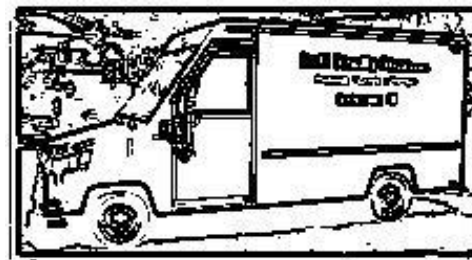


# All about Herbs

Herb news, varieties, and descriptions

## Neff Family Farm.com

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**Agastache Rupestris** *Agastache rupestris*- Bold brushes of sunset orange flowers from August to frost. Whole plant exudes rich root beer aroma. Does well in poor soil.

**Agastache, Purple Pigmy** - More Petite, fragrant foliage and bursts of Purple Blossoms.

**Agastache, Rose Mint** - Fragrance reminiscent of old fashioned roses and mint. Long blooming period.

**Angelica** *Angelica archangelica*- Biennial, favors moist partial shade. Can be cooked like rhubarb, or the stems candied.

**Anise** *Pimpinella anisum*- Rounded toothed leaves. Delicate, yellowish-white flowers are borne on large umbels. Makes a soothing tea.

**Anise Hyssop** *Agastache foeniculum*- Attractive butterfly plant; produces abundant nectar which yields a light fragrant honey. Strongly anise-scented: delightful for tea or as culinary seasoning.

**Arugula Slow Bolt** *Eruca vesicaria, subsp. Sativa*- Also known as "Rocket" these arrow shaped leaves add a wonderful flavor to salads and greens.

**Ashwagandha** *Withania somnifera*- Highly regarded Indian medicine herb sometimes called "Indian ginseng". Also great ornamental, produces orange berries late summer through fall.

**Basil, Cinnamon** *Ocimum basilicum*- Sweet cinnamon scent, popular in tea and potpourri, violet stems, lavender flowers.

**Basil, Genovese** *Ocimum basilicum*- Popular semi savoyed, uniform and slow to bolt. A great favorite of chefs!

**Basil, Italian Large Leaf** *Ocimum basilicum*- A sweeter pesto type, scent and taste are sweeter than Genovese, a little less clove-like.

**Basil, Lemon** *Ocimum basilicum*- Strong lemon scent. Excellent for vinegars and use in fish and chicken dishes.

**Basil, Lime** *Ocimum basilicum*- Distinct aroma of lime adds a unique citrus flavor.

**Basil, Magical Michael** *Ocimum basilicum* *Magical Michael*- AAS winner, Long-lasting Creamy Blooms and Fragrant Foliage!

**Basil, Mrs. Burns' Lemon** *Ocimum basilicum*- Most lemony of all basil, this heirloom variety has larger and very bright green leaves, intensely flavored and slower to bolt than other lemon basil.

**Basil, Neapolitano** *Ocimum basilicum*-

**Basil, Osmin Purple** *Ocimum basilicum*- Darkest purple leaves and stems. Glossy slightly ruffled purple leaves on a sturdy medium-sized plant.

**Basil, Pistou** *Ocimum basilicum*- Perfect spherical miniature basil. Small leaved plants mature as beautiful compact spheres of absolute uniformity without pinching or pruning.

**Basil, Red Rubin** *Ocimum Basilicum*- Purple version of Italian Large Leaf, with a similar sweet scent. Large flat leaves stand out, outstanding for color and culinary qualities.

**Basil, Serata** *Ocimum basilicum*- Ruffled leaves with good basil flavor. Great as a bouquet filler, in containers or as a flavorful plate garnish.

**Basil, Spicy globe** *Ocimum basilicum*- Slightly hot, spicy sweet basil, also known as Greek basil. Interplant with flowers, or grow in pots. Matures slower to bolt than some varieties.

**Basil, Sweet Thai** *Ocimum basilicum*- Best of the Thai Basils, fragrant and flavorful.

**Borage** *Borago officinalis*- Large plant with soft leaves bears tiny blue and pink flowers for garnishes and salads from late spring into fall.

**Borage, White** *Borago officinalis*- Striking white blooms with tiny purple center. Large plants with wooly leaves bear hundreds of small, edible flowers. Mild cucumber flavor for salads and garnishes. Long harvest period.

**Butterfly Bush "Pink Delight"** *Buddleja davidii*- 'Pink Delight' is absolutely one of the finest "pink" flowered cultivars. The silvery cast to the foliage and compact habit combine to make this a truly spectacular buddleia. Topped with large 1' long flower heads from June until frost.

**Calendula, Antares** *Calendula officinalis*- Flamboyant and always draw attention, one of the best finds in summer trials. Blooms come in shades of orange, peach, apricot, yellow and cream with stunning red and maroon undersides

**Cardoon Thornless White** *Cynara cardunculus*- Immense plants sport deeply notched foliage of silvery gray. This Italian variety offers spineless stems that are superb for eating.

**Catmint, Walkers low** *Nepeta faassenii*- Great for borders, this hardy bloomer 'Walkers Low' attracts butterflies, hummingbirds and bees and is a perfect first gardeners perennial.

**Catnip** *Nepeta cataria*- Dry catnip for homemade cat toys and soothing herbal tea. Medicinal: Colds, flu, fever. Good relaxing children's tea. Flower essence to allay anxiety.

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**Chamomile, "Bona"** *Matricaria recutita*- Latin name means "capable of anything", sturdy, spreading, lacy plant, makes a relaxing tea with a scent of apple and pineapple. Small daisy-like flowers in July and August.

**Chervil, Curled** *Anthriscus cerefolium*- Salad Chervil, leaves used in soups, salads and vinegars.

**Chives, Fine Leaf** *Allium schoenoprasum*- Fine for fresh use, delicate fancy leaf, don't forget to use the blossoms!

**Cilantro, Delfino** *Coriandrum sativum*- 2006 All-America Selections winner. The same flavor as traditional cilantro, but with fern-like, open leaves that more closely resemble dill. Same uses as our other cilantro varieties, plus new possibilities as a garnish.

**Cilantro, Jantar** *Coriandrum sativum*- This flavorful cilantro variety yields more leaves per plant and is slow to bolt.

**Dill** *Anethum graveolens*- Easy to grow, dill provides both seeds and greens to flavor vinegars, pickling, and many different foods.

**Dwarf Curry** *Helichrysum italicum microphyllum*- Beautiful silvery plant with clusters of tiny mustard colored flowers, gives off pleasant curry smell. Although this plant is not a part of the curry blend, the leaf will give a curry flavor to soups and casseroles, but should be removed from the dish b

**Echinacea, Angustifolia** *Echinacea angustifolia*- Angustifolia variety, most widely used in homeopathic remedies. Traditional Native American medicinal plant.

**Florence Fennel** *Foeniculum vulgare*- Feathery leaves which have a sweet anise flavor. Use to flavor salads, fish, sauces, and vinegars. An interesting accent or border plant. Bulb will achieve fan shape.

**Feverfew** *Tanacetum parthenium*- Light green loved leaves with small yellow and white daisy blooms, history of use for fever and migraine headaches.

**French Tarragon** *Artemisia dacunculus sativa*- Piece do resistance of all culinary herbs, dark green shiny leaves possess distinctive flavor.

**Garden Sorrell** *Rumex acetosa*- Most famous for sorrel soup. Large succulent leaves give zest to salads and any dish which is insipid in itself. Remove flowering tops to keep leaves tender.

**Gomphrena, Strawberry Fields** *Gomphrena haageana*- First and best true red Gomphrena. Brilliant flowers, 1 1/2" across, atop strong stems. Holds color exceptionally well when dried.

**Hyssop** *Hyssopus officinalis*- Biblical mint family plant with bright blue-violet flowers. Tea has soothing quality.

**Lavender, English** *Lavandula angustifolia*- Fragrant flowers used in dried sachets, scented soups, and potpourris. Lovely on borders and pathways.

**Lavandula, Hidcote** *Lavandula angustifolia Hidcote*- Lavender angustifolia is one of the richest in essential oils, meaning more fragrance power both fresh and dried. And this 'Hidcote Blue' cultivar has a more erect, compact habit and darker flowers, so its perfect for hedges.

**Lavender, Lady** *Lavandula 'lady'*- Perennial herb with scented blue-purple flowers and gray-green foliage.

**Lavender, Munstead** *Lavandula angustifolia Munstead Strain*- Fragrant Stalks of Richest Lavender Against Silvery Foliage!

**Lemon Balm** *Melissa officinalis*- Winter hardy, lemon scent adds zing to salads, and makes a calming tea.

**Lemon Verbena** *Aloysia triphylla*- Strong lemon scented foliage, at its best in early evening.

**Malabar Spinach** *Basella alba Red Stem*- Heat-loving and vigorous, these attractive plants reach 6 feet or more if trained on a bean tower or trellis. Many people grow Red Stem for purely ornamental purposes, but there's a lot of good eating on this productive plant!

**Marjoram, Sweet** *Origanum majorana*- Beautifully sweet, balsam-like aroma.

**Marjoram, Sweet Zaatar** *Origanum majorana "Zaatar"*- Favorite of chefs, this herb boasts a rich spicy flavor, holds up well with vegetables and meat dishes.

**Marjoram, Wild** *Origanum vulgare*- New! Beautiful, long-lasting flower for old-fashioned dried wreaths and bouquets.

**Mexican Heather** *Cuphea hyssopifolia*- Mexican false heather maintains a dense cover of tiny leaves along its much branched stems and decorates them with tiny jewel-like flowers. This tender perennial grows as an annual here, and once established is quite drought tolerant.

**Mexican Mint Marigold** *Tagetes lucida*- Aromatic leaves are a substitute for French Tarragon. Sweet licorice flavor brightens salads and main dishes. Pretty golden yellow flowers in flat topped clustes throughout the summer. Also known as Sweet Mace or Texas Tarragon. Hardy!

**Mexican Sage** *Salvia luchanthea*- Produces a lavish display of velvety purple blooms from spring through fall, up to 200 spikes per season.

**Mint, Chocolate** *Mentha x piperita piperita*- Striking peppermint-patty scent, a real treat!

**Mint, Lemon** *Monarda citrata*- Lemon scented mint is actually in the Monarda family, boasts a showy plumage of lavender flowers all summer.

**Mint, Orange Balsam** *Mentha aquatica 'Citrata'*- Treasured for its very special fragrance, its hint of citrus is tantalizing in fruit puches, teas, and grilled chicken and vegetable dishes.

**Mint, Silver** *Mentha longifolia*- Attractive soft grey-green leaves with a refreshing spearmint odour.

**Mint, Spearmint savoy** *Mentha spicata 'Crispa'*- Clean, crisp mint with curly leaves.

**Mint, Varigated Pineapple** *Mentha suaveolens 'Variegata'*- Sweet fruity scent with white and green leaves that vary with the season.

**Monarda, Jacob Cline** - considered to be the very best red variety on the market, large bright red flowers.

**Monarda, Marshall's Delight**- Quite showy pink blooms in mid summer.

**Mondarda, Gardenview Scarlet** - This plant is attractive to bees, butterflies and/or birds Requires consistently moist soil; do not let dry out between waterings

**Nasturtium, Alaska Mix** *Tropaeolum majus*- Leaves heavily marbled and striped, producing a breath-taking backdrop for the bright colorful blooms.

**Nasturtium, Jewel of Africa** *Tropaeolum majus*- A varigated climbing Nasturtium. Balanced mixture of yellows, reds and peachy pinks with marbled foliage, striped with cream against a light green background. Vining habit is fantastic for containers or ground covers.

**Oregano, Greek** *Origanum vulgare hirtum*- True Greek oregano dark green leaves with white flowers.

**Oregano, Italian** *Origanum vulgare sp.*- Oregano favored by Italian Chefs, Proclaimed as "the Real deal", clean, fresh, aromatic with great flavor!

**ParCel** - Try this great plant for celery flavor without the impossible to grow stalks. No strings either! Perfect for flavoring roasts, soups and just about anything else.

**Parsley, Dark Green Italian** - Great Flat leaf parsley for seasoning and taste. Easy to grow.

**Parsley, Italian flat leaf** *Petroselinum crispum neapolitanum*- Zesty Italian taste, great for cooking or drying.

**Parsley, Triple Curled** - Best and favorite of the curly parsleys. Great in cooking, and a fabulous butterfly plant.

**Patchouli** *Pogostemon patchouli*- One of the definitive perfumes of the Orient and of India in particular. Widely used in perfumes and soaps, and even to perfume India ink. Leaves are excellent in potpourris and sachets. Easy to grow.

**Pennyroyal** *Mentha pulegium*- Good as a low growing permanent edging or along walkways. Pretty, low growing, and fragrant. Not for culinary use.

**Rosemary, ARP** *Rosmarinus officinalis 'ARP'*- Fine upright habit, hardier than some strains, same great flavor!

**Rosemary, Creeping** *Rosmarinus officinalis prostratus*- Fine trailing habit, floriferous variety with light blue flowers. Good producer makes lovely border, or hanging basket.

**Rosemary, Gorizia** *Rosmarinus officinalis* 'Gorizia'- Gorizia produces densely packed branches of extra large dark green, fragrant needles that you can use either fresh or dried. One of the larger, more robust Rosemarys, the stems can be used as skewers for grilling.

**Rue** *Ruta graveolens*- Ornamental addition to herb garden. Small shrubby plant with rounded leaves. Dry seed heads for flower arrangements.

**Safflower,Zanzibar** - Used as a substitute for Saffron, Beautiful Blossoms that can be dried or used fresh.

**Sage, Berggarten** *Salvia officinalis*- Choice culinary strain, large gray-blue silvery leaves and robust, low habit. Dry sage leaves whole to preserve essential oil.

**Sage, Extrakta** *Salvia officinalis*- Handsome dusty green leaves, commonly used in dressings, poultry, sausage, nice base for floral or herbal wreaths. Showy in early summer, blanketed with tiny lavender flowers.

**Sage, Pineapple** *Salvia elegans*- Fabulous pineapple scent, with brilliant showy red flowers, Use for drinks, chicken, cheese and in jams and jellies.

**Sage, Russian** *Perovskia atriplicifolia*- Great in the landscape, this hardy plant was named Perennial of the Year for '95. Has beautiful purple-blue flowers that dry well for dried arrangements; Leaves are pleasantly aromatic with a strong camphor scent-Excellent bee and butterfly plant.

**Sage, Tri-color** *Salvia officinalis triartrus*- Beautiful sage plant accented with splashes of purple, white and dark green; excellent color splashes for herb and traditional gardens.

**Sage, White** *Salvia aplana*- Native American incense herb, used to make the smudge sticks common in Native ceremonies. Aromatic in the garden, light dusty gray-green leaves.

**Salad Burnet** *Sanguisorba minor*- Cool cucumber flavor, great addition to salads, vinegars and tomato juice. Hardy, can remain green through mild winters!

**Santolina, green** *Santolina virens*- Excellent contrast plant, great in knot gardens or cuttings for arrangements. Oils used in perfume industry.

**Savory, Summer** *Satureja hortensis*- Spirit-awakening, peppery flavor. A favorite herb for flavoring fresh and dry beans, soups, and a variety of culinary uses.

**Savory, Winter** *Satureja montana*- Perennial cousin to summer savory, flavor is more pungent. Good pepper substitute, great culinary herb.

**Skull Cap, Bakial Pink** *Scutellaria lateriflora*- Pretty little pink flowers, once planted to treat rabies. Attractive in gardens and borders.

**Spinach, Red Malibar** *Basella rubra*- This heat loving spinach is a show stopper, red stems, bright shiny green leaves, use new growth for best flavor. Will Climb if trellised.

**Stevia** *Stevia rebaudiana*- Remarkable herbal sugar substitute! Contains stevioside. Leaf powder can be used in place of sugar in drinks, baked goods, desserts, preserves, etc. Has a pleasant flavor of its own that never dominates or overwhelms.

**Tansy** *Tanacetum vulgare*- The Versatile Herb -- It's a Dye, Insect Repellent, and Aromatic Sachet! Grow tansy in well-drained to dry soil in sun. It can become invasive, so confine to certain areas or grow in containers.

**Tarragon, French** *Artemisia dacunculul sativa*- True French tarragon, favored by many. Treat as annual.

**Tarragon, Texas** *Tagetes lucida*- Sweet-smelling leaves and flowers with a flavor very similar to tarragon; hardier and easy to grow. Golden yellow flowers.

**Thyme, Caraway** *Thymus herba-barona*- Lovely hanging shower effect, with scent of caraway. Great for thyme lovers!

**Thyme, English** *Thymus vulgaris*- Essential in bouquet garni, most common variety.

**Thyme, German winter** *Thymus vulgaris*- Upright habit. Indispensable in the kitchen.

**Thyme, Lemon Silver** *Thymus x citriodorus*- Strong lemon scent, trailing habitat.

**Thyme, Orange Balsam** *Thymus 'Orange Balsam'*- Sensational orange scent and flavor. Deserving of experimentation in tea, cooking and as a garnish.

**Thyme, Summer** *Thymus vulgaris*- New! A superb culinary thyme.

**Thyme, Wooly** *Thymus pseudolanuginosus*- Low carpets of gray, wooly leaves and pale pink flowers. Its virtues are mainly visual and tactile, gives a superb contrast against greener plants.

**Yarrow, Summer Berries** *Achillea millefolium*- Beautiful flowers, red with a hint of yellow. Good for cut flowers and great plains hardy!

**Zanzibar, (Safflower)** *Carthamus tinctorius*- Bright orange-red blooms for arrangements. Upright habit produces 5-8 blooms per stem. Flowers are easily air-dried for dried arrangements. Petals are edible and are sometimes used as a substitute for saffron. Also known as Safflower.

## TOMATO PLANTS!!!!

Varieties include:

Granny Smith

Juliet

Toma Verde

Roma

Cherokee Purple

Celebrity

Sweet Yellow Pear

Pineapple

Lemon Boy

Super Sweet 100's

Japanese Black Trifele

Hillbilly

Purple Tomatillo

Large Barred Boar

Black Prince

Orange Blossom

Valley girl

Pink Beauty

Furry Red Boar

Berkeley Tie-dye

Mexico Midget

Kellogg's Breakfast

Empire

Conestoga

Red Tumbling Tom

Yellow Tumbling Tom

Solar Fire

Abraham Lincoln

Giant Belgium

Jubilee

The following are some of the locations and events you can find us at during the year. Feel free to call the farm ahead to make sure we can load your favorites, or call to come out and visit!

- **Herb Festival**, Jenks Oklahoma, Saturday, April 23rd
- **Kansas Grown! Farmers Market**  
7001 W. 21<sup>st</sup> Street North, Wichita KS  
**Saturday Mornings**, April-October 7 am to Noon
- **Newton Kansas-Corner** of South Kansas and SW 24<sup>th</sup> street- (South of WalMart) April 15<sup>th</sup> through May/June? **(check web feed for hours)**
- **HERB DAY!**-Sedgwick County Extension  
7001 W. 21<sup>st</sup> Street North, Wichita  
**Saturday, May 7th**
- **FloraKansas- The Great Plains Plant Sale**  
**May 7-14th**  
Dyck Arboretum of the Plains, Hesston, Kansas
- **Ponca City Herb Day-Saturday, June 4th**

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*Visit our website for Pottery- Handmade Scripture bowls, Sunflower items, Garden decor, dinnerware; Full plant lists, schedules of events, Classes, Produce Varieties and more than 20 pages of free recipes!!!!*

## 2011 HERB OF THE YEAR HORSERADISH!!!

### Horseradish Apple Soup

#### **Ingredients:**

- 1 large chopped onion
- 1 Tablespoon of butter
- 2 cloves of finely sliced garlic
- 3 apples such as Granny Smith or Golden Delicious, cored and chopped, skin-on
- 2 cups of apple juice
- 1 cup of white wine
- 2 teaspoons of salt
- 1/2 cup of horseradish
- 1 dash nutmeg, freshly grated

#### **Preparation:**

In a hot medium sized thick-bottom soup pot, sweat the onions and garlic in the butter for a few minutes until they fully aromatize. Add the apples, apple juice, wine, salt, horseradish, and nutmeg.

Stir gently bringing the mixture to a boil then reduce the flame to just sustain a simmer. Simmer soup until the apples soften, about twenty minutes.

Carefully puree the soup in a blender until smooth then strain it through a fine mesh strainer.

Either serve the soup immediately by returning it to its clean pot and reheating it or refrigerate it for later use.

Yield: 4 servings

