



Mega Herb-Growing Overview Appendix

Bonus e-Chart Companion to
Grow Your Own Herbal Remedies
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Storey Publishing, 2019

featuring plants from the book
plus a few from the bonus e-book
(for people who purchase their books via Maria directly)

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MEGA HERB-GROWING OVERVIEW APPENDIX

KEY: CYCLE (Perennial, Annual, Biennial, Tender Perennial) **SPREADS** (Clump, Seed, Spreads/Root Runners, ! = aggressively), **LIGHT** (Full Sun, Partial Shade, Shade), **WATER** (Low, Moderate, High)

COMMON NAME	LATIN NAME	GENERAL APPEARANCE	CYCLE	ZONE	HARVEST TIME	SPREADS	LIGHT
Alder	<i>Alnus</i> spp.	Tall Shrub/Thicket	P	2-9	Fall	Sp!	F, P
Aloe	<i>Aloe vera</i>	Succulent	TP	9-11	Anytime	C/Sp	F, P
Artichoke	<i>Cynara scolymus</i>	Tall	TP	4-7 annual, 8-11 perennial	Summer, Fall		F
Ashwagandha	<i>Withania somnifera</i>	Tall	TP	8-11	Fall	Se	F
Bacopa	<i>Bacopa monnieri</i>	Creeping	TP	8-11	Summer	Sp	P, F
Barberry	<i>Berberis</i> spp.	Thorny Shrub	P	4-8	Fall	C, Se!, Sp!	S, P, F
Bee Balm	<i>Monarda</i> spp.	Ornamental	P	4-9	Summer	C & Sp!	F, P
Betony (wood)	<i>Stachys officinalis</i>	Ornamental	P	4-8	Summer	C	F, S, P
Black Birch (& Yellow)	<i>Betula lenta</i> , <i>B. alleghaniensis</i>	Tree	P	3-7	Spring, Fall, Anytime	Se	F, P, S
Black Cohosh	<i>Actaea racemosa</i>	Wildflower (tall)	P	3-9	Fall	C	S, P, F
Blue Vervain	<i>Verbena hastata</i>	Wildflower	P	3-7	Summer	C, Se!	F, P
Burdock	<i>Arctium lappa</i> , <i>A. minus</i>	Weedy Wildflower "Thistle"	B	3-7	Spring, Fall	C, Se!	F, P, S
Calendula	<i>Calendula officinalis</i>	Ornamental	A	Annual	Summer	C (Se)	F
California Poppy	<i>Eschscholzia californica</i>	Ornamental	A/TP	Annual	Summer/Fall	C	F, P
Catnip	<i>Nepeta cataria</i>	Herbaceous	P	3-7	Spring/ Summer/Fall	C, Se!	P, S
Cayenne	<i>Capsicum</i> spp.	Vegetable	A	Annual	Summer/Fall	C	F
Chamomile, German	<i>Matricaria chamomilla</i>	Wildflower	A	Annual	Summer	C (Se)	F, P
Chicory	<i>Cichorium intybus</i>	Wildflower	P	3-8	Spring, Fall	C, Se!, Sp!	F
Comfrey	<i>Symphytum officinalis</i> , <i>S. x uplandicum</i>	Herb-y Ornamental	P	3-9	Spring/ Summer/Fall	C, Sp (Se)	F, P, S
Cramp Bark	<i>Viburnum opulus</i>	Small Tree (Tall Shrub)	P	2-7	Fall	Root suckers	P, F

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COMMON NAME	HEIGHT	BLOOM (FOLIAGE)	WATER	SOIL	PART USED	FRESH VS DRY	WILD OR CULTIVATED
Alder	5'+	Brown Cones/ Catkins	H	Rich, wet	Bark, twigs, catkins, sometimes leaf	Dried (not fresh) except fresh leaf poultice	Wild
Aloe	6"-24"	(green)	L	Dry, gravel, sand	Inner gel	Fresh	Cultivated
Artichoke	6'	Purple (silvery green)	M	Rich, drained, mildly acidic	Leaf	Either	Cultivated
Ashwagandha	3'-4'	Light Green (red-orange berries)	L-M	Rich to poor, semi-dry	Root	Dry	Cultivated
Bacopa	2"-8"	Light Purple	H	Rich, soggy	Aerial	Either	Cultivated
Barberry	6'	Yellowish White, Red Berries	L-M	Adaptable	Root, root bark, aerial parts	Either	Both (Invasive)
Bee Balm	2'-3'	Red, Pink, Purple	M	Depends	Leaf, flower	Either	Both
Betony (wood)	12"	Magenta	M-H	Rich loam	Leaf, flower	Either	Cultivated
Black Birch (& Yellow)	Tall tree	Green/Brown	L-M	Humus/ forest	Bark, twigs (also leaf, sap)	Fresh or Dry	Wild
Black Cohosh	5'-6'	White	L-M	Rich	Root	Either	Cultivated
Blue Vervain	3'-5'	Purple	M-H	Rich, damp	Aerial	Either	Both
Burdock	3'-4" in bloom	Purple	M-H	Rich, wet	Root (before flowers)	Fresh or Dry	Wild
Calendula	12"-15"	Yellow & Orange	M	Rich, moist, good drainage	Flower	Either	Cultivated
California Poppy	12"	Orange	L-M	Dry, warm	Whole plant	Fresh	Cultivated
Catnip	15"-24"	White	L-M	Good, adaptable	Leaf, flower	Either	Cultivated
Cayenne	up to 12"	White, Red Fruit	L	Fertile, warm, slightly acid	Fruit	Either	Cultivated
Chamomile, German	24"	White	L-M	Average, well drained	Flower	Either	Cultivated
Chicory	15"-24"	Purple-Blue	L	Compact, well drained, adaptable	Roots medicine, food young leaves	Fresh or Dry	Wild
Comfrey	3'-4'	Purple	M	Loam, sand	Leaf, root	Either	Cultivated
Cramp Bark	8'-15'	White, Red Berries	M-H	Average	Bark	Either	Both

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COMMON NAME	LATIN NAME	GENERAL APPEARANCE	CYCLE	ZONE	HARVEST TIME	SPREADS	LIGHT
Dandelion	<i>Taraxacum officinale</i>	Wildflower	P	3-7	Spring, Fall, Any	C, Se!	F, P, S
Dill	<i>Anethum graveolens</i>	Herbaceous (tall)	A	2-11	Summer	Se	F
Echinacea	<i>Echinacea</i> spp.	Ornamental	P	3-9	Summer/Fall	C, Se	F
Elder	<i>Sambucus nigra</i>	Shrubby Ornamental	P	3-9	Summer (flowers), Fall (berries)	C	F, P
Elecampane	<i>Inula helenium</i>	Ornamental (tall!)	P (semi B)	4-9	Fall	C, Se	F, P
Evergreens	Pine: <i>Pinus</i> ; Spruce: <i>Picea</i> ; Hemlock: <i>Tsuga</i> ; Fir: <i>Abies</i>	Tall evergreen trees	P	Varies by species	Anytime	Se	F, P, S
Fennel	<i>Foeniculum vulgare</i>	Herbaceous (tall)	(P)	4-9	Summer	C (Se)	F
Garlic	<i>Allium sativum</i>	Grassy	P	3-9	Summer	C (Se)	F
Goldenrod	<i>Solidago canadensis</i> and species	Wildflower (tall)	P	3-9	Late Summer	C, Se, Sp!	F, P
Goldenseal	<i>Hydrastis canadensis</i>	Woodland Wildflower	P	3-9	Fall	C (Se)	S, P
Gotu Kola	<i>Centella asiatica</i>	Creeping Groundcover, Ivy-Like	TP	8-11	Summer	Sp	S, P
Hawthorn	<i>Crataegus</i> spp	Small Tree (Tall Shrub)	P	3-9	Spring, Fall	C, Se	F, P, S
Holy Basil & Basil	<i>Ocimum</i> spp.	Herbaceous	A	Annual	Summer	C	F
Horehound	<i>Marrubium vulgare</i>	Herbaceous	P	3-8	Spring/Summer/Fall	C	F
Horsetail	<i>Equisetum arvense</i>	Stick-like Weed (ancient)	P	2-9	Spring, Early Summer	C, Se!, Sp!	F, P
Korean Mint & Anise Hyssop	<i>Agastache rugosa</i> , <i>A. foeniculum</i>	Ornamental	3-yr P	6-10	Summer	C, Se	F, P, S
Lady's Mantle	<i>Alchemilla mollis</i>	Herbaceous Ornamental	P	3-8	Spring	C	P, S
Lavender	<i>Lavandula angustifolia</i>	Herbaceous Ornamental	P	5-8	Summer	C	F
Lemon Balm	<i>Melissa officinalis</i>	Herbaceous	P	4-9	Spring/Summer/Fall	C, Sp!	F, P

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COMMON NAME	HEIGHT	BLOOM (FOLIAGE)	WATER	SOIL	PART USED	FRESH VS DRY	WILD OR CULTIVATED
Dandelion	8"-10"	Yellow	L-M	Almost anywhere!	Flowers, leaves, roots	Fresh or Dry	Wild
Dill	3'-5'	Yellow	M	Garden beds	Seeds, aerial	Either	Cultivated
Echinacea	2'-4'	Pink	L	Depends on species	All	Fresh	Cultivated (Wild Is Threatened/At Risk)
Elder	5'-12'	White, Black Berries	M-H	Most, prefers moisture, nigra prefers alkaline	Flower or berry only for internal use; leaves externally	Dry or Cooked (not fresh)	Both
Elecampane	4'-6'	Yellow	L-M	Average to rich, well drained	Root	Either	Cultivated
Evergreens	50' +	Evergreen Needles	Varies by species	Varies by species	Needles, bark	Either	Both
Fennel	4'-5'	Yellow, PF	L-M	Well worked & drained	All parts	Either	Cultivated
Garlic	1'-1.5'	White	M-H	Rich, mulched, drained	Bulb, scapes	Best Fresh	Cultivated
Goldenrod	2'-4'	Yellow	L-M	Almost everywhere! Meadows, edges	Flowering tops with upper leaves	Fresh or Dry	Both
Goldenseal	10"-15"	Greenish, Red Fruit	M	Humus	All	Either	Cultivated (Wild Is Threatened/At Risk)
Gotu Kola	6"-8"	Greenish	H	Rich loam, warmth	Aerial	Either	Cultivated
Hawthorn	Varies	White, Red Fruit	M	Humus	Leaf, flower, berry	Fresh or Dry	Both
Holy Basil & Basil	15"	Purple, PF	M-H	Drained, warmth	Leaf, flower	Either	Cultivated
Horehound	12"-24"	White, SF	L	Poor	Aerial	Best Fresh	Cultivated
Horsetail	4"-12"	(green)	M-H	Humus	"Leaves"	Dry (Fresh in moderation)	Wild
Korean Mint & Anise Hyssop	2'-3'	Purple	L-M	Dry, gravel, sand	Leaf, flower	Either	Cultivated
Lady's Mantle	20"	Chartreuse (silver-green)	M	Most (not boggy)	Leaf, flower	Dry	Cultivated
Lavender	24"	Purple (silvery green)	L	Drained, sandy	Buds	Either	Cultivated
Lemon Balm	24"	Purple	L	Drained, sandy	Aerial	Fresh (or Freshly Dry)	Cultivated

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COMMON NAME	LATIN NAME	GENERAL APPEARANCE	CYCLE	ZONE	HARVEST TIME	SPREADS	LIGHT
Lemon Verbena	<i>Aloysia triphylla</i>	Herbaceous	TP	8-11	Summer	C	F, P
Lemongrass	<i>Cymbopogon -citratus</i>	Grass	TP	8-11	Summer	C	F, P
Linden	<i>Tilia</i> spp.	Tree	P	3-7	Summer	Se	P, F
Magnolia	<i>Magnolia</i> spp.	Tree	P	4-10 (varies by species)	Spring-Fall	Se	F, P
Marsh Mallow	<i>Althaea officinalis</i>	Ornamental	P (semi B)	5-8	Summer	C, Se	F, P
Meadowsweet	<i>Filipendula ulmaria</i>	Herbaceous Ornamental	P	3-9	Summer	C	P, F
Mimosa	<i>Albizia julibrissin</i>	Small Ornamental Tree	P	6-9	Summer (flowers), Fall (bark)	Se, Sp!, Suckers	F
Mint	<i>Mentha</i> spp	Herbaceous	P	3-11	Summer/Fall	C, Sp! Plant species separately	F, P
Motherwort	<i>Leonurus cardiaca</i>	Herbaceous	P	3-9	Spring/ Summer	C, Se!	F, P
Mullein	<i>Verbascum thapsus</i> and spp.	Wildflower (tall)	B	3-9	Summer (leaves, flowers), Spring/ Fall (roots, leaves)	C, Se!	F
Nettle	<i>Urtica dioica</i>	Herbaceous	P	3-10	Spring (leaves), Fall (roots)	C, Se!, Sp!	F, P, S
New England Aster	<i>Symphyotrichum novae-angliae</i>	Tall Wildflower	P	4-8	Fall	C	F, P
Oat	<i>Avena sativa</i>	Grass	A	2-11	Summer	C	F
Oregano	<i>Origanum vulgare</i>	Herbaceous	P	4-8	Summer	Sp	F, P
Oregon Grape Root	<i>Mahonia/Berberis</i> spp.	Tall Holly-Like Shrub	P	5-8	Fall	C, Sp	S, P
Parsley	<i>Petroselinum crispum</i>	Herbaceous	B	5-8	Spring/ Summer/Fall	C	F, P
Passionflower	<i>Passiflora incarnata</i>	Ornamental Vine	TP	6-9	Summer/Fall	Sp	S, P
Peach	<i>Prunus persica</i>	Fruit Tree	P	5-8	Spring-Fall		F

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Lemon Verbena	3'-4'	White	M-H	Rich loam	Leaf	Fresh (or Freshly Dry)	Cultivated
Lemongrass	3'-4'	(green)	M-H	Rich loam or sandy	Stalks, Tops	Fresh (or Freshly Dry)	Cultivated
Linden	30'-70'	Creamy White	M-H	Rich, adaptable	Flower	Fresh (or Freshly Dry)	Both
Magnolia	15'-80' (varies by species)	Usually creamy white	M	Rich, clay	Bark, flower	Either	Usually Cultivated
Marsh Mallow	3'-4'	Pink	M	Loam	Leaf, flower, root	Either	Cultivated
Meadowsweet	3'-6'	White	M-H	Rich, moist	Leaf, flower	Either	Both
Mimosa	20'-40'	Pink	M	Adaptable	Bark, flower	Fresh (or Freshly Dry)	Both
Mint	10"-12"	Purple	M-H	Rich, moist, adaptable	Aerial	Either	Cultivated
Motherwort	2'-4'	Pink	L-M	Adaptable	Aerial	Either	Cultivated
Mullein	5'-6'	Yellow (silvery green)	L-M	Well-drained	Leaf, flower, root	Either	Both
Nettle	2'-4'	Cream	M-H	Rich in org matter	Leaf, seed, root	Either	Both
New England Aster	3'-6'	Purple	M	Rich, adaptable, clay	Flowering tops with upper leaves	Better Fresh	Both
Oat	4'-5'	Light Green	M	Rich in org matter	Straw, milky seed, mature grain	Straw Dry, Seed Fresh	Cultivated
Oregano	up to 24"	Lavender	L-M	Drained	Leaf	Either	Cultivated
Oregon Grape Root	6'	Yellow, Blue "Grapes"	M	Adaptable	Root, root bark, aerial parts	Either	Both
Parsley	12"-20"	White	M	Rich, moist, garden	Leaf, seed, root	Fresh	Cultivated
Passionflower	8'+	White, Lavender	M-H	Humus	Aerial	Best Fresh	Cultivated
Peach	8'-10'	Pink	M	Medium, well-drained	Twigs, young bark, leaves	Best Fresh	Cultivated

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COMMON NAME	LATIN NAME	GENERAL APPEARANCE	CYCLE	ZONE	HARVEST TIME	SPREADS	LIGHT
Plantain	<i>Plantago major</i> (most common), <i>lanceolata</i> (prettiest) & <i>media</i>	Weed	P	3-12	Summer	C, Se!	F, P, S
Raspberry	<i>Rubus idaeus</i> and spp.	Thorny Bramble	P roots, B canes	4-8	Spring, Early Summer	Sp!	F, P
Red Clover	<i>Trifolium pratense</i>	Wildflower	P	3-9	Summer	C, Sp!	F, P
Rose	<i>Rosa</i> spp.	Shrubby Ornamental	P	2-7 (depends)	Summer (flowers), Fall (hips)	Sp!	F, P
Rosemary	<i>Rosmarinus officinalis</i>	Herbaceous	P	8-11	Spring/Summer/Fall	C	F
Sage	<i>Salvia officinalis</i>	Herbaceous	P	4-8	Spring/Summer/Fall	C	F
Skullcap	<i>Scutellaria lateriflora</i>	Herbaceous	(P)	4-8	Summer	C	F, P
Solomon's seal	<i>Polygonatum biflorum</i>	Woodland Wildflower	P	3-8	Spring /Fall	C, Sp	S, P
St. John's Wort	<i>Hypericum perforatum</i>	Wildflower	Short-Lived P	3-8	Summer (hottest)	C, Se	F best, P
Stevia	<i>Stevia rebaudiana</i>	Herbaceous	Annual or TP?	Annual	Summer	C	F, P, S
Tarragon, French	<i>Artemisia dracunculus</i>	Herbaceous	P	3+	Summer	C	F, P
Thuja (Arborvitae)	<i>Thuja occidentalis</i> and spp.	Evergreen tree	P	2-7	Anytime	Tree	P, F
Thyme	<i>Thymus vulgaris</i> & other species	Herb-y, Groundcover	P	4-9	Summer	C, Sp!	F, P
Valerian	<i>Valeriana officinalis</i>	Wildflower (tall)	P	4-7	Fall (roots)	C, Se!	F
Violet	<i>Viola</i> spp.	Wildflower	P	3-8	Spring, Anytime	C, Se!	F, P, S
Wild Black Cherry	<i>Prunus serotina</i> & Chokecherry <i>P. virginiana</i>	Shrub, Small Tree, Tall Tree	P	3-9	Late Summer, Fall	Se!, Sp!	F, P
Witch Hazel	<i>Hamamelis virginiana</i>	Small Tree	P		Spring, Fall (leaf in Summer)	Cl	P, S
Yarrow	<i>Achillea millefolium</i>	Wildflower	P	3-9	Summer	C, Sp!	F, P
Yellow Dock	<i>Rumex crispus</i> (<i>Rumex obtusifolius</i> , Broad Dock is similar)	Weedy	B	4-8	Spring, Fall	Cl, Se!	F

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Plantain	8"-20"	Green-White	M	Almost anywhere	Leaves (seeds = edible fiber)	Fresh or Dry	Wild
Raspberry	2'-4'	White, Red Fruits	L-M	Almost anywhere, well-drained humus	Leaves (first year), berries	Fresh or Dry	Wild
Red Clover	12"-15"	Pink-Purple	M	Almost anywhere!	Flower	Fresh or Dry (dry quickly!)	Both
Rose	2' +	Pink, sometimes White, Red; Red Fruit	L-M	Varies by species	Flower/bud, fruit (hips)	Either	Both
Rosemary	12"-36"	Blue	L-M	Drained	Aerial	Either	Cultivated
Sage	24"	Purple (silvery green)	L-M	Drained	Leaf	Either	Cultivated
Skullcap	8-24"	Blue	M	Drained	Aerial	Best Fresh	Cultivated
Solomon's seal	1'-3'	Creamy White	M-H	Rich	Root (rhizome)	Either	Both
St. John's Wort	24"-30"	Yellow	L	Poor, well-drained, compact	Buds, flowering tops	FRESH	Wild
Stevia	12"-15"	White	M-H	Humus, warm	Leaf	Either	Cultivated
Tarragon, French	up to 3'	none	M		Leaf	Fresh	Cultivated
Thuja (Arborvitae)	20'-40'	Small Brown Cones	M-H	Rich, semi-moist	Leaf	Either	Both
Thyme	12"-15"	Purple-White	L-M	Drained	Leaf	Either	Cultivated
Valerian	3'-5'	White-Pale Pink	M-H	Humus (tolerates poor)	Root	Fresh	Cultivated
Violet	4"-8"	Purple, White, Yellow	L	Varies, prefers high org matter	Flowers, leaves	Fresh or Dry	Both
Wild Black Cherry	Varies	White, Purple Fruits	L-M	Almost anywhere	Bark, twigs	Dry (not fresh)	Wild
Witch Hazel	Medium Tree	Yellow	M	Humus	Bark, twigs, leaves	Fresh or Dry	Both
Yarrow	2'-3'	White, Pink, Yellow	L-M	Drained	Leaf, Flower	Either	Both
Yellow Dock	1'-3'	Seedy Green-Rust	L	Best in poor, well-drained soil	Roots (sometimes leaves)	Fresh or Dry	Wild