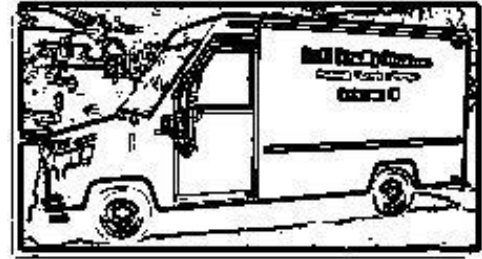


All about Herbs

Herb news, varieties, and descriptions

Neff Family Farm.com

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

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, Lime *Ocimum basilicum*- Distinct aroma of lime adds a unique citrus flavor. Great companion plant, scent can ward off mosquitoes.

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*- A lettuce leaf basil, this is a great basil both in flavor and production

Basil, Persian *Ocimum basilicum*- a large, vigorous plant that is a prolific producer of pleasant tasting leaves for your culinary adventures. Not only is the taste excellent, but the green foliage, sturdy branches and large leaves make for a great ornamental plant

Basil, Dolce Fresca *Ocimum basilicum*- 2015 All-America Selection award for its compact habit, strong scent and flavor, and vigorous growth.

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

Basil, Purple Ruffles *Ocimum basilicum*- Fragrant and beautiful, this basil adds both exceptional culinary and ornamental qualities to your garden.

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, 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. Quick nectar production makes it a must for beneficials.

Butterfly Bush-White, Lochinch, "Nanho Purple" "Nanho Blue" & "Royal Red" *Buddleja davidii*- 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, "Pacific Beauty" & "Alpha" *Calendula officinalis*- Pot marigold florets are edible. They are often used to add color to salads or added to dishes as a garnish and in lieu of saffron. A great companion plant.

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, German *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.

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

Chives, Garlic *Allium* Fine for fresh use, flat leaf add onion flavor with snappy garlic addition.

Cilantro, Santo *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.

Copper Canyon Daisy *Tagetes lemmonii* blooms in both spring and fall. The main flowering period, however, is in late fall. The inch-wide flowers can be so dense that they hide the foliage, producing an eye-catching mound of solid golden-yellow. Deer repellent.

Dill *Anethm graveolens*- Easy to grow, dill provides both seeds and greens to flavor vinegars, pickling, and many different foods. Take care not to disturb the roots when transplanting.

Echinacea-Bravado, Berry & Powwow White- *Echinacea angustifolia*- Easy to grow and long-lived, the Echinacea (Coneflower) has a very hardy nature, proving resistant to environmental stresses, from heat and humidity to cold and drought. Echinaceas are impervious to most pests and diseases, sending up blooms in summer in a range of colors -- pink, white, yellow, orange, and more! -- and drawing in songbirds in the fall, which come to feast on their seed-filled cones. A truly lovely, trouble-free perennial for the sunny garden!

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.

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.

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. Citronella properties make it a must in your garden and near patios and door.

Lemon Grass *Cymbopogon*- Lemon grass that forms bulb, can also use grass for cooking. Indispensable in Asian cuisine.

Lemon Verbena *Aloysia citrodora*- Purist of the lemon scented herbs. Great for culinary and mosquito repellent.

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*- Favorite of chefs, this herb boasts a rich spicy and sweet flavor, holds up well with vegetables and meat dishes.

Mexican Mint Marigold *Tagetes lucida*- Aromatic leaves are a substitute for French Tarragon. Sweet licorice flavor brightens salads and main dishes. Also known as Sweet Mace or Texas Tarragon. Hardy!

Mexican Sage *Salvia leucantha*- hairy white stems, gray-green leaves and velvet like purple flower spikes that bloom summer through fall. This shrub tolerates sun, light shade, little water, and is hardy to 15 degrees F. The Mexican sage is drought tolerant and attracts butterflies and hummingbirds

Mint, Apple *Mentha longifolia*- Attractive soft grey-green leaves with a refreshing spearmint apple scent. Grows well in shade, and tolerates some drought.

Mint, Candy Lime *Mentha x piperita*- Sweet lime flavor and scent.

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

Mint, Ginger *Mentha longifolia*- Sometimes variegated, this ginger flavored mint is great in drinks and oriental fare.

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

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

Mint, Strawberry- *Mentha longifolia*- Delicate mint with the yummy scent of strawberry ice cream will take you back to grade school lunches!!!

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

Mondarda, Bee Balm - 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, Empress of India *Tropaeolum majus*- Deep green foliage, with dark red blooms. Stunning as a border or in baskets or planters.

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, Cleopatra *Origanum vulgare hirtum*- AAS winner, this sweet and spicy orgeano is a great performer in both the garden and the kitchen.

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!

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

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* – Hardest of the rosemarys and slow growing.

Rosemary, Hills Hardy *Rosmarinus officinalis* – Not as hardy as ARP, but bushier and faster growing. Same great flavor

Sage Extracta *Salvia officinalis*- Handsome dusty green leaves, super for culinary use, about 70% higher in essential oils. Showy in early summer, blanketed with tiny lavender flowers

Sage, Mexican *Salvia leucantha*- Drought tolerant, with large purple blossoms. Purely for show this great plant will bloom at the warmest times, and has lovely white hairy stems.

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* - Tall, airy, spike-like clusters create a lavender-blue cloud of color above the finely textured aromatic foliage. This vigorous, hardy, heat-loving and drought tolerant plant resists deer and pests.

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.

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*- Known as the Sweet herb, it is a good substitute for sugar. Use fresh or dried.

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

Thyme, English *Thymus vulgaris*- Upright habit, softer than German, great flavor..

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

Thyme, Golden Lemon Twist *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*- A superb culinary thyme. Fragrance and taste is superior! Customer Favorite

Valerian- *Valeriana officinalis* – Said to relieve migraines and aid sleep. As with all medicinals, check with your physician.

Vanilla Grass- *Hierochloe odorata*– Sweet grass that gives smell and taste of vanilla once dried.

2017 Herb of the year

Cilantro!!!

Sesame Chicken Pasta Salad

¼ c sesame seeds
1 16 oz pkg bow tie pasta
¾ c vegetable oil definitely
2/3 c light soy sauce
2/3 c rice vinegar
1 T sesame oil
¼ c white sugar
¾ t ground ginger
¼ t ground black pepper
3 c shredded cooked chicken breast meat
½ c chopped fresh cilantro
½ c chopped green onion or chives
Heat a skillet over medium-high heat. Add sesame seeds, cook stirring frequently until lightly toasted. Remove from heat and set aside. Bring a large pot of lightly salted water to a boil. Add pasta, cook for 8-10 minutes or until al dente. Drain pasta, rinse under cold water until cool. Transfer into a large bowl.
In a jar with a tight fitting lid, combine oils, soy sauce, vinegar, sesame seeds, sugar, ginger and pepper. Shake well. Pour dressing over chicken and toss, gently mix in pasta, cilantro and green onions or chives.

Blend soy sauce, lemon juice, olive oil, summer savory and garlic. Cook chicken in Crock pot, or roast slowly in oven.



Avocado, Cilantro and 3 bean salad

1 (15 oz) can black beans, drained and rinsed
1 (15 oz) can red kidney beans, drained and rinsed
1 (15 oz) can garbanzo beans, drained and rinsed
1 (15 oz) can whole kernel corn, drained
1 large orange or red bell pepper, diced
12 grape or cherry tomatoes, halved
1 bunch cilantro, chopped
2 large avocados, peeled, pitted and diced
juice of 2 limes
1/2 cup olive oil
salt and pepper to taste
2 cloves garlic, mashed or finely diced

TOMATO PLANTS!!!!!!

Varieties include:

Abraham Lincoln
Aunt Ruby's Green
Big Rainbow
Celebrity
Cherokee Purple
Chocolate Cherry
Crimson Cushion
Giant Belgium
Japanese Black Trifele
Kellogg's Breakfast
Lemon Boy
Megabite
Mexico Midget
Pineapple (German)
Roma
Sausage
Soldacki
Super Sweet 100's
Tumbling Tom Red
Tumbling Tom Yellow

Don't miss our "PRINTABLES" on our website. Bee Plants, Companion Planting, Plant lists, and Trenchplanting Tomatoes are all available for FREE!!!

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!!!!

10 two minute tips!

- Chop fresh Cinnamon Basil and add to cottage cheese. Also great in cream cheese as a spread for muffins or bagels.
- Chop borage blossoms, savory, and chives into sour cream for a lite dip.
- Make sun tea with a handful of any mint, a teabag, and a clear gallon jar of water. This will also work with basil, lemon flavored herbs, and many others.
- Use chopped Thai basil in a commercial white pasta sauce. Can be dressed up with a few veggies, and meat or not. Lovely on Angel hair or your favorite pasta.
- Use lime basil in a fresh chicken salad or guacamole for a great pick me up in the hot summer evenings.
- Flavor some powdered sugar or whipped cream with chocolate mint to dip your fresh strawberries in.
- Add lavender to lemonade, pound cake or strawberry shortcake.
- Wrap large leafed Italian basil around corn on the cob, replace husk and grill. Or use a large leaf basil on a BLT instead of lettuce.
- Chop a little fresh rosemary into a potato salad, or try a little fresh mint in your beans and potatoes.
- No time to cook? Pinch back your herbs, and pop them in ice cube trays with broth or juice for a great treat later.

EVENTS!!!

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!

- **Kansas Grown! Farmers Market**
7001 W. 21st Street North, Wichita KS
Saturday Mornings, April-October
 - 7 am to Noon **Herb Festival**, Sand Springs, Oklahoma, Saturday, April 22th
 - **Herb Festival**, Jenks Oklahoma, Saturday, April 15th
- **FloraKansas- The Great Plains Plant Sale**
April 27th-30th
Dyck Arboretum of the Plains, Hesston, Kansas
 - **HERB DAY!**-Sedgwick County Extension
7001 W. 21st Street North, Wichita
Saturday, May 6th
- **Ponca City Herb Day-Saturday, June 3rd**

Have fun experimenting with your herbs. Pinch back and toss in scrambled eggs, or on chicken or fish. Will give you a good idea of what the flavor might pair well with. Don't be afraid to substitute your favorite herb in a recipe that calls for something else. That's how many of the best recipes began! ~Kay Neff