



**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
Rosemary <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
Thyme <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
Sweet Basil <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
Oregano <i>Origanum vulgare</i>	Neutral to alkaline soil, well-drained	Sun	Flavoring for fish, poultry, vegetables and sauces	Supports digestive and respiratory systems
Garlic <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
Sage <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
Peppermint <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
Lemon balm <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
Lavender <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
Cilantro / Coriander <i>Coriandrum sativum</i>	Rich soil, well-drained	Sun	Flavoring for fish, poultry, beans and vegetables; classic flavoring agent for salsa	Digestive aid