

2016 Seattle Tilth Early Spring Edible Plant Sale

Herb and Flower Plant List



Updated 2/22/2016

Please be aware that we may not have all of the varieties listed in this document at the 2016 March Edible Plant Sale. Occasionally, the growers will experience a crop failure or 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 by Rent's Due Ranch in Stanwood, WA, Sunseed Farms in Acme, WA, and Cascade Cuts in Bellingham, WA.

EDIBLE FLOWERS

Bellis

Tasso Mix

Also known as lawn or English daisy, these cheerful, low growing flowers in shades of red, pink and white are sure to delight each spring. The whole flower or the tiny petals can be added to salads, used to decorate cakes or garnish any dish. Flowers have a mild, grassy flavor. Bellis are perennial and grow in full sun to part shade.

Borage

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.

Flashback Mix

A unique calendula for those tired of plain orange. The undersides of these petals are dark burgundy, the tops vary from orange to yellow to light pink. Two foot plants glow in the sun. Calendula attracts beneficial insects and is a great cut flower.

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.

Zeolights

Great cut flowers, and decorative in a salad. The undersides of these petals are pink with the tops a pale apricot color. The double flower have small, pointed petals, giving them an interesting look. Plants can reach 18 inches tall.

Viola

Angel 'Tiger Eyes'

Medium-sized blooms are a golden yellow with tiger striping. Fragrant! Great to toss into your spring veggie salad. A quick shearing in late June keeps them blooming all summer.

Sorbet 'Blackberry'

The Sorbet series is more tolerant of heat than other Violas, thus makes a great addition to a summer garden. 'Blackberry' is a velvety deep, dark purple with a tiny yellow eye. Stunning choice for a topping on a white layer cake and tasty in tea sandwiches with cucumbers and cream cheese.

Sorbet 'Delft Blue'

This Fleuroselect Gold Medal winner is super adaptive for our changeable summer conditions. This little gem has a bright white face rimmed with delft blue edges and wing petals. Super cute in your picnic salad mixed with butterhead lettuce.

Sorbet 'Lemon Chiffon'

Cheerful blooms vary from bright to soft shades of yellow. Tolerant of summer heat and winter cold make them great to set out early in the garden and for overwintering. Great planted with early spring bulbs. A quick shearing in late June keeps them blooming all summer.

Sorbet 'Midnight Glow'

This sweet viola sports deep purple wing petals and whiskers combined with blue–violet and yellow faces. As tasty as its kin, toss these in a salad or use them for decorating a June birthday cake.

Sorbet 'Purple'

This lovely viola is a deep luxurious purple which will stand out with striking white alyssum in your early summer garden. Tasty too, just pop a few flowers on top of your early greens salad or add them to a cucumber and cream cheese tea sandwich for a summer tea party. Violas thrive in spring sunshine but like a little protection from the hot July sun.

Viola & Pansy

Mixed Colors

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

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!

Chervil

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.

Comfrey

Comfrey is used today in lip balms and topical creams due to its healing properties. In the garden comfrey is valued as a biomass crop because it can be cut to the ground several times a year and the large leaves are an excellent mulch or compost addition. Comfrey is very difficult to remove once established and can reseed easily. Comfrey is best planted in an area of the garden that is rarely used like the back fence or near the garbage cans!

Horseradish

Perennial. Grows to 2' tall and 18" wide. Leaves are spear-shaped and crinkly and grow from the root each spring. To harvest the root, dig in fall. Be sure to replant some of the root to ensure a harvest for the following year's harvest. Horseradish is an excellent companion to potatoes.

Hyssop

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 marinades. Flowers can be used as an attractive garnish and in salads.

Lavender - English

Hidcote Pink

A lavender that is actually pink! Slender, delicate flowers are perfect for dried flower arrangements. Plants grow more open unless they are trimmed right after blooming. Very low maintenance and grows 2' by 2'.

Munstead

English Lavender. The classic English variety, this is a great lavender to use for dry flowers and herbal concoctions. Compact in nature with small leaves, Munstead flowers early and is very aromatic. Plant in loose, well-drained soil in full sun.

Royal Purple

English Lavender. Striking long stemmed flowers on silver-green foliage makes this stand out in any garden setting. The purple flowers open from a deep purple calyx. Great for a focus plant in a potted garden combined with trailing white Alyssum. Grow 3' by 3' for a nice rounded shrub. Try the flowers in a baked custard as a sweet dessert. All lavenders appreciate good drainage.

Twickel Purple

English Lavender. Lovely deep mauve flower spikes fan out on 3' by 3' plants. A great addition to the vegetable garden where pollinators will move easily from the lavender flowers to your squash and tomatoes as they forage. June blooming and one of the most cold-resistant plants. One of the oldest lavender varieties originating from the Twickel Castle in Holland. All lavenders appreciate good drainage.

Lavender - French

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.

Provence

French Lavender. One of the most popular lavenders, this long spiked, long flowered beauty is perfect for making wands. Strips easily from the stem for collecting flowers for sachets. Long bloom time through mid-summer. Highly attractive to pollinators and other beneficial insects. Interplant into your vegetable beds as a permanent planting.

Lavender - Spanish

Otto Quast

Spanish Lavender. This lavender is hardier than most of the other Spanish varieties. The adorable flower stalks have an unusual bract with a closed 'cob'-like look and a few open flowers bursting from the top. The fragrance is not as powerful as other types, but the charming flowers make up for it. All lavenders appreciate good drainage.

Marjoram

Golden Upright

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, and is not as preferred for cooking. 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

Berries & Crème

Dark green rounded leaves that form a compact plant. Best to grow in a pot to keep in bounds. Flavor of leaves is minty with hints of fruit.

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.

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.

Peppermint Candy

A spreading perennial with mint-flavored leaves. Dense clusters of white flowers in summer. Preferred variety for peppermint flavoring in cooking. Spreads by underground runners and should be planted where it can be contained.

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!

Hot & Spicy

Spiciest of the oreganos sold today. The oil of this plant has been used as a disinfectant, a food preservative, and a body scent in ancient times. 'Hot and spicy' grows to 24 inches and does best in full sun with well draining-soil. Good dried or used fresh.

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.

Zaatar

This Mediterranean native has a semi upright habit and thrives in a sunny well drained site. Can be tender in prolonged freezing temperatures. The flavor profile combines oregano, marjoram and thyme but don't confuse this with Z'atar, a Middle Eastern spice mixture. Let some of it flower to attract pollinators to your garden.

Parsley

Curly

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

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

Barbeque

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.

Blue Spire

Interesting, upright, light grey-green foliage that looks great in a container. Sun, well drained soil, low water use. Blossoms are blue, appear early in the spring and last for long periods of time.

Huntington Carpet

A beautiful, low growing variety, 1' tall and up to 8' wide. Excellent in rockeries and containers due to the cascading growth habit. Striking dark blue flowers in spring set off glossy green foliage. Full sun and well drained soil.

Pink Flowered

This tender perennial grows to 4'. Pretty pink-flowered form, with open growth habit. Can be used for cooking or ornamentation.

Tuscan Blue

Sun, well drained soil, low water use. Blossoms of a delicate pale blue. Fine leaves with a distinct pine scent. Hardy to 10 degrees F.

Sage

Berggarten

Known all over the world as a choice culinary strain, Berggarten is a vigorous low-growing sage. Each 12 inch plant will reward you with large blue-gray leaves and an intoxicating aroma.

Dwarf

A petite little plant with prolific blooms, this sage will stay 2' by 2'. It has the same flavor as garden sage. Grow in full sun and well drained soil.

Golden

Brightly variegated gold and green leaves, hardy and compact plant to 18". Use as a culinary and an ornamental plant. Hardy to 20F, appreciates great drainage, full sun.

Red Sage

This Red Sage is also known as Purple Garden Sage and can be used just like regular Garden Sage. It rarely flowers which helps to keep it at a moderate height and less prone to open woody centers. It looks great planted with gray leaved plants like Lavender. In fact, the two together make a great after shave!

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.

Salad Burnet

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.

Sorrel

French

French Sorrel is a perennial that grows in a leafy clump. 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-leaved 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!

Sweet Cicely

Lovely, lacy, slightly furry leaves with a light anise scent and sweet flavor grow on this 2 - 3 foot plant. Umbel-shaped light green flowers cover the plant in summer followed by unusual seed pods. Herbaceous perennial dies to the ground each winter. Seeds readily and is difficult to remove once established, so it's best to plant it where you don't plan to move it or try keeping it in a pot. Grows well in sun or part shade.

Tarragon

French

Tarragon, a member of the Composite tribe, closely allied to Wormwood, is a perennial herb 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

Caraway

Ground cover, withstands light foot traffic. Fast growing; forms a thick, flat mat of dark green leaves with caraway fragrance. Rose-pink flowers.

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.

French Narrow Leaf

French Narrow Leaf Thyme grows to 16 inches tall in a sunny garden setting and is clothed in medium sized sweetly fragrant green leaves. A perennial in the garden bed, it blooms in late spring, showing off delicate lavender flowers which bees and other beneficials love.

Lime

Growing to a low mounding height of six inches, Lime Thyme can double as a groundcover in your perennial edible garden. It has a delicate citrus overtone and is an ace at attracting beneficials and bees to its light pink flowers in the late spring.

Orange Balsam

Orange Balsam Thyme is deviation of *Thymus vulgaris*, or English Thyme. It has a wonderfully pungent scent and flavor and can be used in any recipe calling for Thyme.

PA. Dutch Tea

Pennsylvania Dutch tea thyme is a large plant with dark green leaves on a 1 foot plant Will spread to 3 feet over time. Use as a small shrub mixed into your perennial or shrub bed in full sun. Intersperse into the veggie garden for a boost to pollinators. The Pennsylvania Dutch brew the leaves for tea, some claim it tastes like black tea, others detect a hint of vanilla.

Pink Chintz

Groundcover that excels at creeping between pavers or flagstones. Spreads over a rockery, fitting like a glove! Blooms pink with fuzzy grey-green leaves. Prefers full sun and well-draining soil.

Red Creeping Thyme

Barely mounding, this thyme works best as a groundcover in a sunny, dry site in the garden. Aromatic when stepped on or brushed against, place it where the brilliant deep pink flowers will attract lots of attention. Great for pollinators and for jazzing up a rockery. The deep green foliage fades to bronze in the winter. Not a culinary herb but wonderful to add for color and form.

POLLINATOR FLOWERS

Bigleaf Lupine

Bigleaf lupine is an herbaceous, deep rooted perennial that sports large colorful flowers in spring and summer. A sweet fragrance from the flowers enhances its attractiveness to bumble bees, other native bees, hummingbirds and many other beneficial insects. Needs full sun for best flowering and growth. Place it where it has room to grow; can get as tall as four feet when placed properly.

Douglas Aster

Perennial native with a bushy nature covered in pale purple and gold daisy like flowers from August through September. Creeps underground slowly so will increase in size over time. Loves moist soil, found in the wild along streambanks or ponds. The late bloom supports the last of the season native pollinators as well as honeybees.

Echinacea

Magnus

This flowering perennial is a stunner! The flowers are almost neon pink and fade to light pink near the end of the petals. The seed head is a fuzzy, rust-colored cone. Once established this plant is very low maintenance in full sun. Remove spent blooms until the end of August then leave them for the birds to harvest! 3' tall and 18" wide.

Feverfew

Golden

Single white daisy-like flowers are produced all season. Its golden leaves make it an attractive edging plant. Rumored to ease the pain of migraine headaches. Prefers full sun. Height 16-24". Attracts ladybugs.

Sea Thrift

This sweet little perennial spreads slowly in a grassy leaved clump and would make a delightful and well-behaved border in your edible garden. The flowers appear in spring and cover the plant in little round pink clusters similar to chive flowers, 6-10 inches tall. Tolerates salty mist. Sea Thrift attracts bees and with its heavy bloom can support lots of pollinator activity.

Western Columbine

This self seeding perennial is a northwest native, familiar to summer hikers, especially around stream banks. Sweet red and golden flowers with backward spreading sepals face downward on wiry stems. Delicate in appearance it packs a big punch when it comes to attracting native pollinators. Very attractive to hummingbirds, bees and butterflies. Finches and sparrows make use of the seeds. Let it self-sow to increase their spread in the garden. They will pop up in little nooks and crannies!

Yarrow

Creeping perennial herb with feathery leaves and white flowers held in an umbel over the foliage. Pungent fragrance can aid as an insect repellent. The flowers are especially attractive to parasitoid wasps, lady beetles and hoverflies which will make short work of the bad bugs in your garden. Also attractive to foraging bees, aiding in pollination of your fruiting plants. Place in a sunny spot with good drainage and do not over-fertilize.