

# Herbs Around the World

**For** thousands of years, people around the world have used herbs to treat and cure disease and to flavor food. Many common herbs such as thyme, oregano, and sage, have both medicinal and culinary uses.

Early herb gardens date to Europe in the Middle Ages when compendiums and texts describing how to prepare and administer herbs were first published. Herbs and spices were traded across the globe, often in exchange for gold and silver, and many of them made their way into our foods and gardens.

Other uses for these plants include fragrance, textiles, cosmetics, and household products.



*As you explore the garden take note of the many and varied historical and modern uses of herbs.*



## Volunteer BLANDY!

### COME GROW WITH US

The herb garden is supported by the Foundation of the State Arboretum and is maintained by staff and volunteers. We invite you to join us! No experience necessary. For information, please visit [blandy.virginia.edu/volunteerblandy](http://blandy.virginia.edu/volunteerblandy) or email [VolunteerBlandy@virginia.edu](mailto:VolunteerBlandy@virginia.edu).

### YOUR SUPPORT MATTERS

There are many benefits to being a member of the Foundation of the State Arboretum! With a FOSA membership, you can visit more than 300 gardens across the country for free or discounted rates as part of the AHS Reciprocal Admissions Program. To learn more about membership benefits, become a FOSA member, or make a donation or online payment for an upcoming event or program, please visit our website at [blandy@virginia.edu](http://blandy@virginia.edu) and click on the "Support" tab.

### CONTACT US

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STATE ARBORETUM  
of VIRGINIA  
**BLANDY**  
EXPERIMENTAL FARM



## A Guide to the Herb Garden

State Arboretum of Virginia  
at the University of Virginia's  
Blandy Experimental Farm

*"A man may esteem himself happy when that which is his food is also his medicine."*

Henry David Thoreau



# Common Herbs and Their Uses



## Rosemary

Commonly used to season meats and fish. A symbol of remembrance.



## Oregano

Best known as a seasoning in pizza and spaghetti sauce. Essential oil also used to treat sore throats and colds.



## Lavender

Known for its calming, soothing aroma. Often used in potpourris, lotions, and soaps.



## Thyme

Essential oils are used to treat coughs and colds. Culinary uses are numerous.



## Sage

Best known as a flavoring for turkey and stuffing. Being studied as a possible treatment for Alzheimer's disease.



## Parsley

Commonly used in Mediterranean and Italian cuisine. Enhances other flavors.



## Basil

Main ingredient in pesto sauce. Excellent source of a variety of vitamins and minerals.



## Dill

Flavors fish, vinegars, soups, and of course pickles. Historically used to treat stomach ailments.

Most herbs are generally easy to grow, preferring full sun and well-drained soil. Herbs do well planted in gardens and containers.

## Herb Garden History



The herb garden was established in 1972 to showcase plants with culinary, medicinal, and household uses. One of the oldest gardens at the arboretum and located across from the main parking area, it is intended to stimulate the senses and provide inspiration to home gardeners.

## Sharing the Garden

Did you know some edible herbs are great habitats for butterflies, bees, and other beneficial insects? Black swallowtail caterpillars are frequent visitors. Their host plants include parsley, dill, and rue. To encourage these visitors, plant enough of these herbs for your table and theirs, and avoid using pesticides.



As you walk through the garden, please smell and touch the plants to enjoy their textures and aromas.