In our diets, we eat not only grains, bread, vegetables and pulses but also different types of herbs. Herbs make food more tasty and can also help digestion, and act as medicines. So it’s a good idea to learn how to grow appropriate new types of herb. In this booklet we learn about some new types of herb, and how to grow and use them for more benefits in our diet and garden.

How to read the information on new herb varieties?

1. The herb’s name
2. Its drawing
3. Its height
4. Its age
5. How to plant its seed or seedling
6. Its functions and benefits
## Information About Growing Herbs

<table>
<thead>
<tr>
<th>Species</th>
<th>Balm</th>
<th>Basil</th>
<th>Borage</th>
<th>Chamomile</th>
<th>Lavender</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drawing of the Plant</strong></td>
<td><img src="image" alt="Balm Drawing" /></td>
<td><img src="image" alt="Basil Drawing" /></td>
<td><img src="image" alt="Borage Drawing" /></td>
<td><img src="image" alt="Chamomile Drawing" /></td>
<td><img src="image" alt="Lavender Drawing" /></td>
</tr>
<tr>
<td><strong>Height</strong></td>
<td>1 metre</td>
<td>50 cm</td>
<td>50 cm</td>
<td>50 cm</td>
<td>50 cm</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td>perennial</td>
<td>annual</td>
<td>annual</td>
<td>perennial</td>
<td>perennial</td>
</tr>
<tr>
<td><strong>Planting Method</strong></td>
<td>sow direct, or raise in a nursery and transplant</td>
<td>sow direct, or raise in a nursery and transplant</td>
<td>sow direct, or raise in a nursery and transplant</td>
<td>sow direct, or raise in a nursery and transplant</td>
<td>raise in a nursery and transplant</td>
</tr>
</tbody>
</table>
| **Function** | • medicine  
• companion planting  
• bee food (nectar)  
• edge plant  
• mulch material | • mix with vegetables  
• medicine  
• companion planting  
• bee food (nectar)  
• edge plant  
• liquid manure | • mix with vegetables  
• medicine  
• companion planting  
• bee food (nectar)  
• edge plant  
• liquid manure  
• mulch material | • medicine  
• companion planting  
• bee food (nectar)  
• edge plant  
• mulch material | • medicine  
• companion planting  
• bee food (nectar)  
• edge plant |
# Information About Growing Herbs

<table>
<thead>
<tr>
<th>Species</th>
<th>Marjoram</th>
<th>Rosemary</th>
<th>Sage</th>
<th>Tansy</th>
<th>Thyme</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drawing of the Plant</strong></td>
<td><img src="image1" alt="Marjoram Drawing" /></td>
<td><img src="image2" alt="Rosemary Drawing" /></td>
<td><img src="image3" alt="Sage Drawing" /></td>
<td><img src="image4" alt="Tansy Drawing" /></td>
<td><img src="image5" alt="Thyme Drawing" /></td>
</tr>
<tr>
<td><strong>Height</strong></td>
<td>50 cm</td>
<td>50 cm</td>
<td>up to 1 metre</td>
<td>1 metre</td>
<td>50 cm</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td>annual</td>
<td>perennial</td>
<td>perennial</td>
<td>annual</td>
<td>perennial</td>
</tr>
<tr>
<td><strong>Planting Method</strong></td>
<td>sow seed or plant cutting in a nursery, and transplant</td>
<td>sow seed or plant cutting in a nursery, and transplant</td>
<td>sow seed or plant cutting in a nursery, and transplant</td>
<td>sow seed or plant cutting in a nursery, and transplant</td>
<td>sow seed or plant cutting in a nursery, and transplant</td>
</tr>
<tr>
<td><strong>Function</strong></td>
<td>• mix with vegetables</td>
<td>• mix with vegetables</td>
<td>• medicine</td>
<td>• medicine</td>
<td>• mix with vegetables</td>
</tr>
<tr>
<td></td>
<td>• medicine</td>
<td>• companion planting</td>
<td>• bee food (nectar)</td>
<td>• companion planting</td>
<td>• medicine</td>
</tr>
<tr>
<td></td>
<td>• companion planting</td>
<td>• bee food (nectar)</td>
<td>• edge plant</td>
<td>• bee food (nectar)</td>
<td>• companion planting</td>
</tr>
<tr>
<td></td>
<td>• bee food (nectar)</td>
<td>• edge plant</td>
<td>• liquid manure</td>
<td>• edge plant</td>
<td>• bee food (nectar)</td>
</tr>
<tr>
<td></td>
<td>• edge plant</td>
<td></td>
<td>• liquid manure</td>
<td></td>
<td>• edge plant</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• mulch material</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Information About Growing Herbs

<table>
<thead>
<tr>
<th>Species</th>
<th>Drawing of the Plant</th>
<th>Height</th>
<th>Age</th>
<th>Planting Method</th>
<th>Function</th>
</tr>
</thead>
</table>
| Oregano      | ![Oregano Drawing](image) | 50 cm           | perennial | sow seed or plant cutting in a nursery, and transplant  | • mix with vegetables  
• medicine  
• companion planting  
• bee food (nectar)  
• edge plant        |
| Nasturtium   | ![Nasturtium Drawing](image) | up to 1 metre   | perennial | sow direct or raise cuttings in a nursery, and transplant | • mix with vegetables  
• medicine  
• companion planting  
• bee food (nectar)  
• edge plant          |
| Lemon Bergamot | ![Lemon Bergamot Drawing](image) | 1 metre         | perennial | sow seed in a nursery and transplant                    | • tea  
• medicine  
• companion planting  
• bee food (nectar)  
• edge plant  
• liquid manure |
| Sorrel       | ![Sorrel Drawing](image) | 25 cm           | perennial | sow direct, or raise in a nursery and transplant        | • mix with vegetables  
• medicine  
• edge plant        |
| Comfrey      | ![Comfrey Drawing](image) | 50 cm           | perennial | from root cuttings                                      | • mix with vegetables  
• medicine  
• companion planting  
• bee food (nectar)  
• edge plant  
• liquid manure  
• mulch material   |
### Information About Growing Herbs

<table>
<thead>
<tr>
<th>Species</th>
<th>Summer Savory</th>
<th>Feverfew</th>
<th>Parsley</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drawing of the Plant</strong></td>
<td><img src="image1" alt="Summer Savory" /></td>
<td><img src="image2" alt="Feverfew" /></td>
<td><img src="image3" alt="Parsley" /></td>
</tr>
<tr>
<td><strong>Height</strong></td>
<td>50 cm</td>
<td>50 cm</td>
<td>30 cm</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td>annual</td>
<td>perennial</td>
<td>perennial</td>
</tr>
<tr>
<td><strong>Planting Method</strong></td>
<td>sow seed in a nursery and transplant</td>
<td>sow seed in a nursery and transplant</td>
<td>sow seed in a nursery and transplant</td>
</tr>
</tbody>
</table>
| **Function** | - mix with vegetables  
- medicine  
- companion planting  
- bee food (nectar)  
- edge plant | - medicine  
- companion planting  
- bee food (nectar)  
- edge plant  
- liquid manure | - mix with vegetables  
- medicine  
- companion planting  
- bee food (nectar)  
- edge plant |