimulate their scent. Although the stems are compact it is still useful as a culinary herb, especially used fresh when you only need a few sprigs.

Golden Upright Marjoram

Perennial. Grows to 12", slowly spreading by creeping roots and stems. Upright growth with bright, golden leaves and white and mauve flowers which add a splash of color to the herb garden or perennial landscape. The scent and flavor are not as strong as sweet marjoram. Plant in well-drained soil in full sun.

Sweet

Grows to 12", slowly spreading by creeping roots and stems. Marjoram is sometimes overlooked as an important culinary herb. With a flavor similar to oregano but much sweeter and subtler, it can be used in similar dishes. Very good with fish and meats. Its subtle flavor can be lost with cooking, so add to dishes towards the end of cooking time.

Mint

Apple

Herbaceous perennial. Apple mint has a pleasant, fruity taste and is sweeter than other mints. It has wrinkled, round leaves and can grow to a height of 2 feet. Grows best in rich, moist soil and partial shade. Lilac and cream flowers appear in late summer. Used mainly for culinary purposes and its milder taste makes it ideal for use in fruit salads and fruit cups and punches. Dried apple mint leaves retain their scent and make excellent potpourri.

Chocolate Peppermint

Bronzy foliage with a surprising, fresh chocolate scent and flavor. 24" tall, partial shade to full sun. Mint should be potted unless you want it to naturalize.

Julep

Spreading perennial with green leaves and spearmint scent and flavor. Excellent for making summer mint juleps and mojitos! Attracts beneficial insects. Spreads by underground runners and should be planted where it can be contained.

Kentucky Colonel

An improved spearmint variety that is great for summer coolers and cocktails. Try a plant of 'Mojito', 'Julep' and 'Kentucky Colonel' and fine tune which works best for which drink! Keep in a pot unless you want a large stand of mint in your garden. Grows to two feet tall and wide and makes a lovely fragrant plant for a front porch entry where you can brush against it.

Lime

Herbaceous perennial. Bright green leaves and purple flowers feature a pronounced lime scent and flavor. Can be used to enhance any recipe calling for lime - try some blended in your margarita or add some to your next Thai curry. Prefers moist soil and part shade.

Mojito

The quintessential mojito mint with a sweet, warm flavor. Vigorous plants with bright white flowers are great for large potted gardens. Keep moist for best growth.

Moroccan Mint

A variety of peppermint especially good for tea. Also great used in Mediterranean and Moroccan dishes like couscous, tagines and yogurt sauces.

Pineapple Variegated

Stiff stems grow to 20 - 30" tall, leaves are green with white markings. Leaves have the faint scent of pineapple. This variety is less vigorous than other mints and will still spread.

Spearmint

Sweet-smelling and prolific, spearmint has a wide range of uses and is preferred for Mojitos and Mint Juleps. Excellent landscape plant with pink flowers. Spreads aggressively. Attracts beneficial insects.

Oregano

Greek

True oregano with a wonderful spicy flavor. Tiny white flowers and is very hardy when established. Great plant for attracting beneficial insects!

Italian

Italian oregano is a bit spicier than Greek Oregano, with sweet overtones of its cousin, Sweet Marjoram. Plant strategically in the veggie garden to bring in the pollinators.

Parsley

Curled Forest Green

Biennial. Curly leafy low growing parsley with deep green leaves. Shiny stems. Very nutritious and tasty - great to add to smoothies, as topping over casseroles, as an additional green in salads. Will often live for multiple years, reemerging after bloom if you keep it from going to seed. Appreciates some protection from hot sun.

Curly

Biennial. Short-stemmed parsley with curly leaves. Nutritious raw or as a seasoning. A biennial, it grows best in full sun and well-drained soil.

Giant Italian

Biennial. Flat and deeply cut leaves on stocky stems. Aromatic flavor makes it the best parsley for drying. It grows best in full sun and well-drained soil. Expect this plant to reach at least 20 inches tall and as a biennial look for flowers and seed in the second year. You can let it self sow for continuous crops over the years.

Rosemary

Arp

Woody Perennial. Rosemary loves sun, well-drained soil and works well in areas of low water use. Arp has airy green-gray foliage with pale blue flowers that bloom mid-summer to fall. A classic culinary variety. Slight lemon flavor to leaves. Grows to 4 ft.

Barbeque

Woody Perennial. This rosemary is very upright, can grow to 4-6 ft tall, but takes to pruning well. Great rosemary flavor, use the stalks as skewers for grilling. Prefers full sun and well-drained soil. Blooms blue in early spring.

Irene

Woody evergreen perennial. Rosemary is a great plant for all sizes of gardens. Even the trailing varieties like 'Irene' need root space so give her room even in a container. Bright blue flowers cover the cascading evergreen stems in late winter, sometimes blooming as early as December attracting overwintering hummingbirds and early pollinators. The leaves are delicious for making rosemary salt or adding to an assortment of dishes. Drought resistant.

Severn Sea

Woody Perennial. Rosemary is a champion in the garden for pollinators and produces more tasty dried leaves than you will know what to do with. 'Severn Sea' cascades from an upright plant. Blooming from December through June, this is one of the earliest flowers available to Anna's hummingbirds and awakening queen bumble bees. Place it where it can grow to full size, trim back annually and share the spoils. If you choose to pot it up get a really big pot.

Tuscan Blue

Woody evergreen perennial. Rosemary loves sun, well drained soil and is good for areas of low water use. Blossoms are a delicate pale blue and start blooming in the winter. Fine leaves with a distinct pine scent. Hardy to 10 degrees F. Use cut stems to surround a roasting chicken, add dried leaves to herb blends to season a plethora of dishes.

Sage

Garden

With its lemony-camphor fragrance and delicate blue flowers, *Salvia officinalis* is an important part of any kitchen garden. A shrubby evergreen perennial, it has strongly textured velvety gray green leaves that last all year long. Grow in well draining soil in full sun. Stems become woody as the plant matures.

Pineapple

Tender perennial. Sun, well-drained soil, mulch in winter. This showy sage is laden with beautiful scarlet flowers in the fall that attract hummingbirds. The velvety green variegated leaves give off a distinct pineapple scent when rubbed. Ht 2ft - 3ft.

Purple

Purple sage is a shrubby perennial that will grace your garden for many years to come. Use as you would common garden sage, this choice offers a lovely purple tint to the leaves, especially the new growth, that makes a lovely contrast among other green plants. Prefers dry soils and little fussing. Place in a sunny spot for year round harvest. Great used as a flavoring for soups, roasted turkey and other fowl and with pumpkin ravioli. Let parts of the plant flower to attract beneficial insects and cut some for lovely bedside bouquets.

Tricolor

~~Tricolor sage has somewhat broad leaves with green centers with white and purple edges. Same growth habit and taste as common sage. Full sun.~~ **Greenhouse heater issue – no Tricolor this March sale.**

Tangerine (Sub for Tricolor)

Tender perennial. Delicious tangerine-scented fuzzy green leaves grow on this upright plant. Similar in growth habit to pineapple sage. Flowers develop later into the season so place it where it will stay nice and warm in the fall. Good for late flying bees.

Salad Burnet

Salad Burnet - Regular

An herbaceous perennial with cucumber-flavored leaves, salad burnet is a must for any salad! This low-growing herb has unusual red ball-shaped flowers. Salad burnet is drought tolerant once established and grows in full sun to part shade.

Savory

Winter

Perennial cousin to summer savory with thicker and shinier leaves. Flavor is more pungent and biting. Essential oils are antifungal, anti-bacterial, and antioxidant. Small, white flowers mid-summer.

Sorrel

French

Herbaceous perennial. French Sorrel grows in a leafy clump that gets larger over time. Also reseeds freely. It has a faint taste of lemon and is full of vitamin C, A, and iron. A perennial, it grows to 18 inches and has medium-green, thick, large spinach-like leaves. French Sorrel likes moist, but well draining soils and will grow in part shade as well as full sun.

Garden Sorrel

Large-leafed greens have a very sour, lemon flavor. Delicious in soups and salads, high in vitamin C. Grows well in sun or part shade. Very drought tolerant. An all-time kid favorite!

Tarragon

French

Herbaceous Perennial. Tarragon, a member of the Asteraceae family, is closely allied to Wormwood. Cultivated for the use of its aromatic leaves in seasoning, salads, etc., and in the preparation of Tarragon vinegar. It grows to a height of about 2 feet and has long, narrow leaves.

Thyme

English

Essential to every herb garden, this small, upright shrub is the classic culinary variety. Strongly aromatic in the garden, its flowers attract many honeybees. Full sun, sharp drainage.

Faustinoi

Woody Evergreen Perennial. One of the sweetest and spiciest flavored thymes, preferred in French cuisine. Compact form with upright stems covered in tiny deep green leaves and pink flowers. Bees and butterflies love thyme so let it flower fully for pollinators. Plant a few just for harvest too, which is best done before the flowers fully form. Thyme is used in soups and stews, and to flavor meats and veggies and potatoes. Bon appetit!

Foxley

Evergreen Woody Perennial. This is a delightful variegated variety which boasts rounded green leaves edged in creamy white. Cool temperatures bring pink out in the variegation. Lovely delicate flowers attract pollinators. Use in savory dishes or add to desserts for a pungent kick.

German

Woody Evergreen Perennial. Great culinary variety with small leaves and solid green color. Flowers are tiny and pink and can also be eaten. Use the flowers as you would the leaves for that pungent and savory taste. Let some bloom out to attract pollinators too.

Lemon

Glossy green foliage with a strong lemon scent. Similar growth habit to English thyme. Lavender-pink flowers in early summer attract bees and other beneficial insects to your garden.

Silver

This is a lovely variegated thyme that provides a bright a crisp accent in your garden. Add to shrub borders, veggie raised beds or tuck into a pot on a sunny patio. Trim the ends to add to roasting veggies or a fall soup from this evergreen plant.

Valerian***Valeriana officinalis***

A lovely hardy perennial with ferny leaves and white flower heads with a pink tinge. The flowers have a nice smell, but the rest of the plant smells fetid. The roots are used to make a tea effective for insomnia. Valerian doesn't taste good by itself, so mix it with a lemony tea.