

Herbs for Winter Sowing wintersown.org

Plant zones are SUGGESTED, in your garden a plant may be less or more hardy so it important that you research all herbs before growing them to understand their individual needs, and to see if your garden suits them and that they will thrive in your planting zone. In general most herbs will grow well in poor soil. Fertilize with a just shovelful of compost as a top-dressing during Spring and Autumn. Water established plants only during excessive drought.

Herbs

Achillea ageratum - SWEET NANCY Z3-10
Achillea millefolium - COMMON YARROW Z3-10
Aconitum napellus - GARDEN MONKSHOOD Z3-7
Agastache rugosa - GIANT HYSSOP Z6-10
Agrimonia eupatoria - AGRIMONY Z6-9
Agrimonia pilosa - CHINESE AGRIMONY Z5-9
Alcea rosea - HOLLYHOCK Z3-9
Alchemilla alpina - ALPINE LADY'S-MANTLE Z3-9
Alchemilla mollis - LADY'S MANTLE Z3-9
Alkanna tinctoria - ALKANET Z4-9 (biennial)
Allium cepa - EGYPTIAN ONION Z4-10
Allium sativum - GARLIC Z4-10
Allium schoenoprasum - PROFUSION CHIVES Z4-10
Althaea officinalis - MARSH MALLOW Z3-9
Anemone tomentosa - GRAPE LEAF ANEMONE Z4-8
Angelica atropurpurea - GREAT ANGELICA Z4-9
Anthemis tinctoria - DYER'S CHAMOMILE Z4-9
Apocynum androsaemifolium - INDIAN HEMP Z3-9
Armoracia rusticana - HORSERADISH Z3-8
Arnica chamissonis - AMERICAN ARNICA Z7-9
Artemisia abrotanum - LEMONY SOUTHERNWOOD Z3-9
Artemisia absinthium - WORMWOOD Z3-9
Artemisia dracunculus var. *sativa* - FRENCH TARRAGON Z3-9
Artemisia vulgaris - MUGWORT Z3-9
Asclepias tuberosa - BUTTERFLY WEED Z3-9
Astilbe - PLUME FLOWER Z5-8
Bellis perennis - ENGLISH DAISY Z4-8
Berlandiera lyrata - CHOCOLATE FLOWER Z7-9
Campanula rapunculus - RAMPION Z4-7
Campanula rotundifolia - BLUEBELL Z4-7
Chamaemelum nobile - ROMAN CHAMOMILE Z4-8
Chelidonium majus - CELANDINE Z4-8
Chenopodium bonus-henricus - GOOD-KING-HENRY(annual)
Clinopodium vulgare - WILD BASIL Z6-9
Convallaria majalis - LILY-OF-THE-VALLEY Z2-7
Dianthus gratianopolitanus - CHEDDAR PINK Z3-8
Dianthus plumarius - COTTAGE PINK Z3-9
Digitalis lanata - GRECIAN FOXGLOVE Z4-8
Echinacea pallida - CONEFLOWER Z3-10
Echinacea purpurea - PURPLE CONEFLOWER Z3-8

Elymus glaucus - BLUE WILD RYE Z3-8
Foeniculum vulgare - FENNEL (annual)
Galium odoratum - SWEET WOODRUFF Z4-8
Galium verum - YELLOW BEDSTRAW Z4-8
Geranium maculatum - WILD GERANIUM Z3-8
Geranium pratense - CRANESBILL Z3-8
Helenium autumnale - SNEEZEWEED Z3-8
Humulus lupulus - COMMON HOPS Z3-8
Hypericum perforatum - ST. JOHN'S WORT Z3-8
Iris versicolor - WILD IRIS Z3-9
Iris x germanica - ORRIS Z3-8
Lavandula angustifolia - ENGLISH LAVENDER Z5-9
Marrubium vulgare - COMMON HOREHOUD Z4-8
Melissa officinalis - Lemon BALM Z4-8
Mentha - MINT Z4-9
Mentha pulegium - PENNYROYAL Z4-9
Mentha spicata - SPEARMINT Z4-9
Mentha x gracilis - DOUBLEMINT Z4-9
Mentha x piperita - PEPPERMINT Z4-9
Monarda didyma - BEE BALM Z4-9
Monarda fistulosa - OSWEGO TEA Z3-9
Monarda menthifolia - MINT-LEAVED BERGAMOT Z4-9
Nepeta cataria - CATMINT Z3-8
Origanum laevigatum - OREGANO Z5-10
Origanum vulgare ssp. *hirtum* - GREEK OREGANO Z5-10
Ocimum basilicum - BASIL, assorted varieties (annual)
Perovskia artemesioides - RUSSIAN SAGE Z5-9
Persicaria polymorpha - FLEECE PLANT Z4-7
Pycnanthemum muticum - MOUNTAIN MINT Z4-8
Pycnanthemum pilosum - HAIRY MOUNTAIN MINT Z4-8
Rubia tinctorium - Madder Z6-10
Rumex sanguineus - BLOODY DOCK Z3-9
Salvia lyrata - CANCER WEED Z5-8
Salvia officinalis - COMMON SAGE Z6-9
Salvia pratensis - MEADOW CLARY Z4-8
Sanguisorba officinalis - GREAT BURNET Z4-8
Solidago canadensis - GOLDENROD Z3-8
Stachys byzantina - LAMB'S EARS Z4-8
Stachys officinalis - BETONY Z4-8
Symphytum officinale - COMMON COMFREY Z4-9
Tanacetum cinerariifolium - PYRETHRUM Z4-9
Tanacetum parthenium 'Aureum' - GOLDEN FEVERFEW Z4-9
Teucrium chamaedrys - GERMANDER Z5-9
Teucrium scorodonia - WOOD SAGE Z5-9
Thymus - THYME Z4-8
Thymus herba-barona - CARAWAY THYME Z4-8
Thymus praecox ssp. *arcticus* - WOOLLY THYME Z4-8
Thymus vulgaris - GARDEN THYME Z4-8
Thymus x citriodorus - LEMON THYME Z4-8
Trifolium pratense - RED CLOVER Z4-9
Valeriana officinalis - COMMON VALERIAN Z5-9
Veronicastrum virginicum - CULVER'S ROOT Z4-8
Viola odorata - SWEET VIOLET Z3-7