

Uses for Herbs

Culinary: fresh or dried for flavoring and seasoning foods or teas.

Medicinal: treat ailments following a long cultural tradition. May be medically unproven or toxic.

Household: protect fabrics from insects; room deodorizers; dried flowers, leaves and seed heads for decoration.

Garden: attract bees necessary for pollination of plants, and to maintain hives for honey.

Industrial: dyes for natural fabrics; essential oils for perfumes; fibers.

Cosmetic: lotions; body ointments; aromatherapy; perfumes.

Landscape: use as groundcovers; visually attractive perennials add interest, structure and variety to borders.



Rosemary
Rosmarinus officinalis

Rosemary is a well-known culinary herb, but its strong scent makes it popular in aromatherapy as well, and it is said to stimulate memory and alertness. Some folk remedies also recommend rosemary for rheumatism.

What is an Herb?

An herb can be broadly defined as a plant used for a specific purpose other than nourishment. It includes a wide diversity of forms including trees, shrubs, sub-shrubs, herbaceous perennials, ground covers, and vines. The plant parts used can be leaves, stems, seeds, flowers, roots, or essential oils.

Most plants in this garden are perennial and hardy in this climate. A few annuals are added each spring. Several plants are wintered in the greenhouse.

Herbs are generally easy to grow. Few insects and diseases affect them. They prefer full sun and well-drained soil. They do not require a separate garden area, and can be added to existing beds with other plants requiring similar conditions.

The raised herb garden was started in 1972, with the original plants started from seeds. The demonstration lavender garden along the boxwood hedge was established in 1998.

The Herb Garden is supported by the Foundation of the State Arboretum and is maintained by volunteers.

For information on becoming a volunteer, contact our Volunteer Coordinator at 540-837-1758 Ext. 246 or by email at fosaevents@virginia.edu. Opportunities are available in all gardens on a variety of days. No special skills are required...join us!



Please do not take cuttings or collect seeds.



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State Arboretum of Virginia

At the University of Virginia's Historic

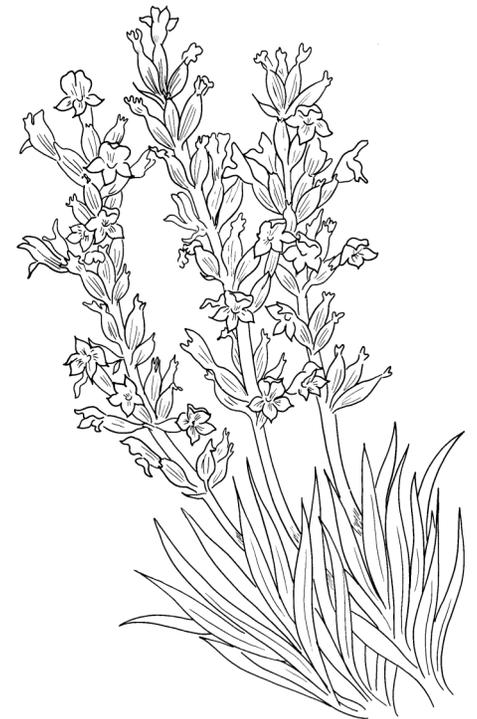
BLANDY EXPERIMENTAL FARM

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The Herb Garden *A Sensory Experience*



English Lavender
Lavandula angustifolia

State Arboretum of Virginia
At the University of Virginia's Historic
BLANDY EXPERIMENTAL FARM

Welcome to the Herb Garden

A visit to the Herb Garden is a delight for the senses. In addition to the wonderful aromas of lavender, thyme and mint, stop to enjoy the texture of the leaves of sage and lamb's ears. Take your time, rub a few leaves and absorb the variety of fragrances associated with herbs. This collection emphasizes culinary, medicinal, and ornamental herbs, as well as some used for cosmetics and essential oils. The plant labels tell the common name, scientific name and common uses for the plants in the display.

1. Entrance Side

Weeping Red Pine
Rosa rugosa
Indigo Shrub
Lavender
Pyrethrum
Purple Coneflower
Winter Savory
Sages
Hyssop
Yarrow
Lamb's Ears

2. Greenhouse Side

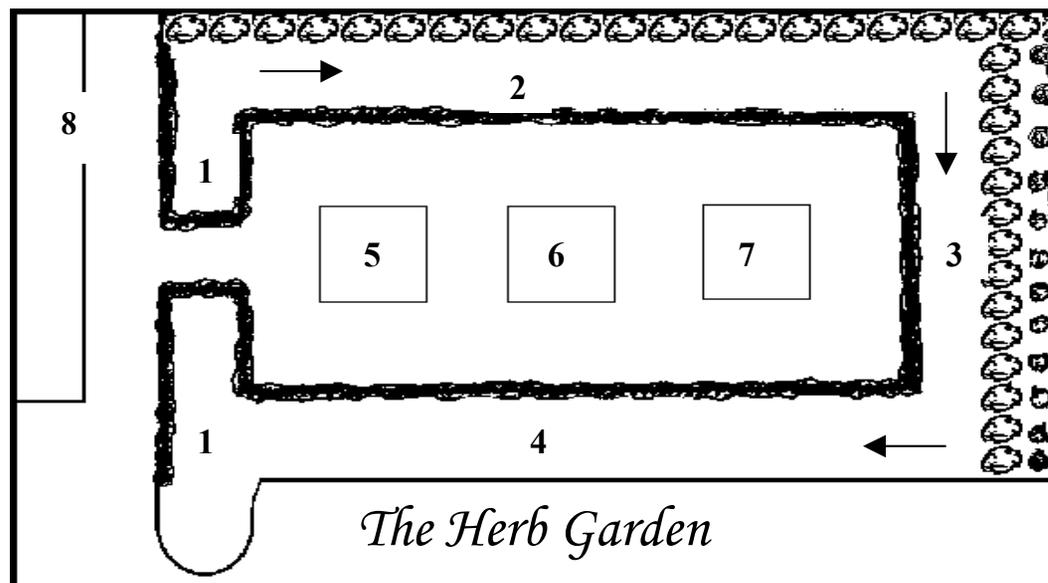
Lavenders
Yarrows
Boneset
Santolina
Thymes
Rue
Catmint
Monkshood
Tansy
Flax
Horseradish
Artemisias
Costmary
Sages
Feverfew
Roman chamomile
Sedum
Dwarf Korean Boxwood

3. East Side

New England Aster
Selfheal
Dwarf Sage
Alpine Strawberry
Evening Primrose
Peppermint
Wild Bergamot
St. John's Wort
Golden Marjoram
Goldenseal
Graham Blandy Boxwood

4. Road Side

Artemisias
Wood Betony
Rosa rugosa - pink
Calamint
Lemon Balm
Santolinas
Clary Sage
Lavenders
Lady's Mantle
Butterfly Weed
Comfrey
Germander
Sedum
Mints
Russian Sage
Lovage
Garlic Chives



5. Kitchen Garden

This area displays common culinary herbs. This type of garden would be close to the house for convenience, so it needs to have an attractive design. Many plants useful to the household are perennials. Annuals such as basil are added. Often, vegetables are included. Besides attracting bees, flowers can control pests and some are even edible. Compost is recommended to add nutrients and organic matter to the soil.

6. Parterre

The middle of the herb garden forms a simple parterre — having beds and paths arranged to form a pattern. This central square is typical of beds found in this formal garden design. A square of Boxwood 'Justin Brower' (compact, low-growing, and tolerant of constant pruning) anchors the bed. Annual plantings add contrasting colors and textures. In summer, a small Bay Laurel tree (*Laurus nobilis*) provides center interest.

7. Theme Garden

A theme garden is a collection of plants chosen to represent a particular interest. A design could be by time period (Colonial Garden), by use (tea), by color (white), or even by individual species. This herbal theme garden has four sections. Each has plants selected to relate to each other and to reflect the garden's changing seasonal theme. A boxwood topiary is the center focal point.

8. Lavender Demonstration Garden

Lavandula angustifolia, often called English lavender, is winter hardy and begins to bloom in late May. Some cultivars bloom again in late summer. *Lavandula x intermedia*, often called lavandin, is also winter hardy and begins to bloom in mid June. Tender lavenders (*L. stoechas* and *L. dentata*) are hardy only to about 25° F, and do not typically survive through winter in this region. All lavenders grow best in well drained soil in full sun.