

Herbs as Plant & Vegetable Companions

Herb Society of America • Herb Study Presentation

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Why grow herbs as plant and vegetable companions?

- Use as a Year-round flavor & food source
- Attract Pollinators & Beneficial Insects
- Increase Diversity
- Repel unwanted garden visitors

View this presentation:

picklewix.com/herbs



Common Sage



Basil in bloom - pollinators love it, and it makes seeds!



Salvia greggii (Autumn sage) is a versatile, edible, and fragrant herb native to the Southwest. Use it like oregano or sage.



BASIL

GENUS: *OCIMUM* AND IS A MEMBER OF MINT FAMILY (*LAMIACEAE*). LOTS OF VARIETIES!

Basil is a great companion herb for:

- tomatoes
- peppers
- asparagus
- carrots
- beets

Some gardeners claim basil can improve growth and flavor of tomatoes and repel insects, this is more folklore than science.

Good for: Marinaras, caprese salad, salad dressings, pesto, soups, and with soups, stews, stuffings and rices as well as with vegetables, fish, chicken, and meats.

AVOID PLANTING WITH:

Rue, Sage

Fennel: *Avoid planting Fennel with anything, give it space.*



PERPETUO BASIL (TOP)
THAI BASIL (BOTTOM)



Blooming Basil attracts lots of pollinators & beneficial insects and smells wonderful.



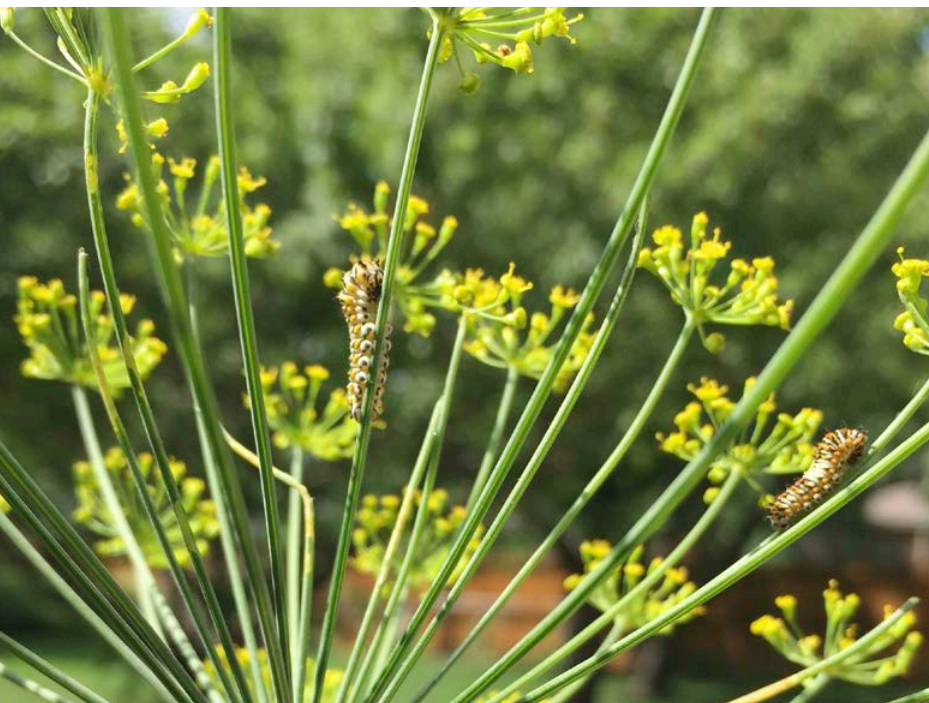
BORAGE

- Improves flavor of tomatoes & strawberries
- Trap crop (supposedly) for Japanese Beetle
- Great in any flower/pollinator garden
- Attracts Bees, good honey plant
- Edible Flowers that taste like cucumbers, young leaves are used in soups, pasta fillings
- Flowers that turn from blue to pink as they age
- Gets large, give it room

Borage (*Borago officinalis*) is one of the top nectar-producing plants for honeybees, offering high-sugar, constantly refilled nectar. Produces nectar even in cooler weather.

AVOID PLANTING WITH:
Potatoes, Fennel





DILL

Beneficial insects magnet. Attracts & hosts Swallowtails.

PLANT WITH:

- Eggplant, onions, lettuce, cucumbers, Asparagus, Corn
- Basil, Chives, Marigolds, Oregano
- Brassicas (cabbage, broccoli, kale)

AVOID PLANTING WITH:
Carrots, Fennel, Angelica, Caraway, Tomatoes



What makes an herb an herb and a vegetable a vegetable?

Herb Gardening Basics from the Herb Society of America:

“Herbs are defined as plants (trees, shrubs, vines, perennials, biennials or annuals) valued historically, presently, or potentially for their flavor, fragrance, medicinal qualities, insecticidal qualities, economic or industrial use, or in the case of dyes, for the coloring material they provide.”

-Holly Shimizu





PEPPERS



Herb Society of America's
Herb of the Month April 2026

- Basil
- Alliums (Onions, Garlic, Chives)
- Marigolds
- Nasturtiums
- Root Vegetables
- Spinach
- Bush Beans
- Tomatoes & Herbs
- Calendula



*I grow a ton of Sandia Seed's
peppers of the world.*

**AVOID PLANTING WITH:
Potatoes, Fennel**





HERB INFORMATION

Herb of the Month PEPPERS

April 2026



Big Jim Chiles & Paprika grown from seeds from sandiaseed.com



Sweet Shishito Peppers

Did You Know?



Chile Peppers, *Capsicum* spp.

- Chile peppers have been cultivated for over 7000 years.
- While they originated in South and Central America, chiles were quickly spread throughout the world following the travels of Christopher Columbus.
- Birds were responsible, at least in part, for the spread of the seed throughout the Americas, being unaffected by the capsaicinoids.
- The chile pepper is not at all related to black pepper *Piper nigrum*.
- Historically, chile peppers have been used as money, tribute, spice, ornament, vegetable, medicine, as pest control and in spiritual ceremonies.
- The sweet pepper is not naturally occurring but rather bred to be absent of heat.
- There are more than 10,000 varieties of chile peppers in the world.
- Pepper hotness is measured by the Scoville Heat Unit System, invented by Wilbur L. Scoville in 1912. It rates how much capsaicin or heat is present in a pepper.
- Laboratory techniques rather than tasters are now used to determine the hotness of a pepper.
- Just one drop of pure capsaicin, registering over 15 million Scoville units, diluted in 100,000 drops of water would be enough to blister your skin.
- Milk offers relief from the heat since it contains a fat-dissolving substance that neutralizes capsaicin.
- Pepper spray is made from a derivative of cayenne pepper.
- Capsaicin is an odorless tasteless antioxidant occurring naturally in plants from the genus *Capsicum* and is the chemical component that causes the heat in chile peppers.
- As little 1 tablespoon of red or green chile pepper can boost an individual's metabolic rate.
- Capsaicin is used in topical pain relievers.
- Research is currently being conducted to study the impact of capsaicin on cancer cells.
- One fresh medium sized green chile pod has as much Vitamin C as six oranges according to the Chile Pepper Institute.

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Recipes



Chile Pepper, *Capsicum* spp.

Tips:

- Handle hot varieties of chile peppers with caution, using gloves to avoid contact with the eyes and sensitive skin.
- Popular in many different types of cuisines, and the varieties can often be selected based on heat preference. They combine well with many diverse flavors.
- String fresh chile pepper fruits together to hang or dry on a mesh rack. A dehydrator, oven or air fryer can also be used. Use caution when handling.
- Grind or crush dried chile peppers with a mortar and pestle or food processor to make chile powder. Use any variety such as: Aleppo, arbol pepper, cayenne, chipotle or jalapeno. Include the seeds for a spicier chile powder.

Sweet Red Chile Dressing

Sweet and spicy dressing of red chiles, honey, ginger, and garlic – excellent for salads, marinades or grilled meats

3 large dried New Mexico red chiles or ancho chiles
¼ cup water
½ cup vegetable oil
½ cup white wine (or rice or cider) vinegar
4-5 tablespoons honey
1 tablespoon fresh ginger, finely chopped
½ teaspoon salt
1 large clove garlic, peeled and finely sliced
¼ cup herb of choice (spearmint, lemon balm, basil, mint, marigold, lemon thyme, or mixture)

Remove stems and seeds from chiles; rinse and cut into strips. Place chiles and water in a small saucepan; bring to a boil. Remove from heat and cool at least 5 minutes.

Place chile mixture and remaining ingredients in a blender or food processor until smooth. Taste and adjust salt or honey as needed.

Serve on fruit or vegetable salads or use as a marinade for grilled meats and seafood. Keep refrigerated for up to a week. Shake well before using.

Madalene Hill and Gwen Barclay
The Herb Society of America Recipe File, www.

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Recipes



Vegetarian Tortilla Soup

"Tortilla soup has a place. I feel, in practically every collection of Mexican recipes," says Rick Bayless. This is a vegetarian version of the classic soup, usually made with chicken. Earthy dark pasilla chile flavors the soul-satisfying broth. (Recipe adapted from Rick Bayless.)

3 large dried pasilla (negro), ancho or New Mexico chiles (see Note)
1 15-ounce can diced tomatoes, preferably fire-roasted
2 tablespoons plus 2 teaspoons neutral oil, such as canola or avocado, divided
1 medium white onion, sliced 1/4 inch thick
3 cloves garlic, peeled
4 cups vegetable broth or "no-chicken" broth
4 cups water
1 large sprig epazote (optional; see Note)
1 14-ounce package extra-firm tofu
4 cups chopped chard, spinach or kale leaves
1/4-1/2 teaspoon salt
1 ripe large avocado, cut into 1/4-inch cubes
2 cups roughly broken tortilla chips
¼ cup shredded Mexican melting cheese, such as Chihuahua or asadero, or Monterey Jack or mild Cheddar (optional)
1 large lime, cut into 6 wedges

Holding the chiles one at a time with metal tongs, quickly toast them by turning them an inch or two above an open flame for a few seconds until the aroma fills the kitchen. (Alternatively, toast chiles in a dry pan over medium heat, pressing them flat for a few seconds then flipping them over and pressing again.)

When cool enough to handle, stem and seed the chiles, break them into pieces and put them in a blender along with tomatoes and their juice. (A food processor will work, though it won't completely puree the chiles.)

Heat 2 tablespoons oil in a Dutch oven over medium heat. Add onion and garlic and cook, stirring frequently, until golden, 6 to 9 minutes. Scoop up the onion and garlic with a slotted spoon and transfer to the blender with the tomato mixture. Process until smooth.

Return the pot to medium heat. When quite hot, add the puree and stir nearly constantly until thickened to the consistency of tomato paste, about 6 minutes. Add broth, water and epazote (if using). Bring to a boil, then adjust heat to maintain a simmer.

Drain tofu, rinse and pat dry; cut into 1/2- to 3/4-inch cubes. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium heat. Add the tofu and cook in a single layer, stirring every 2 to 3 minutes, until beginning to brown, 6 to 8 minutes total. Add the tofu to the soup and simmer for 30

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CHIVES

Good companions include:

- Carrots, Lettuce
- Grapes
- Roses
- Tomatoes & Peppers
- Grow under Apple & other Fruit Trees:

Use as a “living mulch” to repel pests like aphids, mites, and borers. The aromatic scent of chives works as a natural barrier, and shallow roots don’t compete with the tree. Believed to help control fungal issues like apple scab.

Eat the flowers and greens, good with eggs, veggies, potatoes and bread. Use for salad dressings or flavored vinegars, butter or oil.

**AVOID PLANTING WITH:
Peas or beans**





SAGE

(*Salvia officinalis*)

Good companions include:

- **Sun-loving Mediterranean herbs plants: Rosemary, Lavender, Thyme, Oregano**
- **Cabbage**
- **Carrots**
- **Strawberries**

Other Tips:

- Pollinators love the blooms!
- Well-drained soil is best
- Sage is perennial in zones 3-9

**AVOID PLANTING
SAGE WITH:
Onions, Cucumbers**



Salvia greggii (Autumn sage) is a versatile, edible, and fragrant herb native to the Southwest. Use it like oregano or sage.

GROW NATIVE SALVIAS FOR YOUR REGION



Salvia azurea (Pitcher Sage)
Up to about 5 feet tall
Part Shade dry. Native to white/blue/purple flowers
Jul , Aug , Sep , Oct , Nov



Excerpt from Herb Society of America's Notable Native Herb™ Profiles on Salvia:

While the most commonly used *Salvia* for flavoring is *S. officinalis* (native to the Mediterranean area), there are a number of North American species that have also been used for flavoring foods and for beverages. Among those are *S. apiana*, *S. carduacea*, *S. columbariae*, *S. mellifera*.

Native Salvia Uses: Wound and burn remedy, great for toothaches and gum disease, anti-anxiety and anti-depressant, cooling for hot flashes, hormonal imbalance, calms upset stomachs, headaches & migraines.



ROSEMARY

(*Salvia rosmarinus*)

Good companions include:

- **Sun-loving Mediterranean herbs plants: Sage, Lavender, Thyme, Oregano**
- **Brassicas: Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Kale (repels pests)**
- **Carrots**
- **Beans**

Other Tips:

- Well-drained soil is best
- Rosemary can overwinter if in a protected location (cold frame or hoop house) or is perennial in warmer zones 8+.
- I love Rosemary tea, just pour hot water over a sprig, breath in the aroma, and enjoy.



AVOID PLANTING ROSEMARY WITH: Water-loving or heavy-feeding plants

like basil, cucumbers, tomatoes, pumpkins, and melons



GARLIC CHIVES

Good companions include:

- Tomatoes
- Carrots
- Lettuce
- Brassicas (broccoli, kale)
- Other herbs: Basil, Parsley, Dill, Marjoram, and Tarragon

Harvest (and eat!) seedheads before they dry and go to seed, as these are perennial and can spread quickly, taking over garden beds.

AVOID PLANTING WITH:
Beans, peas, and asparagus



You can eat the green seed pods, they have a burst of nice garlic flavor. Pickle them like capers or throw them into stir fries or soups.





ECHINACEA

Thrives alongside drought-tolerant, sun-loving perennials.

Good companions include:

- **Bee balm**
- **Black-eyed Susan**
- **Salvia/Sages**
- **Lavender**
- **Ornamental Grasses**



Leave the seed heads for birds in winter months, and stems for stem-nesting insects

AVOID PLANTING WITH:

Heavy water users including vegetables. Put nearby or around perimeter of your vegetable garden.





NASTURTIUM

Edible leaves and flowers, taste like horseradish.

Good companions include:

- **Cucurbits: Squash, zucchini, pumpkins to deter squash bugs**
- **Tomatoes**
- **Radishes**
- **Beans**
- **Brassicas**

Can be a sacrificial “trap crops” that lure aphids, whiteflies, and cucumber beetles away from vegetables.

AVOID PLANTING WITH: Brassicas?

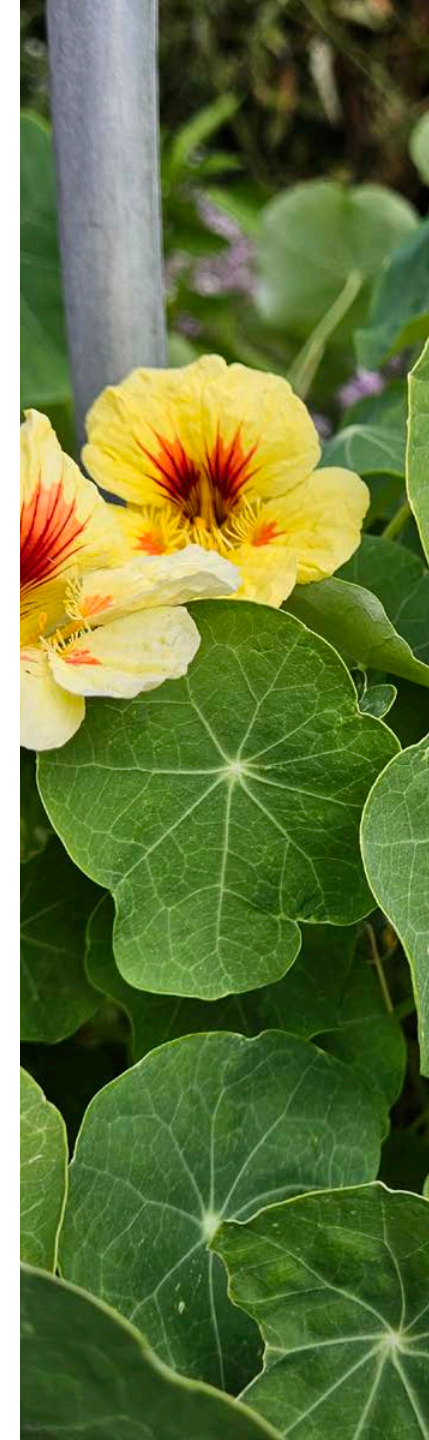
Some say to avoid planting nasturtiums near brassicas (broccoli, kale, cabbage, cauliflower), fennel, and potatoes. While often used to trap aphids, they can become a “pest bridge” if too close to cabbages.

Give them space: Nasturtiums can act as a vining weed that smothers smaller plants and can compete heavily with squash and cucumbers for space.



Pollinators love the blooms, too.

Aphids are supposedly attracted, though I never see any!





FRENCH MARIGOLDS

(*Tagetes patula*)

- Suppress nematode populations, reducing root-knot, meadow, potato root and other kinds of nematodes.
- Reduces aphid populations on pepper or tomato plants
- At end of season, chop and drop, leave roots in soil for best long-term nematode suppression

Good companions include:

- Tomatoes
- Peppers
- Strawberries
- Potatoes
- Brassicas
- Radishes
- Basil
- Sage
- Onions
- Squashes
- Eggplant
- Carrots



AVOID PLANTING WITH:
Beans (may be allelopathic/stunting)

Flowers are edible! Sprinkle onto salads, into soups. Also known as Poor Man's Saffron, for giving rice and other dishes a golden hue and a light peppery flavor.



Blooming Cilantro is beloved by pollinators and beneficial insects

CILANTRO

Good companions include:

- Tomatoes
- Peppers
- Carrots
- Dill
- Eggplant

Attracts lots of pollinators and beneficial insects like ladybugs, hoverflies, parasitic wasps, and tachinid flies that help control vegetable pests like aphids and caterpillars.



**AVOID PLANTING WITH:
Herbs or plants that don't
need as much moisture.
Cilantro likes moisture!**

The entire cilantro plant is edible, roots, stems, leaves, flowers, freen seedpods and seeds (The dried ground seeds are known as the spice Coriander)

COMPANION PLANTING VEGETABLE GARDENS WITH NATIVE PLANTS: (FOR COLORADO REGION)

Plants that do well among or nearby veggies:

- Plant shorter **Penstemon, Chocolate Flower, Blanketflower, Butterfly Milkweed** or **Flax** in the corners of beds or edges.
- Plant **Bee Balm, Rocky Mountain Bee Plant, and/or Hyssop** on the north side of the veggie garden as a hedge to attract pollinators.
- **Include native plant beds** nearby your vegetable garden.
- **Note: Most Western natives do not need as much water** as vegetables, so tuck native plants into a place in the garden like a dry corner.
- **Grow larger plants nearby** like **Goldenrods** or even shrubs including edible **Golden Currants, Serviceberries, Oregon grape, and Western Sand Cherry.**
- **Three Sisters Garden's Fourth Sister:** In addition to growing corn, runner beans, and squashes together, you can add **Sunflowers** or **Rocky Mountain bee plant** or as the fourth sister to bring in tons of pollinators in late summer. Or grow the low-water **Buffalo Gourd**, to harvest and roast it's edible seeds and blossoms. The gourd itself and leaves are not eaten.



Canada Goldenrod next to vegetable bed & cold frame

Edible Native Herbs

(Native to Colorado/West Region and beyond)



Oregon Grape (*Berberis repens*)
Use berries for jellies/jams



Hops (*Humulus Lupulus var. neomexicanus*)
with **Agastache foeniculum** (*Anise Hyssop*)



Chokecherry (*Prunus virginianus*)
Eat ripe fruit, use for jams/syrups. Spit out seeds.



Smooth Sumac (*Rhus glabra*)
Steep ripe fruit clusters in cold water to make a lemonade-like drink, or as a lemon juice substitute. Harvest before rain leaches away flavor.

Pictured: Some people use dried *Rhus glabra* or *trilobata* berries by grinding the berries, and sifting seeds out to make tangy, lemon-flavored Sumac Middle Eastern spice.



Kinnikinnick (*Archtostaphylos uva-ursi*)
Use berries for jellies/jams

csu.org/water-wise-plants/kinnikinnick

Edible Native Herbs

(Native to Colorado/West Region and beyond)



Goldenrod (*Solidago*)

Edible: leaf, flower, young greens, good for tea.



Woods Rose (*Rosa Woodsii*)

Rosehips can be made into jelly.



Rocky Mountain Bee Plant (*Cleome serrulata*)

Spicy seed pods are edible. Use in salad dressings, pesto, stir fries. Ferment/pickle seeds for a spicy caper-like treat.



Fireweed (*Chamerion angustifolium*)

Use for tea!



Blue Flax (*Linum lewisii*)

When they go to seed, collect and use by grinding to add to breads, smoothies, oatmeal.

NATIVE PLANTS TEA GARDEN:

(Native to Colorado/West Region & beyond)

Caffeine-free. Just add water!

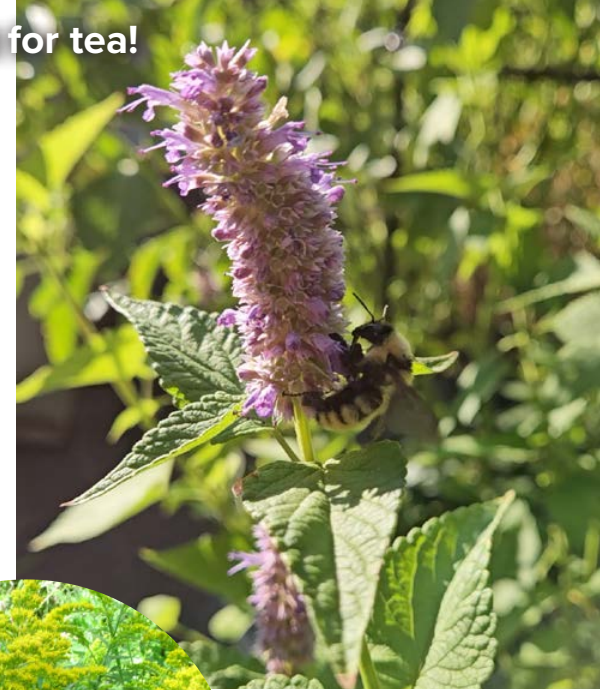
- **Bee Balm** (*Monarda fistulosa*)
Fresh or dried leaves & flowers for tea.
- **Goldenrod** All *Solidago* species.
Use a mix of open (and soon to open) flowers and leaves, has a mild, floral, and slightly bitter taste with hints of anise.
Traditionally used for its diuretic, anti-inflammatory, and antimicrobial properties, helping with urinary tract infections, sinus congestion, and allergies.
- **Hops** (*Humulus Lupulus* var. *neomexicanus*) Hops strobiles make a calming, bitter herbal tea traditionally used as a sedative to improve sleep, reduce anxiety, and support digestion.

Use Caution: Proper plant ID is important! Read up these plants and be sure you are not allergic to any, such as the Asteraceae family. Always consume in moderation. Pregnant women should avoid many herbal teas, so do research first and ask your doctor.

- **Anise Hyssop** (*Agastache foeniculum*)
Sweet, minty, and licorice-flavored leaves make a delicious calming tea, good for coughs, digestion or upset stomach. Enjoy hot or iced.
- **Echinacea** (*Echinacea purpurea*)
Use roots, leaves, flowers, and stems for tea, good for immune system!
- **Autumn Sage** (*Salvia greggii*)
Leaves & flowers make a fragrant, mild tea with a mint-like, slightly sweet, and herbaceous flavor.
USE LIKE OREGANO: Also used as seasoning for roasted dishes, marinaras, soups or stews.
- **Fireweed** (*Chamerion angustifolium*)
Make tea with leaves & flowers/buds, helps with infections, supports bladder & prostate health.
Fireweed Tea Recipe: Wilt leaves for 24 hours, bruise them (by rolling between palms) to release cell contents, let them oxidize in a container for 1-3 days to develop flavor, then dry in sun or roast in 350° F oven for 20 minutes. Store in glass jar and use to make tea.



Anise Hyssop is great for tea!



Echinacea



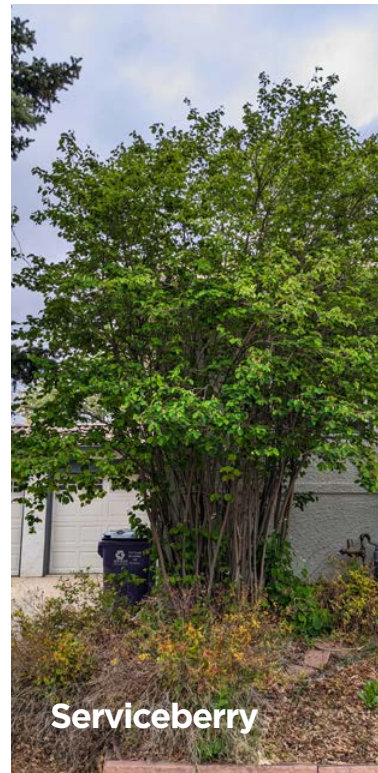
Goldenrod tea

Edible Native Herbs

(Native to Colorado/West Region and beyond)



Large edible native herbs like Canada Goldenrod can also make a nice hedge



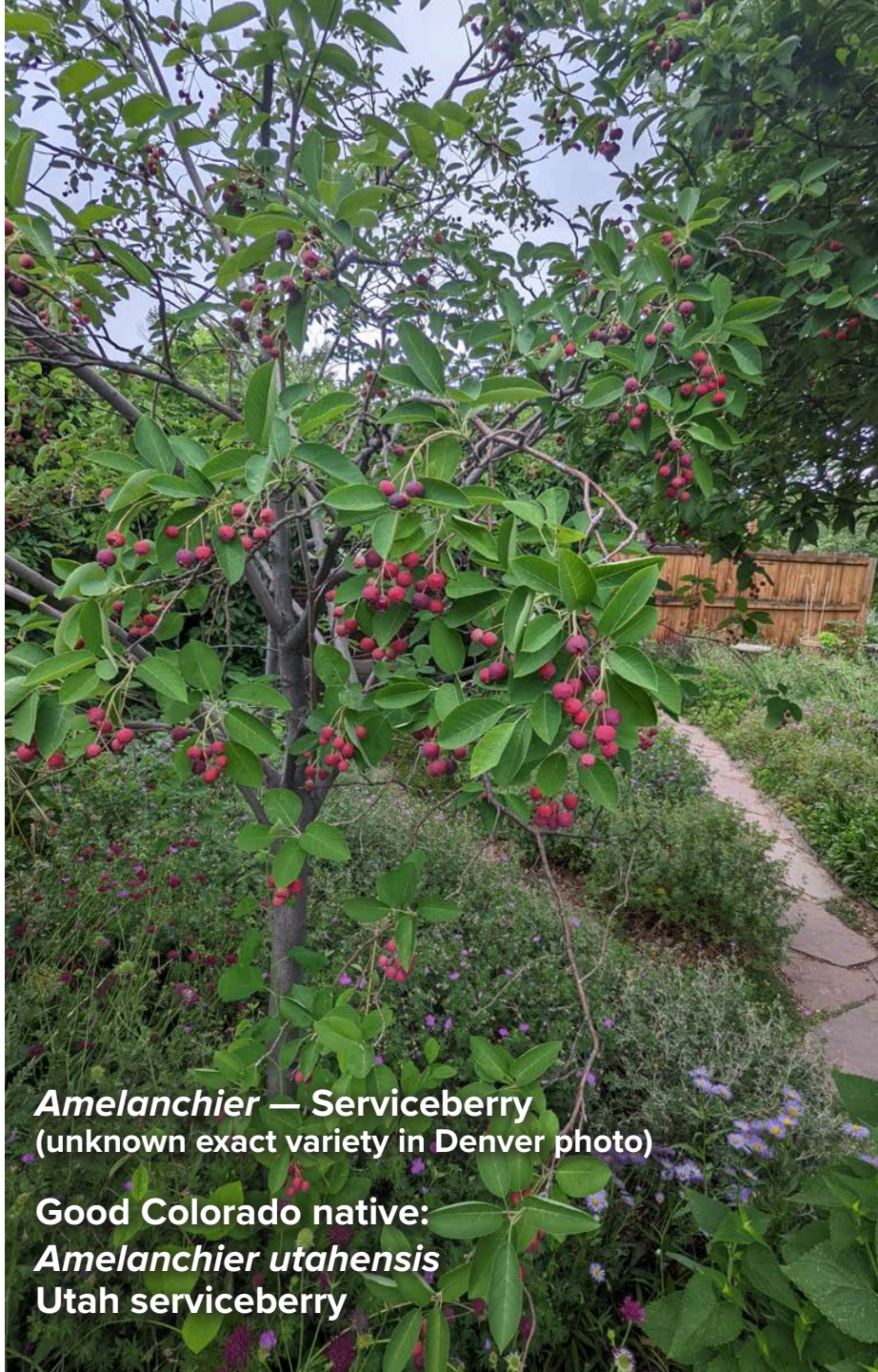
Serviceberry

NATIVE HEDGEROWS

- Attract beneficial insects
- Provide habitat & food for birds (birds eat a lot of insects that like to eat veggies like cabbage worms)
- Provides a barrier and windbreak

Good candidates for Colorado region include:

- *Prunus* (American Plum, Chokecherry, Sand Cherry)
- *Ribes* (Currants & Gooseberries)
- *Rhus* (Smooth or Three-leaf Sumac)
- *Amelanchier* (Utah Serviceberry)
- *Viburnum edule* (Squashberry)
- *Salix* (native Willow species, if in moist area)
- *Sambucus racemosa* (Red Elderberry)
- *Cornus sericea* (Red-osier Dogwood), *Canadensis*, Bunchberry
- *Ericameria nauseosa* (Rabbitbrush)



***Amelanchier* — Serviceberry**
(unknown exact variety in Denver photo)

Good Colorado native:
Amelanchier utahensis
Utah serviceberry



Good companion landscape shrub/small tree:
SERVICEBERRY

Don't grow blueberries in if you live in the dry West, grow native Serviceberries! They grow easily and taste better than blueberries, plus they support native wildlife. Great for a hedge.



Saskatoon serviceberry *Amelanchier alnifolia*
A North American native shrub or small tree known for its white spring flowers, edible blueberry-like purple fruit, and yellow-to-red fall foliage, providing year-round interest. Also called Juneberry or Shadbush, these long-treasured native plants are hardy, adaptable to various soils, and attract pollinators and birds, making it a popular ornamental and edible landscape plant.

NATIVE HERBS IN POTS:

Expand your garden space and grow native plants in containers! Great way to bring native herbs to patios, balconies, and small spaces. Perennial natives can overwinter in the container, so you can enjoy them year after year.

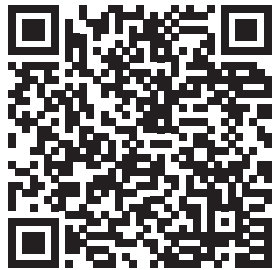
Use large pots for larger plants (5-10+ gallons) with well-drained potting soil, water regularly.

Many edible native herbs can be grown in containers, experiment and see what does well for you! (Examples for Colorado/West US Region)

- **Sunset hyssop** (*Agastache rupestris*)
- **Anise Hyssop** (*Agastache foeniculum*)
- **Autumn Sage** (*Salvia greggii*)
- **Goldenrods** (*Solidago species*)
Smaller varieties are ideal, but I have Canada Goldenrod in a pot!
- **Prickly Pear** (*Opuntia macrorhiza*)
- **Fireweed** (*Chamerion angustifolium*)
- **Hops** (*Humulus Lupulus var. neomexicanus*)
Provide trellis, use large pot
- **Sandcherry** (*Prunus pumila var. besseyi*)
Large containers, pruning may be needed.



**Using Containers
for Colorado
Native Plants**
*post from Front
Range Wild Ones:*

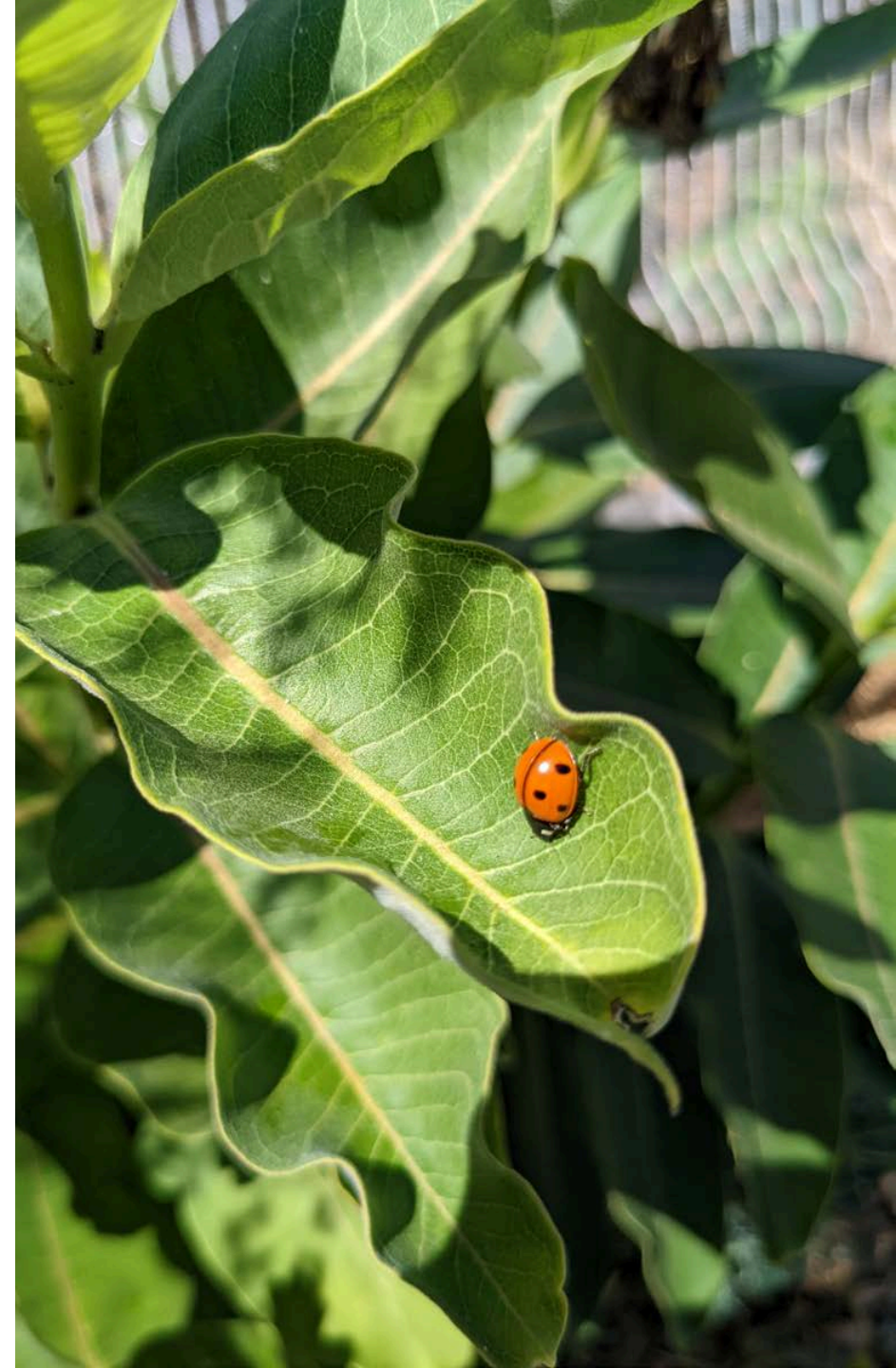


fronrange.wildones.org



ORGANIC & NATIVE GARDENING TIPS TO SUPPORT WILDLIFE & HEALTHY PLANTS:

- Grow more native plants, they use less water and don't need fertilizers
- Provide water for birds and wildlife with bird baths
- Compost in your backyard, and use it to build your soil
- Avoid any use of pesticides or herbicides (herbicides *are* pesticides)
- Use only organic fertilizers for vegetables (native plants don't need fertilizer!)
- Leave the seedheads, stems and leaves in winter (ideally leave them permanently and let plants grow through them)
- Cover the soil with mulch to protect soil life and conserve moisture (leaves, grass clippings, wood mulch, gravel)
- Turn off lights at night for birds & insects (if light is needed, use motion detector lights, and yellow bug bulbs, and shield and point lights downwards)



GREAT BOOKS ABOUT HERBS & COMPANION PLANTING

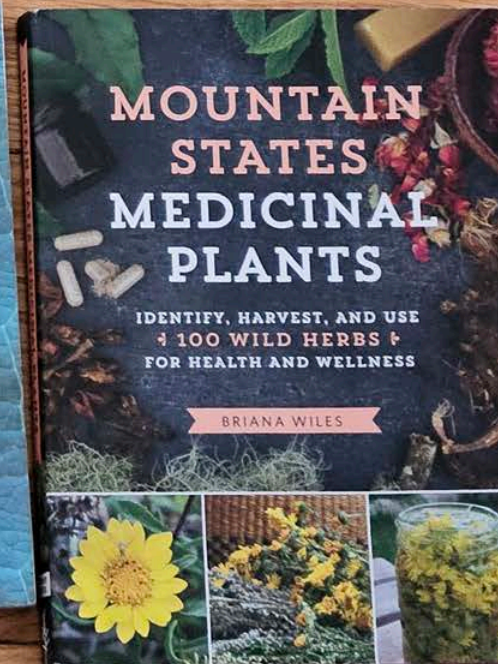
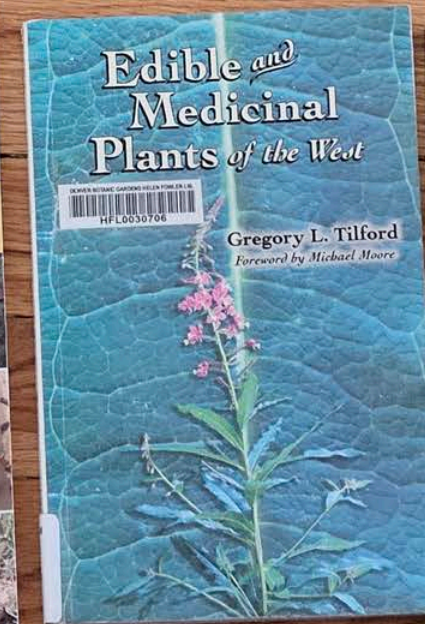
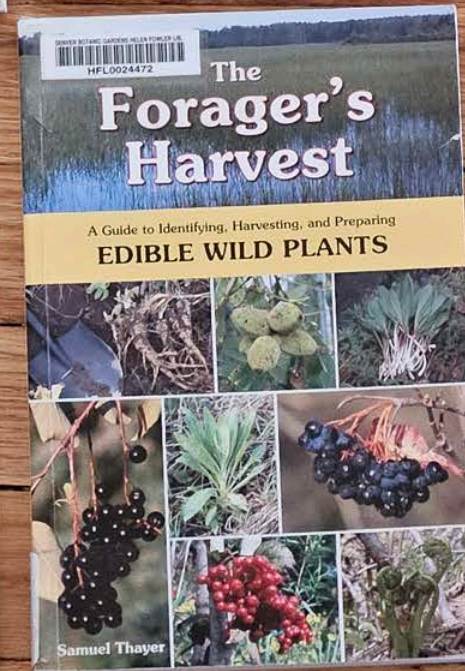
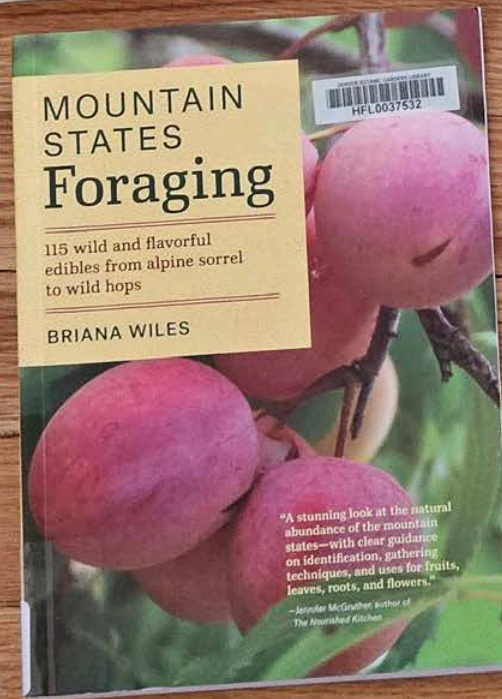
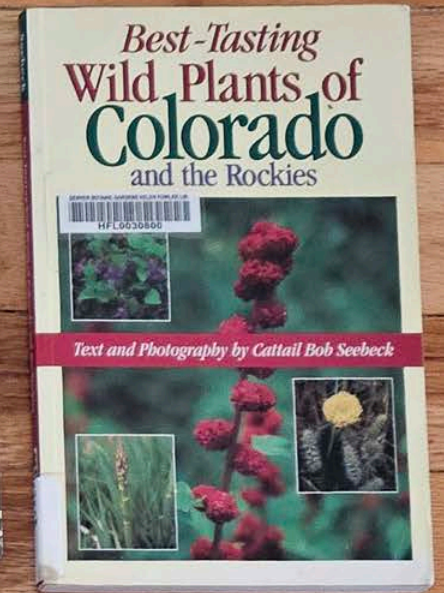
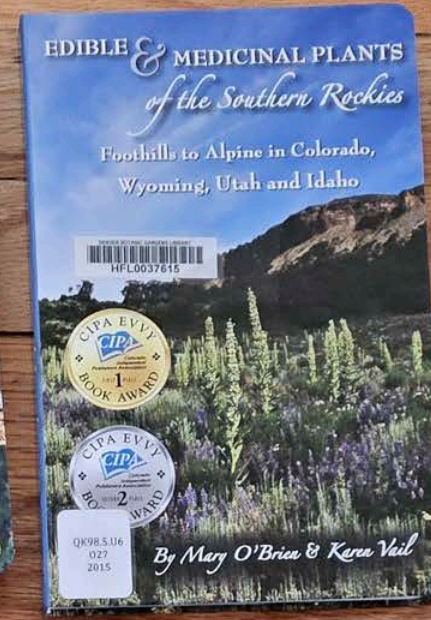
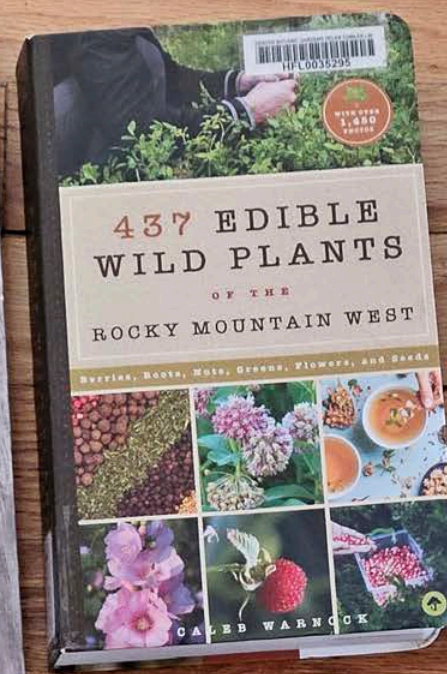
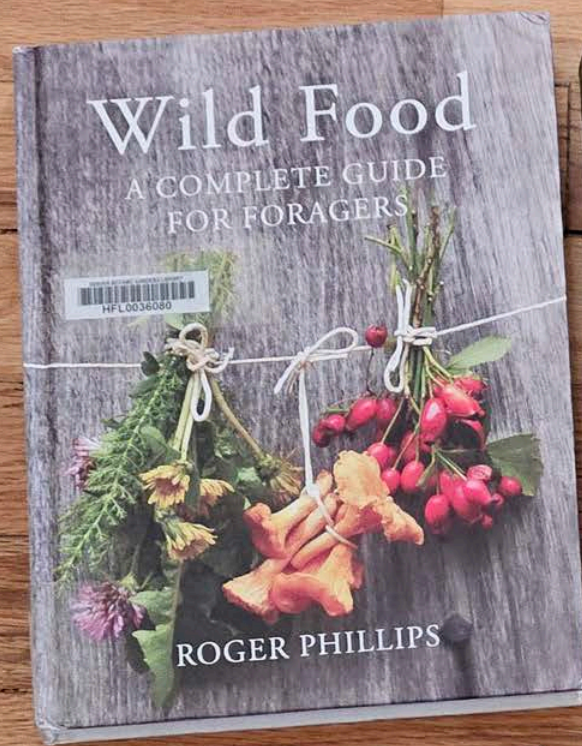
I found many of these books at my local library and at the Denver Botanic Gardens Library in Denver



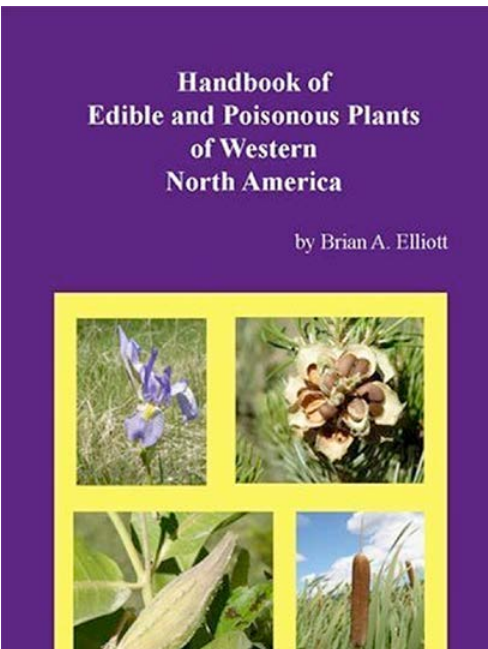
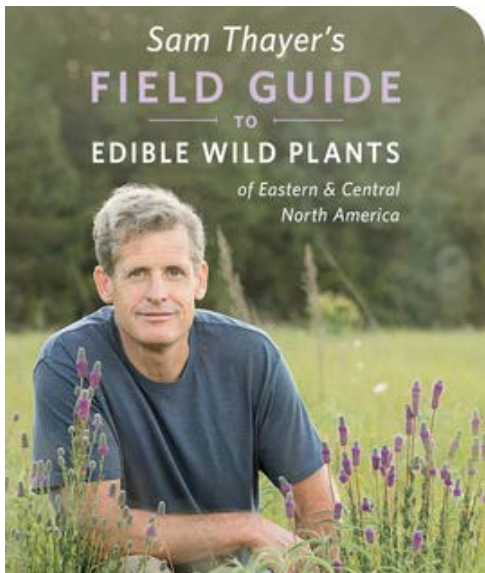
GREAT BOOKS ABOUT EDIBLE REGIONAL NATIVE PLANTS

These books can be found at the Denver Botanic Gardens Library

Many books can help with plant identification, which is very important so you can avoid poisonous plants!



MORE GREAT BOOKS & RESOURCES ABOUT EDIBLE PLANTS:



frontrange.wildones.org/edible-native-plants

Info on edible plants for Colorado, native plant/seed swaps, propagation tips, demo gardens and more.

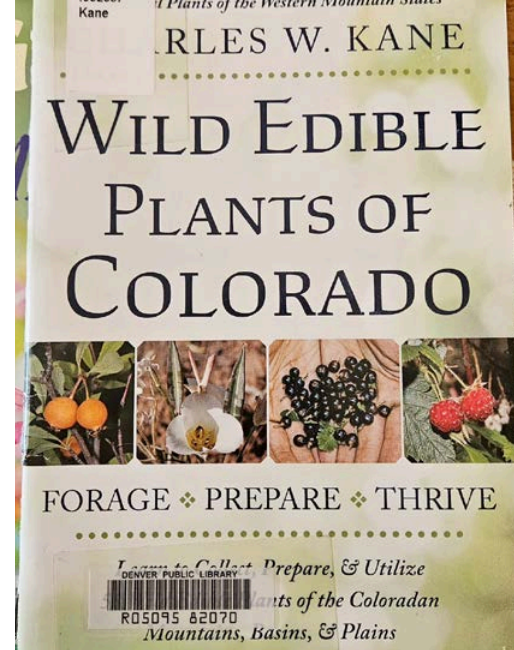
ForageColorado.com

Orion Aon has been educating and sharing his passion for wild foods.

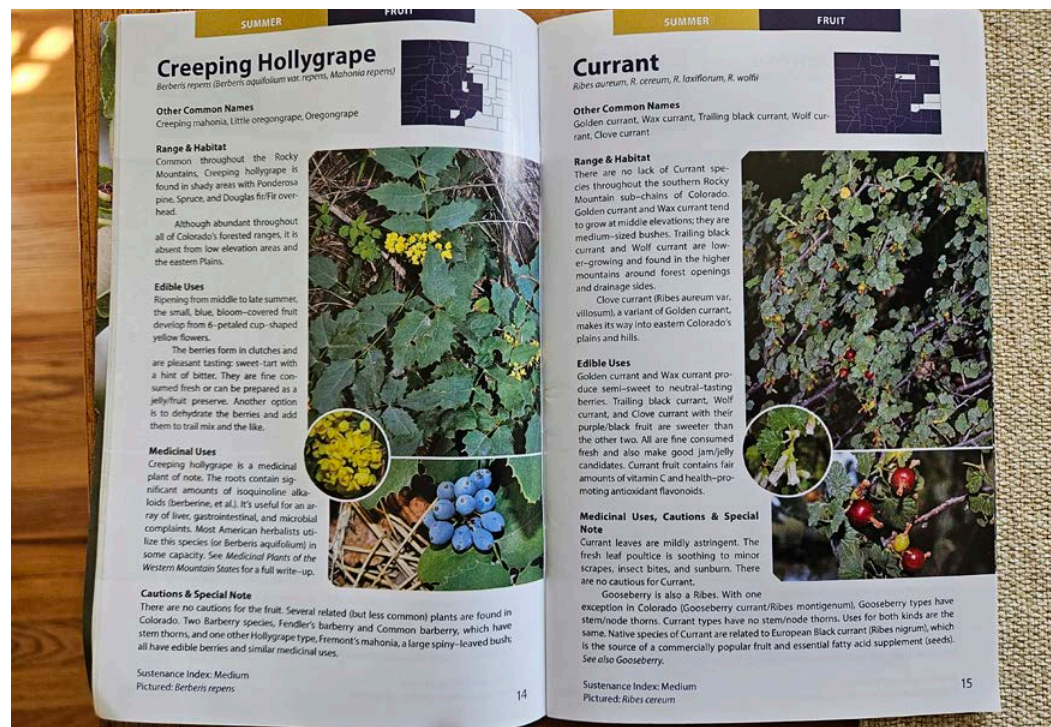
Black Forager

[instagram.com/blackforager](https://www.instagram.com/blackforager)

Alexis Nikole Nelson is an American forager & cook.



Wild Edible Plants of Colorado by Charles W. Kane.





Lamb's Quarters



Dandelions



Purslane

EAT THE WEEDS! NON-NATIVE WILD EDIBLES / HERBS:

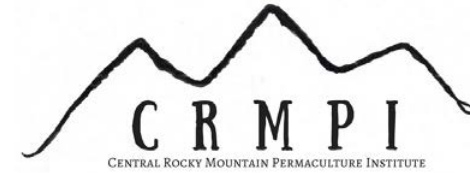
- **Dandelion** All parts of the dandelion (roots, leaves, and flowers) are edible. Batter and fry blooms, sautee young leaves, roots can be roasted, ground and used as a coffee substitute. Look up dandelion wine!
- **Purslane** (*Portulaca oleracea*) Tasty, highly nutritious, rich in omega-3 fatty acids and vitamins. Add to salads, sandwiches, stir fries, soups or make pesto.
- **Wild spinach/Lamb's Quarters** (*Chenopodium album*) Cook & eat like spinach! Lambsquarter Saag paneer is delicious! Eat in moderation due to oxalates (same with spinach and chard)
- **Plantain** (*Plantago major*) Young, tender leaves can be eaten raw in salads or sandwiches, while older, stringier leaves are best boiled, steamed, or sautéed like spinach. Also great for skin salves and stings.
- **Mallow** (*Malva neglecta*) Steam leaves with seasoning like spinach
- **Salsify** Flower, leaves can be steamed/sauteed or eaten raw. Roots can also be steamed/sauteed.
- **Chicory** Roast & grind chicory roots to brew for a coffee substitute
- **Red Clover** (*Trifolium* species) Entire plant is edible, flowers made a nice tea
- **Amaranth** Leaves and stems are tasty cooked like spinach, cultivated varieties have seed-baring flower clusters that can be processed as a grain

Great read from
HSA Website:
A Weed Lover's
Manifesto:



BE A PART OF YOUR GARDENING COMMUNITY

Join local local gardening clubs, organizations, and neighborhood community gardens to learn and share with others. Take classes, attend webinars, you'll always learn something new.



COLORADO STATE UNIVERSITY
EXTENSION



NATIVE PLANTS = MORE FOOD!
Wild Ones is a great group to join to learn about edible native herbs at events and webinars, and to donate, volunteer, host or participate in their amazing free local native plant and seed swaps!

View this
presentation:
picklewix.com/herbs

