

## Uses for Herbs

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

**Medicinal:** a long tradition of accumulated knowledge for home remedies that are not necessarily medically valid. Some can be 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 under the direction of Tom Ewert. Those original plants were 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 with the Gardens and Grounds Committee.

For information on becoming a Gardens and Grounds Volunteer, contact an Arboretum representative. 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  
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## 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 Norway Pine  
Rosa rugosa  
Indigo Shrub  
Lavender 'Irene Doyle'  
Pyrethrum  
Purple Coneflower  
Winter Savory  
Sages  
Hyssop  
Yarrow  
Lamb's Ears

### 2. Greenhouse Side

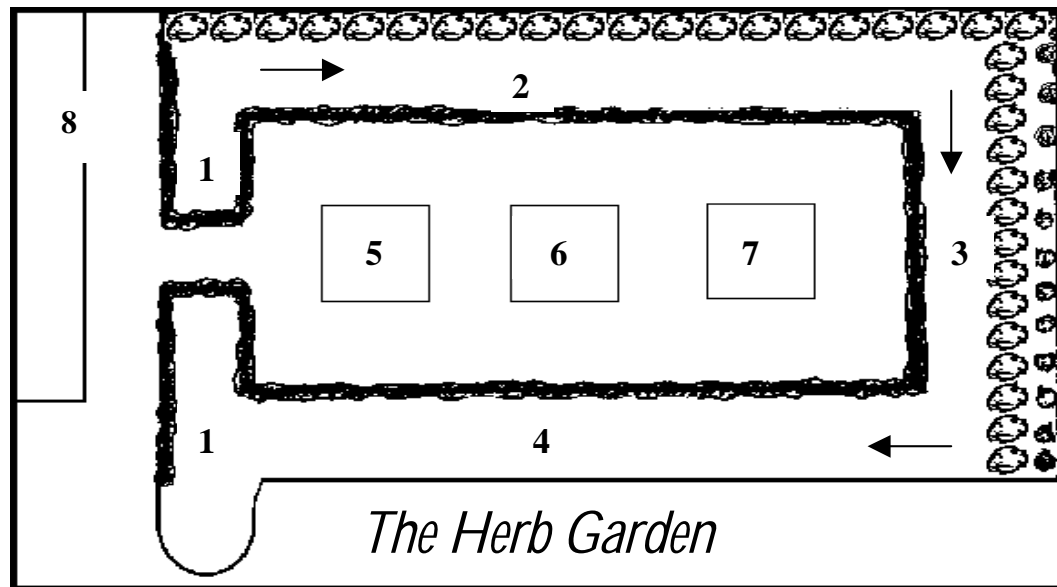
Lavenders  
Yarrows  
Boneset  
Santolina  
Thymes  
Rue  
Catmint  
Monkshood  
Tansy  
Flax  
Horseradish  
Artemisias  
Costmary  
Sages  
Feverfew  
Roman chamomile  
Sedum  
Dwarf Korean Boxwood

### 3. East Side

New England Aster  
Selfheal  
Dwarf Sage  
Alpine Strawberry  
Evening Primrose  
Peppermint  
Wild Bergamot  
Soapwort  
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 theme. Notice the differences and similarities (e.g. scent, leaf shape, and color). A boxwood topiary is the center focal point.

### 8. Lavender Demonstration Garden

This separate garden expands the lavender collection started in the main herb beds. *Lavandula angustifolia* is often called English Lavender. These species are winter hardy and bloom in late May to early June. A few of these bloom again in late summer. *Lavandula x intermedia* species start to bloom in mid-June. They are sometimes called lavandin. Tender lavenders (*L. stoechas* and *L. dentata*) are hardy only to about 25° F, and do not typically survive through winter in this region.