

Pontious Farm Herbs & Uses

| Herbs & Locations M=Main Garden F=Flower Gardens Blank=Not available this year | | Culinary | | | | | | | | | | | | | | | | | Aromatic | Cosmetic | Decorative | Household | Medicinal | | | | | | | | | |
|---|---|-------------------------|--------------|--------|-------------|------------|--------------|------|-------------|----------|------|-------------|-------------|--------------|-------|-------|------|------|----------|----------|------------|-----------|-----------|----------|----------------|---------|--|--|--|--|--|--|
| | | Beans | Bread/Pastry | Butter | Candy/Honey | Cheese/Egg | Dressing/Dip | Fish | Fruit/Jelly | Marinade | Meat | Oil/Vinegar | Potato/Rice | Poultry/Game | Salad | Sauce | Soup | Stew | | | | | | Stuffing | Tea/Wine/Drink | Veggies | | | | | | |
| Agrimony | | | | | | | | | | | | | | | | | | | ✓ | | ✓ | | | ✓ | ✓ | | | | | | | |
| Anise | | | ✓ | | | ✓ | | ✓ | | | | | | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | ✓ | ✓ | | | | | | | |
| Artemisia/Silver Mound | F | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Arugula | | | | | | ✓ | | | | | | | | ✓ | | ✓ | | | | | ✓ | | | | | | | | | | | |
| Basils | M | | ✓ | | | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | | | | | | |
| Bee Balm | | | | | | | | ✓ | ✓ | ✓ | | ✓ | ✓ | | | | | ✓ | ✓ | | ✓ | | ✓ | ✓ | ✓ | | | | | | | |
| Betony/Wood | | | | | | | | | | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | | |
| Betony/Wooly (Lamb's Ear) | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | | | |
| Boneset | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Borage | | | ✓ | | ✓ | ✓ | | | | | | | | ✓ | | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | |
| Caraway | | | ✓ | | | ✓ | | ✓ | | | ✓ | | | | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | | | | | |
| Catmint | F | | | | | | | | | | | | | | | | | | ✓ | | | | ✓ | ✓ | ✓ | | | | | | | |
| Catnip | M | | | | | | | | ✓ | | | | | ✓ | | | ✓ | | ✓ | | | | | ✓ | ✓ | | | | | | | |
| Celery Leaf | | | | | | ✓ | | | | | | | | ✓ | | | | ✓ | | ✓ | | | | | | | | | | | | |
| Chamomile | M | | | | | | | | | | | | | | | | | | ✓ | | ✓ | ✓ | | ✓ | ✓ | | | | | | | |
| Chervil | F | | | | | ✓ | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | | ✓ | | ✓ | ✓ | | | | | | | |
| Chives | M | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | | | | | ✓ | ✓ | | | | | | | |
| Cilantro | M | ✓ | ✓ | | | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | | | ✓ | | | | | | | |
| Comfrey | F | | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | | |
| Costmary | | | ✓ | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | | | | | | |
| Cress | | | | | | ✓ | | | ✓ | | | | | ✓ | | ✓ | | | ✓ | ✓ | | | | | ✓ | | | | | | | |
| Cumin | | | ✓ | | | | ✓ | ✓ | ✓ | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Dill | M | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | | | ✓ | | | | | | | |
| Dock, Bloody | | | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | ✓ | | | | | | | |
| Endive | | | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | ✓ | | | | | | | |
| Escarole | | | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | | ✓ | | | | | | | |
| Estafiate | M | Used in Mexican cuisine | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Evening Primrose | | | | | | | | | | | | | | | | ✓ | | | | | | | | ✓ | ✓ | | | | | | | |

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| Fennel | M | | ✓ | | | ✓ | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | | | | ✓ |
| Feverfew | | | | | | | | | | | | | | | | | | | | | ✓ | | ✓ | ✓ | ✓ |
| Foxglove | | Poisonous | | | | | | | | | | | | | | | | | | | | | | | |
| Garlic | | ✓ | | ✓ | | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ |
| Goldenrod | | | | | | | | | | | | | | | | | | | | ✓ | | | | | ✓ |
| Horehound | | | | | ✓ | | | | | | | | | | | | | | | ✓ | | | ✓ | | ✓ |
| Hyssop | | | | | | | ✓ | ✓ | | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | | ✓ | ✓ | | | ✓ |
| Hyssop/Anise | M | | ✓ | | | | | | | | | | | ✓ | | | | | ✓ | ✓ | ✓ | | ✓ | | |
| Kyona Mizuna | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Lady's Mantle | | | | | | | | | | | | | | ✓ | | | | | ✓ | | | ✓ | ✓ | ✓ | ✓ |
| Lavender | M | | | | ✓ | | | ✓ | | ✓ | ✓ | | | | | | | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Lemon Balm | M | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | | ✓ | | | ✓ | ✓ | ✓ | | | | |
| Lemon Verbena | | | ✓ | | ✓ | | | | | ✓ | | | | | | | | | ✓ | | ✓ | ✓ | | | |
| Lovage | M | | ✓ | | ✓ | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | | | ✓ |
| Marjoram/Sweet | M | | ✓ | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ | | | | ✓ |
| Mints | M | | | | ✓ | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | | | ✓ | ✓ |
| Motherwort | | | | | | | | | | | | | | | | | | | ✓ | | | | | ✓ | ✓ |
| Mugwort | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | | ✓ |
| Nasturtium | | | | | ✓ | | | | | ✓ | | | | ✓ | ✓ | | | | | | | | | | ✓ |
| Oregano | M | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ | | | ✓ | ✓ | | ✓ | | | ✓ |
| Parsleys | M | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | | | ✓ |
| Rosemary | M | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Rue | F | | | | ✓ | | ✓ | | ✓ | | | | | ✓ | | | | | | | | | ✓ | ✓ | |
| Sages | M | | ✓ | ✓ | | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Salad Burnet | M | | | ✓ | | ✓ | | | | ✓ | | | | ✓ | | | | | ✓ | ✓ | | | | | ✓ |
| Saltwort | | | | | | | | | | | | | | ✓ | | | | | | | | | | | ✓ |
| Savory | | ✓ | | | | | | | ✓ | | ✓ | | | | | | | | ✓ | | | ✓ | | ✓ | ✓ |
| Shiso | | | | | | | | | | | | | | ✓ | | | | | | | | | | | |
| Sorrel | M | | | | ✓ | | ✓ | | ✓ | | | ✓ | ✓ | | ✓ | | | | | ✓ | | | | | |

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| Southernwood/ Old Man | F | | | | | | | | | ✓ | | | | | | | | | ✓ | | ✓ | | | ✓ | ✓ |
| St. Johnswort | | | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ |
| Stevia/Sugar Plant | M | ✓ | | | | | | ✓ | | | | | | | | | | | ✓ | | | | | | |
| Sweet Woodruff | F | | | | | | | | | | | | | | | | | | ✓ | | ✓ | | | ✓ | |
| Tansy | F | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | |
| Tarragon/French | M | | | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | | | | | ✓ |
| Tatsoi | | | | | | | | | | | | | ✓ | | | | | | | | | | | | |
| Thymes | M | ✓ | ✓ | | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ |
| Yarrows | F | | ✓ | | ✓ | | | | | | | | ✓ | | | | | ✓ | | | | ✓ | ✓ | ✓ | ✓ |
| Violet (everywhere) | | ✓ | ✓ | | | | | ✓ | | ✓ | | | ✓ | | | | | ✓ | | ✓ | | ✓ | | ✓ | ✓ |