

BOTANICAL GARDENS AT HERITAGE PARK

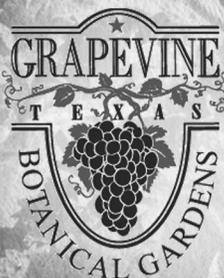
Kitchen Garden Plants

Kitchen gardens go back to France during medieval times and basically include herbs and other plants used in the kitchen. Salad plants as well as flowers to cut and bring in can be included in your Kitchen Garden. Many flowers are edible and make great companion plants for herbs and vegetables. Note that not just any flower is edible, so do the research and keep your family safe.

One of the more interesting features in our garden is a living wall. Living walls can be home made or bought ready to plant from nurseries and garden centers. We chose to use mainly herbs and vegetables with a few foliage plants and flowers to give it a punch of color. What a great way to garden in a very small space. The living wall also brings the garden up off of the ground so that individuals in wheel chairs and assisted mobility devices can enjoy gardening.

The Kitchen Garden has also been used more specifically as in the Pizza Garden where the contents are kept to a range of items one would use to make a pizza. The Spaghetti Garden, Salsa Garden, etc... This is a great way to get youth involved in gardening, especially if they grow the ingredients to make their favorite meal.

With herbs, there are many uses or applications. Some are culinary, while others are medicinal. It is always recommended you speak to your doctor or health care provider before trying an herbal remedy. In the 1600's most doctors were botanists and herbalists, because back then most medicines were derived directly from plants. Whether it was food or medicine, people relied on plants to sustain them in their daily lives. Today, it can be much healthier to grow your own herbs and vegetables as well as a lot of family fun!



411 Ball Street • 817.410.3350 • playgrapevine.com

Kitchen Garden Plant List

| Common Name | Scientific Name | Family | Height | Width | Flower Color | Notes | Zone | Exposure | Uses |
|---------------------------|---|---------------|--------|--------|-------------------------|------------------|--------|-----------------|---------------|
| Basil | <i>Occimum basilicum</i> | Lamiaceae | 12-18" | 24-36" | White, Lavender | ANNUAL | Z 8-11 | Sun | Culinary |
| Bay Laurel | <i>Laurus nobilis</i> | Lauraceae | 25' | 20' | Whitish | Tender perennial | Z 9-11 | Sun to part sun | Culinary |
| Catmint | <i>Nepeta faassenii</i> | Lamiaceae | 8-24" | 24-36" | Lavender to Blue | Spring to Fall | Z 4-9 | Sun to part sun | Medicinal |
| Comfrey | <i>Symphytum officinale</i> | Boraginaceae | 3-6' | 3-6' | Pink to Lavender | Spring to Summer | Z 4-9 | Sun to part sun | Medicinal |
| Creeping Thyme | <i>Thymus vulgaris</i> | Lamiaceae | 6" | 12" | White | Spring | Z 4-9 | Sun | Culinary |
| Cuban Oregano | <i>Plectranthus amboinicus</i> | Lamiaceae | 6-12" | 12-18" | Whitish, Lavender, Pink | Summer to Fall | Z 9-11 | Sun | Culinary |
| Garden Sage | <i>Salvia officinalis</i> | Lamiaceae | 12-36" | 24-36" | Pink to Lavender | Spring to Summer | Z 5-9 | Sun | Culinary |
| Garlic Chives | <i>Allium schoenoprasum</i> | Alliaceae | 12-36" | 6-12" | White | Summer | Z 3-9 | Sun | Culinary |
| Greek Oregano | <i>Origanum vulgare hirtum</i> | Lamiaceae | 4-6" | 8-12" | White, Pink | Summer | Z 5-9 | Sun | Culinary |
| Jalapeno Pepper | <i>Capiscum annuum</i> | Solanaceae | 24-36" | 18-24" | White | Summer ANNUAL | Z 8-11 | Sun to part sun | Culinary |
| Lemon Balm | <i>Melissa officinalis</i> | Lamiaceae | 12-36" | 12-24" | Whitish | Summer | Z 3-7 | Sun | Medicinal |
| Lemon Grass | <i>Cymbopogon citratus</i> | Poaceae | 24-48" | 24-36" | Green Sedge-like | Summer | Z 8-11 | Sun | Medicinal |
| Mexican Mint Marigold | <i>Tagetes lucida</i> | Asteraceae | 24-36" | 12-24" | Gold/Orange | Fall | Z 8-10 | Sun | Culinary |
| Mexican Oregano | <i>Poliomintha longiflora</i> | Lamiaceae | 36" | 18-24" | Pink to Lavender | Summer | Z 7-9 | Sun to part sun | Culinary |
| Mountain Mint | <i>Pycnanthemum virginianum</i> | Lamiaceae | 2-3' | 1-2' | White | Spring to Summer | Z 4-8 | Sun to part sun | Medicinal |
| Munstead Lavender | <i>Lavendula angustifolia</i> | Lamiaceae | 15-18" | 18" | Lavender | Spring | Z 5-8 | Sun | Calming Scent |
| Patchouli | <i>Pogpstemon cablin</i> | Lamiaceae | 2-3' | 1-2' | Pinkish/White | Tender perennial | Z 8-11 | Sun | Medicinal |
| Pineapple Sage | <i>Salvia elegans</i> | Lamiaceae | 2-3' | 1-2' | Red | Aromatic foliage | Z 7-10 | Sun to part sun | Culinary |
| Pink Flowering Strawberry | <i>Fragaria x ananassa 'Pink Panda'</i> | Rosaceae | 6-10" | 12-24" | Pink | Spring | Z 5-8 | Sun | Ornamental |
| Purple Heart | <i>Setcreasea pallida</i> | Commelinaceae | 12-18" | 16-24" | Pink | Spring to Fall | Z 7-10 | Sun | Ornamental |
| Rosemary | <i>Rosemarinus officinalis</i> | Lamiaceae | 3-6' | 2-4' | Lavender | Spring | Z 8-10 | Sun | Culinary |
| Rouletti Rose | <i>Rosa 'Rouletti'</i> | Rosaceae | 1-3' | 1-2' | Pink | Spring to Fall | Z 7-9 | Sun | Ornamental |
| Salad Burnett | <i>Sanguisorba minor</i> | Rosaceae | 12-18" | 18-24" | Greenish/Red | Spring to Summer | Z 4-8 | Sun | Culinary |
| Society Garlic | <i>Tulbaghia violacea</i> | Alliaceae | 24-36" | 12-24" | Lavender | Summer | Z 7-10 | Sun | Culinary |
| Spanish Lavender | <i>Lavendula stoechas</i> | Lamiaceae | 36-48" | 24-36" | Lavender | Spring | Z 5-10 | Sun | Culinary |
| Stevia | <i>Stevia rebaudiana</i> | Asteraceae | 1-3' | 1-2' | White | ANNUAL | Z 9-11 | Sun | Sweetener |
| Strawberry | <i>Fragaria x ananassa</i> | Rosaceae | 6-10" | 12-24" | White | Spring | Z 5-8 | Sun | Fruit |
| Tansy | <i>Tanacetum vulgare</i> | Asteraceae | 24-36" | 18" | Yellow | Summer | Z 3-9 | Sun to part sun | Medicinal |
| Tomato | <i>Lycopersicon esculentum</i> | Solanaceae | varies | varies | Yellow | Summer ANNUAL | Z 3-11 | Sun to part sun | Fruit |

Certain species in the Botanical Gardens may not be listed here.