



**Tai Sophia  
Institute**

## 10 Herbs to Grow and Eat at Home

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These 10 herbs are easy to grow in pots or kitchen gardens and have a long history of use as both culinary and medicinal herbs. Most are from the *Lamiaceae* family and are rich in essential oils. All are great culinary herbs to add to a regular diet and excellent choices for the beginning herb gardener.

Herb	Soil Type & Moisture	Sun	Culinary Uses	Health Benefits
<b>Rosemary</b> <i>Rosmarinus officinalis</i>	Neutral to alkaline soil, well-drained	Full sun	Flavoring for fish, poultry, meats and breads; infused oils or vinegars	Supports cognitive health, recovery from colds, and circulation; is stimulating to nervous system
<b>Thyme</b> <i>Thymus vulgaris</i>	Rocky soil, well-drained	Full sun to partial shade	Flavoring for fish, poultry, meats and beans; infused oils and vinegars	Digestive aid; supports the respiratory system; used classically as an expectorant for damp coughs
<b>Sweet Basil</b> <i>Ocimum basilicum</i>	Rich, light soil, well-drained; protect from groundhogs and rabbits	Full sun to partial shade	Flavoring for vegetables, fish, breads and tomato-based sauces; basis of classic pesto	Supports digestion and nervous system
<b>Oregano</b> <i>Origanum vulgare</i>	Neutral to alkaline soil, well-drained	Sun	Flavoring for fish, poultry, vegetables and sauces	Supports digestive and respiratory systems
<b>Garlic</b> <i>Allium sativum</i>	Rich soil	Full sun	Flavoring for fish, poultry, meat, vegetables, beans, grains	Supports cardiovascular health; used to treat respiratory infections; for best results use freshly minced garlic
<b>Sage</b> <i>Salvia officinalis</i>	Neutral to alkaline soil, well-drained to dry	Sun	Flavoring for poultry, meats, grains and vegetables	Supports nervous system and women's health
<b>Peppermint</b> <i>Mentha x piperita</i>	Rich soil, moist; tends to be invasive	Sun or partial shade	Flavoring for meat (especially lamb or venison), tea, and desserts; digestive tea; used in cough syrups and teas	Supports the digestive, respiratory, and nervous systems
<b>Lemon balm</b> <i>Melissa officinalis</i>	Neutral, rich soil	Sun to partial shade	Flavoring for fish, poultry, vegetables and desserts; drink as a tea	Supports nervous system and digestive system; is calming
<b>Lavender</b> <i>Lavandula angustifolia</i>	Neutral to alkaline soil, well-drained	Full sun	Flavoring for desserts (add to shortbread for a great treat!)	Calming and mildly sedating; supports nervous system and aids sleep; used externally for skin wounds, insect bites and burns; the essential oil is especially good for burns
<b>Cilantro / Coriander</b> <i>Coriandrum sativum</i>	Rich soil, well-drained	Sun	Flavoring for fish, poultry, beans and vegetables; classic flavoring agent for salsa	Digestive aid