

Perfect Herbs for Indoor Gardens

Chives – *Allium schoenoprasum*

Chives are a colorful, easy to grow choice for gardening with kids. The flowers and stems are edible and when dried they are great for use in crafts. In addition, they are colorful and fun for children to smell.

Lavender – *Lavandula* sp.

Lavender is a great pick for kids because of its fragrant leaves and flowers. Many varieties also adapt well for use in containers. In addition, the colorful flowers can be used for crafts and cooking. Lavender is durable and will endure some neglect and abuse which makes it a great choice for young children learning to garden. **Good picks:** *Lavandula angustifolia*, *L. angustifolia* 'Munstead'

Scented geraniums – *Pelargonium* sp.

Scented geraniums are grown mainly for their foliage because of the wonderful scents they emit when the leaves are rubbed or brushed. They come in peppermint, nutmeg, apple, strawberry, and rose-scented varieties to name a few. They work well in containers and small spaces, and can be grown successfully indoors and out. Children will enjoy the great sensory benefits that these plants provide. **Good picks:** *Pelargonium odoratissimum* (apple geranium), *P. tomentosum* (peppermint geranium), *P. graveolens* (rose-scented geranium)

Mints – *Mentha* sp.

Mints offer many great choices for a children's garden. Their fragrance delights gardeners of all ages. They are prolific growers and it is recommended that they be planted in containers to keep them in check. **Good picks:** *Mentha x piperita* (peppermint), *M. spicata* (spearmint), *M. suaveolens* (pineapple or apple mint)

Chamomile sp.

Chamomile is an evergreen perennial that is easy to grow in containers. The plant has a slight apple scent when the foliage is brushed. This herb produces wonderful white and yellow flowers in the summer. **Good picks:** *Chamaemelum nobile*/Roman chamomile, *Matricaria chamomila* 'Bodegold'/German (zone 7a)

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Thyme – *Thymus* sp.

Thyme plants are easy to grow and they come in several varieties that work well for planting in pots. They grow well in full sun and many varieties emit wonderful fragrances when their leaves are brushed. The plants bloom out with a multitude of tiny flowers in the spring and summer.

Good picks: *Thymus vulgaris*, *Thymus x citriodorus*, *T. serpyllum*

Rosemary – *Rosmarinus* sp.

Rosemary is a tender perennial that is well known for sometimes being difficult to grow indoors. However, this herb is well worth the efforts put forth. Rosemary does well if placed in a south facing window area where the temperatures are cooler at night. This herb has a wonderful fragrance and texture which makes it a great choice for container gardening.

Good picks: *Rosmarinus officinalis* ‘Blue Boy,’ *R. officinalis* ‘Prostrata,’ *R. officinalis* ‘Collingwood Ingram,’ *R. officinalis* ‘Golden Rain,’ *R. officinalis* ‘Logee Blue’

Lemon Balm – *Melissa officinalis*

Lemon Balm is easy to grow and maintain. In fact, take care with this plant because it is a prolific grower and can easily get out of control in the garden. It is recommended that this herb be planted in a container. If you intend to put Lemon Balm in your garden be sure to remove the flower heads before they set seed. Children will enjoy the lemony fragrance of this plant as well as the texture of the leaves. Lemon Balm is easy to start from seed, making it an ideal pick for seed starting projects with your children.

Contact Information

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