

# Coriander (cilantro)

- \* Scientific Name: *Coriandrum sativum*
- \* Family: Parsly (Apiaceae)
- \* Type: Annual Edible Herb
- \* Native range: Europe
- \* Sun: Full sun to part shade
- \* Blooms: Seasonally
- \* Attracts: Honey bees, Bumblebees, & Native bees, & Hover flies among others.
- \* Pollen pellets: creamy-white
- \* Cultivated: Alamance County

**Notes:** A warm weather annual that is commonly grown in herb gardens for its lacy, strong-scented foliage (cilantro) and its aromatic seeds (coriander). A nectar and pollen source.



1



# Borage or Starflower

- \* Scientific Name: *Borago officinalis*
- \* Family: Forget-me-not (Boraginaceae)
- \* Type: Annual Edible Herb
- \* Native range: Europe
- \* Sun: Full sun to part shade
- \* Blooms: June to October
- \* Attracts: Honey bees, Butterflies, Native bees and Bumblebees among others.
- \* Cultivated: Alamance County

**Notes:** The edible, dull gray-green leaves have the taste and fragrance of cucumber. Stems and leaves are covered with numerous bristly hairs. Young tender leaves may be eaten raw or cooked in somewhat the same manner as spinach. A nectar & pollen source. Pollen pellets are hellish-green to grayish.



2



# True Catnip

- \* Scientific Name: *Nepeta cataria*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Herb
- \* Native range: Europe, southwestern and central Asia
- \* Sun: Full sun to part shade
- \* Blooms: May to September
- \* Attracts: Honey bees, Butterflies, Native Bees and Bumblebees among others.
- \* Cultivated: Alamance County

**Notes:** Catnip flowers are great nectar and pollen source. In the garden, the fragrant catnip leaves acts as a repellent for certain insects, including aphids and squash bugs. As a culinary herb, fresh, minty flavored leaves may be chopped & added to soups, stew, & paste.



# 3





# Sweet Basil

- \* Scientific Name: *Ocimum basilicum*
- \* Family: Mint (Lamiaceae)
- \* Type: Annual Edible Herb
- \* Native range: Africa and Asia
- \* Sun: Full sun
- \* Blooms: June to Frost
- \* Attracts: Honey bees, Hummingbirds, Butterflies, Native bees, & Bumblebees, among others.
- \* Cultivated: Alamance County

**Notes:** Leaves may taste somewhat like [anise](#), with a strong, pungent, often sweet smell. Basil is most commonly used fresh in recipes. In general, it is added at the last moment, as cooking quickly destroys the flavor. Basil is one of the main ingredients in pesto. Flowers are a great nectar and pollen source.



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# Hairy Mountain Mint

- \* Scientific Name: *Pycnanthemum pilosum*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Edible Herb
- \* Native range: Eastern and central United States
- \* Sun: Full sun to part shade
- \* Blooms: June to October
- \* Attracts: Honey bees, Bumblebees, Native bees, & Wasps among others
- \* Cultivated: Alamance County

**Notes:** The fresh minty-aromatic leaves, can be boiled in water to make an excellent mint-flavored tea. Nectar-rich flowers with pollen are very attractive to many kinds of insects, including small butterflies. Pollen pellets are white.



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# Sweet Marjoram or Oregano

- \* Scientific Name: *Origanum vulgare*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Edible Herb
- \* Native range: Europe, Asia
- \* Sun: Full sun
- \* Blooms: July to October
- \* Attracts: Honey bees, Butterflies, Native bees, & Hover flies among others.
- \* Cultivated: Alamance County

**Notes:** Leaves are used either fresh or dried, as culinary herbs for a variety of food dishes, particularly in tomato sauces used in Italian cuisine and pizza, but also in a number of additional applications including rice, soups, stews, dressings, vegetable dishes, egg dishes, dips and herbal vinegars. Flowers are a nectar and pollen source. Pollen pellets are green.



# English Lavender

- \* Scientific Name: *Lavandula angustifolia* 'Hidcote'
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Herb
- \* Native range: Mediterranean region
- \* Sun: Full sun
- \* Blooms: June to August
- \* Attracts: Honey bees, Hummingbirds, Butterflies, Native bees, & Carpenter bees among others.
- \* Cultured: Alamance County

**Notes:** The fragrant flowers are a great bee nectar and pollen source. This “true lavender” is commercially planted for harvesting its oils for use in perfumes & jellies. Lavender flowers and foliage are also popular additions to sachets and potpourris.



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# Lemon Balm

- \* Scientific Name: *Melissa officinalis*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Edible Herb
- \* Native range: Southern Europe
- \* Sun: Full sun to part shade
- \* Blooms: May to September
- \* Attracts: Honey bees, Bumblebees, Butterflies, & Native bees among others.
- \* Cultivated: Alamance County

**Notes:** Has lemon-scented foliage, that are edible and may be added to salads, soups, sauces or vegetables. The inconspicuous flowers are nectar foraged by bees. *Melissa* means "honey bee" in greek. The European honey bee's scientific name is *Apis mellifera*. "*Apis*" is the Latin word for "bee", "*mellifera*" comes from the Greek "melli", honey, and "ferre", to bear - hence, the scientific name means the honey-bearing bee.





# Rosemary

- \* Scientific Name: *Salvia rosmarinus*  
Old name: *Rosmarinus officinalis*
- \* Family: Mint (Lamiaceae)
- \* Type: Evergreen Shrub
- \* Native range: Africa, Europe, western Asia
- \* Sun: Full sun
- \* Blooms: June to July
- \* Attracts: Honey bees, Butterflies, Bumblebees, & Native bees among others.
- \* Cultivated: Alamance County

**Notes:** This intensely fragrant evergreen shrub has foliage similar to hemlock needles. Rosemary leaves are used as a flavoring in foods, such as stuffing and roast lamb, pork, chicken, and turkey. They have a bitter, astringent taste and a characteristic aroma which complements many cooked foods. Herbal tea can be made from the leaves. Flowers are nectar & pollen sources.



# Thai Basil

- \* Scientific Name: *Ocimum basilicas* var. *thyrsoflora*
- \* Family: Mint (Lamiaceae)
- \* Type: Annual Edible Herb
- \* Native range: Southeast Asia
- \* Sun: Full sun
- \* Blooms: June to September
- \* Attracts:, Honey bees, Butterflies, Native bees, Bumblebees, & Hover flies among others.
- \* Cultivated: Alamance County

**Notes:** Both a pollen & nectar source. It has an identifiable anise- & licorice-like flavor and slightly spicy not present in sweet basil, and its flavor is more stable under high or extended cooking temperatures than that of sweet basil.



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# English Thyme

- \* Scientific Name: *Thymus vulgaris*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Edible Herb
- \* Native range: Southern Europe
- \* Sun: Full sun
- \* Blooms: May to July
- \* Attracts: Honey bees, Butterflies, Native bees
- \* Cultivated: Alamance County

**Notes:** Leaves are highly aromatic and are frequently used fresh or dried as a seasoning in a variety of culinary applications including soups, stews, sauces, meat and fish dishes. The plant is a natural source of thymol used in treatments to kill Varroa mites. These external parasites attack both honey bees and brood fat body tissues weakening the adult bees and spread virus within beehives. Pollen pellets are greenish-yellow.





# Anise Hyssop

- \* Scientific Name: *Agastache foeniculum*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Edible Herb
- \* Native range: Northern N. America
- \* Sun: Full sun to part shade
- \* Blooms: June to September
- \* Attracts: Honey bees, Hummingbirds, Butterflies, Bumblebees, Native bees, Wasps, & Hover flies among others.
- \* Cultivated: Alamance County

**Notes:** The soft, anise-scented leaves are used as a seasoning, as a tea, in potpourri, and can be crumbled in salad. The anise-scented foliage also deter some leaf-chewing insect species. This is great choice as a companion plant in gardens. Flowers are a great nectar and pollen source. Pollen pellets are yellowish-green



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