

Herbs for the Sensory Garden

Sensory gardens are only effective when they serve to stimulate all of the senses. The plants included in the garden need to provide opportunities for touching, tasting, seeing, and smelling. A well-designed sensory garden achieves the dual purpose of being invigorating to the senses as well as providing an enjoyable, calm atmosphere to spend time in.

TOUCH

Lamb's Ear - *Stachys byzantina*

Woolly Thyme – *Thymus pseudolanuginosus*

Yarrow, in variety – *Achillea* sp.

Coneflower, Eastern Purple – *Echinacea purpurea*

Silver Sage – *S. argentea*

SMELL

Lavender – *Lavandula* sp., *Lavandula angustifolia*, *L. angustifolia*, 'Munstead'

Lavender, cotton – *Santolina chamaecyparissus*

Lemon balm – *Melissa officinalis*

Lemon thyme – *Thymus x citriodorus*

Lemon verbena – *Aloysia citrodora*

Roses, historic – *Rosa* sp.

Geraniums, scented – *Pelargonium* sp. (tender perennials north of zone 10), *Pelargonium odoratissimum* (apple geranium), *P. tomentosum* (peppermint geranium), *P. graveolens* (rose-scented geranium)

Mint (peppermint, pineapple) – *Mentha x piperita* (peppermint), *M. spicata* (spearmint), *M. suaveolens* (apple mint)

Rosemary – *Rosmarinus officinalis*

Valerian – *Valeriana officinalis*

Woodruff, Sweet – *Galium odoratum*

Sage, Pineapple – *Salvia elegans*

TASTE

Chives – *Allium schoenoprasum*

Basil – *Ocimum basilicum*

Dill – *Anethum graveolens*

Parsley – *Petroselinum crispum* (curly), *P. crispum* var. *neopolitanum*

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Cilantro – *Coriandrum sativum*

Fennel – *Foeniculum vulgare*

Sage, garden – *Salvia officinalis*

Mint (apple, peppermint, pineapple, spearmint) - *Mentha x piperita* (peppermint), *M. spicata* (spearmint), *M. suaveolens* (apple mint)

Burnet, salad – *Sanguisorba minor*

Oregano, Greek – *Origanum vulgare* ssp. *hirtum*

Thyme, in variety – *Thymus* sp.

Hearing - many herbs such as sage, nasturtiums, and bee balm attract buzzing bees, chattering birds, and hummingbirds.

Sight

Marigolds – *Tagetes* sp., *T. tenuifolia* (dwarf)

Sage – *Salvia elegans* (pineapple), *S. leucophylla* (Purple),

Sage, Russian – *Perovskia atriplicifolia* (Russian)

Nasturtiums - *Tropaeolum majus* ‘Empress of India,’ *T. majus* ‘Peach Melba,’ *T. majus* ‘Moonlight’

Lady’s mantle – *Alchemilla x anthochlora*

Lavender - *Lavandula angustifolia*, *L. angustifolia*, ‘Munstead’

Sunflower – *Helianthus annuus* (giant)

Roses, historic – *Rosa* sp.

Contact Information

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