

| PLANT NAME (Herbaceous perennials) | SIZE (height x width) | PREFERRED CONDITIONS | PROPAGATION | USES | EXAMPLES OF USES | MAINTENANCE |
|---|-----------------------------------|---|--|---|---|---|
| Allium schoenoprasum/Allium tuberosum Chives/ Garlic chives | 30 x 30cm 12" X 12" | Sun-light shade, any reasonable soil well-drained | Seed in Spring, divide Spring/Autumn | Eat: leaves, flowers, Other: poll, med | Use raw leaves abundantly for onion/garlic flavour. Flowers attractive and tasty garnish | Cut near base to harvest. Mulch in Au/Sp. |
| Foeniculum vulgare Fennel | 100-150 x 40cm 3'3"-5' x 1'3" | Sun-light shade, soil well-drained | Seed in Spring, divide Sp/Au. | Eat: leaves, flowers, seeds Other: poll, med, T, MA | Chew seeds as breath freshener and aid to digestion. Old hollow stems useful for insect hibernation. | Little required. Trim back old stems in Sp. |
| Fragaria vesca Strawberry | 15cm x spreading 6" | Sun-light shade, soil well-drained | Seed, rooted runners in Au. | Eat: Fruit, leaves Other: poll, med, T. | Use fruit fresh /dried /jam/ wine. Leaves have numerous med benefits inc. intestinal health. | Cut off old leaves in W. Mulch in Au/Sp. |
| Malva moschata Musk Mallow | 60-80 x 30cm 2'-2'8" x 1' | Sun-moderate shade, soil well-drained | Seed or soft basal cuttings in Sp. | Eat: leaves, flowers, seeds Other: poll, med | Long season of salad leaves and beautiful edible flowers, also green seed 'cheeses'. | Little required. Trim back old stems in late W. |
| Melissa officinalis Lemon (Bee) balm | 60-80 x 40cm 2'-2'8" x 16" | Sun-mod shade, soil well-drained | Seed or division in Sp. | Eat: leaves, flowers, Other: poll, med, T, MA | Fresh leaves make soothing herbal tea. Chopped leaves add a citrus note to salads. Anti-viral and bacterial properties. | Self-seeds – pot up new plants and give to friends. Trim back old stems in late W. |
| Mentha sp. Mints | 80-100cm x spreading 2'8"-3'3" | Sun-light/mod shade, soil well-drained | Seed, root or shoot cuttings in Sp/Au. | Eat: leaves, flowers, Other: poll, med, T | Dry leaves before flowering for potent herb teas to aid digestion and soothe stomach upsets all year round. | Pull up rhizomes if starts to grow where not wanted. Trim back old stems in late W. |
| Myrrhis odorata Sweet Cicely | 60-100 x 40cm 2'-3'3" x 16" | Light-mod shade, soil well-drained | Fresh seed in Au (needs 5month stratification), division Sp/Au | Eat: leaves, flowers, seeds, roots. Other: poll, MA, med | Green seeds are a delicious snack, boil or roast roots as vegetable, add leaves to sweeten acidic stewed fruit. | Little required. Trim back old stems in Spring. |
| Symphytum x uplandicum 'Bocking 14' Russian Comfrey | 200 x 100cm 6'6" x 3'3" | Sun-mod shade, prefer moist soil | Root cuttings late W/Sp, divide Sp. | Other: poll, MA, med | Cut leaves up to 3 times a year for use as mulch and compost accelerator or to make liquid fertilizer. | Leave some plants to flower for the bees. Allow Au leaves to die back and self-mulch. |
| Trifolium repens White clover | 60 x 60cm 2' x 2' | Sun/mod shade, soil well-drained | Broadcast seed Sp/Au | Eat: young shoots, flowers, Other: poll, N fix, med, T | Excellent nitrogen fixer and pollinator plant. Use flowers in herb tea. | Little required. |

KEY:

Poll – beneficial for pollinating insects.

MA – Mineral accumulator – deep roots gather nutrients from the soil, store in top growth and release during winter dieback.

T – leaves make a palatable herbal infusion with medicinal properties

Med – medicinal properties (qualified advice recommended for therapeutic doses).

N fix – bacteria present in root nodules fix Nitrogen in the soil, increasing fertility.

Sp – spring

Su – summer

Au – autumn

W - winter