



Oak Tree Farm Herb and Edible Flower Garden Tour – Plant Information

Jo (Head Gardener) Jane (Resident Gardener)

THE EDGE

Oak (Quercus)

Willow (Salix)

Lady's Mantel (Alchemilla Mollis)

DYE BED

Purples from the Redcurrant and Blackcurrant, Blackberry, Black Hollyhock, Black Scabious

Pinks From the Lilac, Autumn Raspberries, Rose, Beetroot, Avocado stones, Hibiscus

Blues from the Woad

Yellows from Tansy, Forsythia, Dyers Coreopsis, Calendula, Cow Parsley, German Chamomile, Dandelion

Green from Dyers Greenweed

TIME FOR TEA BEDS

Mints (mentha) are from the Lamiaceae family with 30 species

Buddleai mint (Mentha Longifolia)

Spearmint (mentha spicata)

Pennyroyal (mentha pulegium)

Mojito mint (mentha nemorosa)

Apple mint (mentha suaveolens)

Pineapple mint (mentha suaveolens variegata)

Lemon mint (menthe gentilis var citrate)

Garden mint (menthe piperita Mitcham)

Peppermint (mentha piperita)

Orange mint (menthe piperita var. citrata orangina)

Chocolate mint (menthe x piperita var piperita chocolate)

Basil mint (mentha c piperita var citrata basil)

Strawberry mint (mentha sp strawberry)

Roman Chamomile (Chamaemelum nobile) **German Chamomile**(matricaria Chamomilla)

Rose (Rosa)

Lemon Balm (Melissa officinalis)

Bergamot Bee Balm (Monarda Didyma) **Wild Bergamot** (Monarda fistulosa) **Lemon Bergamot** (Monarda Citriodora)

Sage (salvia officinalis) salvia officinalis purpurascens)

Marjoram, (origanum majorana) **Lamiaceae family**

Oregano (origanum vulgare)

Thyme (Thymus)

Rosemary (Rosmiranus)



MEDICINAL BEDS:

FERTILITY and MENSTRUATION BED

Evening Primrose (*Oenothera biennis*)

Rosemary (*Rosmarinum officianalis*)

Autumn Raspberries (*Rubus idaeus*)

Chasteberry (*Vitex agnus castus*)

Lady's Bedstraw baby's breath (*Galium verum*) **Hedge Bedstraw** (*Galium erectum*)

PAIN AND DIGESTION BED

Pennyroyal (*mentha pulegium*)

Lemon Balm (*Melissa Officianalis*)

Buddleia Mint (*mentha*)

Wild Angelica (*Angelica sylvestris*)

Sweet Cicely (*Myrrhis ordorata*) apiaceae family

Yarrow (*Achillea millefolium*)

Mugwort *Mater Herbarum* (*Artemisia vulgaris*)

Arnica asteracea (sunflower) family

MENOPAUSE BED

Feverfew '*Tanacetum parthenium*',

Wild/German Chamomile *Matricaria chamomilla*'

Red Clover *Trifolium pratense* Legume family,

Valerian (*Valeriana officinalis*)

Lavender (*Lavendula*) lamiaceae family

Sage *Salvia officianalis*

St John's Wort (*hypericum perforatum*)

Black Cohosh, black bugbane, black snakeroot, rattle-top, fairy candle (*actaea racemosa*)

IMMUNITY BED

Alpine or wild Strawberries (*fragaria vesca*)

Coneflower (*Echinacea*) in the daisy family

Rosemary (*rosmarinus officianalis*)

LARGE EDIBLE FLOWER AND HERB BED

Garlic (*Allium sativum*) bulb

Globe Artichoke thistle family – flower bud

Lovage (*levisticum officinale*) root, leaf and seed

Alliums sphaerocephalon, purple sensation, globmaster

Tulips *Tulipa*

Meadowsweet, *filipendula ulmaria*

Sunflowers (*helianthus*) daisy family

Pheasant Berry himalayan honeysuckle (*Leycesteria Formosa*)

Elders (*Sambucas*)



Cosmos Asteraceae family

Callaloo (Amaranth)

Angelica Apiaceae family (wild angelica is *angelica sylvestris*)

Shiso beefsteak plant (*perilla frutescens* var *crispa*) lamiaceae family

Fennel (*Foeniculum Vulgare*)

TREE NURSERY

Elder (*Sambucus*)

Walnut (*Juglans Regia*)

The Nottingham Cobnut Tree (*Filbert Corylus Maxima*)

Quince (*Cydonia oblonga*) malinae subtribe of the rosaceae family

Apple (*Malus*)

Larch trees (*Larix*)

Birch trees (*Betula*)

FORAGED FROM THE FIELDS

Fat Hen, White goosefoot (*Chenopodium album*) Amaranthaceae family

Chickweed (*Stellaria media*)

Nettles (*Urtica dioica*)

THE COOKS BEDS (1)

Garden or Common Sorrel (*Rumex acetosa*)

Peas (*Lathyrus oleraceus*)

Runner Beans (*Phaseolus coccineus*)

HERB BEDS – SWEET SPOT

Thyme (*Thymus*)

Marjoram (*Origanum majorana*) Lamiaceae family

Horseradish (*Amaracia rusticana*) brassicaceae family

Michaelmas Daisies (*Aster*)

Heuchera (saxifragaceae family)

English Mace, sweet nancy (*Achillea ageratum*)

Scotch Broom (*Cytisus scoparius*)

Honeysuckle (*Lonicera caerulea*)

Angelica, Wild Celery Apiaceae family

Lavender (*Lavandula*)

SCARBOROUGH FAIR BEDS

Parsley flat leaf Italian (*Petroselinum neopolitanum*) **curled** (*Petroselinum crispum*) **Hamburg root**

parsley *P. crispum radicosum tuberosum*)

Sage (*Salvia officinalis*)

Rosemary (*Salvia rosmarinus*) **Lamiaceae Family**

Thyme (*Thymus*) *Thymus citriodorus*)



EDIBLE FLOWER BEDS

Cornflower (*Centaurea Cyanus*)

Dianthus, Pinks

Calendula Pot Marigold

Primula, Primrose

Viola tricolour and violet odorata heartsease, love in idleness, jack jump up, tickle my fancy

Stocks (*Matthiola incana*)

THE POLYTUNNEL

Olive (*olea europaea*)

Tarragon, Estragon (*Artemesia drancunculus*)

Basil – Genovese, Lemon, Thai, British, Bush (*Ocimum basilicum*)

Blackcurrant Sage, Baby Sage, Sage Graham's (*Salvia microphyllia*)

Tangerine Sage and Pineapple Sage (*Salvia Elegans*)

Avocado (*Persea Americana*)

Almond (*prunus amygdalus*)

Fig (*Ficus carica*)

Lemon Verbena, lemon beebush (*Aloysia citrodora*)

Lemon Balm (*Melissa officinalis*)

Soy Beans (*Fabaceae*)

Shiso, (*Perilla Frutescens*)

Malabar spinach (*Basella Alba*)

Camellia

Peach (*Prunus*)

Grape vines (*Vitis*)

Bay (*Laurus nobilis*)

Pomegranate (*Punica Granatum*)

Cucamelon, mexican sour cucumber, mouse melon (*Melothria scabra*) Curcubit family

Watercress (*Nasturtium Officianale*) brassicaceae family

Lemon Tree (*Citrus Limon*)

Scented Geraniums (*Pelargonium*)

IN THE SHADE

Rosa Rugosa

Dog Rose

Sweet Woodruff (*Alium Odoratum*)

Wood Sorrel (*Oxalis acetosella*)

BIG IDEAS

Squash (*Curcubita*)

Nasturtiums (*Tropaeolum*)

Flax (*Linum Usitatissimum*)



Sea Cabbage (*Crambe Maritima*)
Peony (*Paeonia*)
Dahlias (*Asteraceae* family)

FRUIT BEDS

Blackcurrants (*Ribes Nigrum*)
Logan Berry (*Rubus Loganobaccus*)
Rhubarb (*Rheum Rhabarbarum*)
Gogiberry wolfberry (*Lycium barbarum*)
Jostaberry (*Ribes Nidigralaria*)

COOKS GARDEN (2)

Chives (*Allium Schoenoprasum*)
Salsify (*Tragopogon Porrifolius*)
Welsh Onion or bunching onion (*Allium Fistulosom*)
Chia (*Salvia Hispanica*)
Salad Burnet (*Sanguisorba Minor*)

PICNIC AREA REST RESTORE RELAX REVIVE

Winter Jasmine (*Jasminum Nudiflorum*)
Summer Jasmine (*Jasminum officinale*)