

WHICH LAVENDER  
SHOULD YOU PLANT?

5 BERRIES  
FOR YOUR HEALTH

TREAT HEADACHES  
NATURALLY

# THE Herb

GROW · COOK · HEAL

INSIDE: NATURAL  
**PEST  
CONTROL**

COMPANION

JULY  
2012

# 21 NATIVE PLANTS

for Your Garden

Make Your Own  
**ORGANIC  
PESTICIDES**

**HEAL AT  
HOME** with Herbs

ALSO:  
23 Herbs for Coping with Stress  
Clean Your Home with Lavender



\$5.99 US/Canada



## Clean Your Home with Lavender

Enjoy the relaxing aroma of lavender all year long. This natural disinfectant is the perfect addition to any cleaner. [Page 29](#)

## Which Lavender Should You Plant?

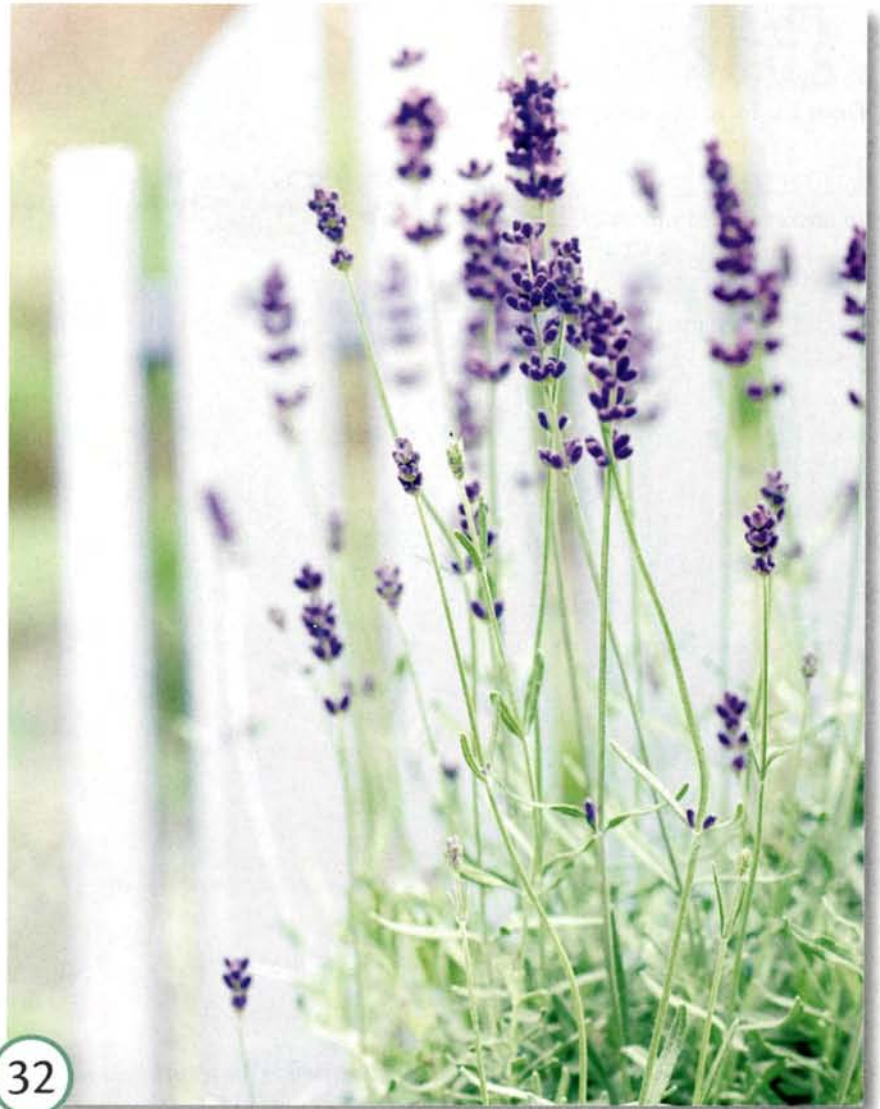
Discover which lavender best suits your garden, and add one of our mouth-watering recipes to your cookbook. [Page 32](#)

## 7 Herbs for Coping with Stress

Stress can lead to chronic health conditions. Stop its harmful impact on your body with a few of our favorite herbal allies. [Page 38](#)

## Natural Pest Control: Bug-Eat-Bug World

Keep your garden pest- and pesticide-free by teaming up with beneficial bugs. Learn how to lure these hunters into your garden. [Page 50](#)



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## 21 Native Plants for Your Garden

Put an end to gardening grievances with plants that can withstand the worst conditions your climate has to offer. [Page 56](#)

## Make Your Own Organic Pesticides

Stop insect invaders without turning to chemical-laden pesticides. Instead, try time-tested herbal repellents. [Page 61](#)



## Herb-Infused Recipes: 5 Berries for your Health

Fresh berries are delicious nutrient powerhouses that span the seasons. Harvest and store these fruits with our expert tips, then use them in our delicious recipes. [Page 44](#)

## Heal at Home with Herbs: Treat Headaches

When your head hurts, it is hard to focus on much else. Relieve headaches with safe and effective herbal remedies that date back to ancient times. [Page 24](#)



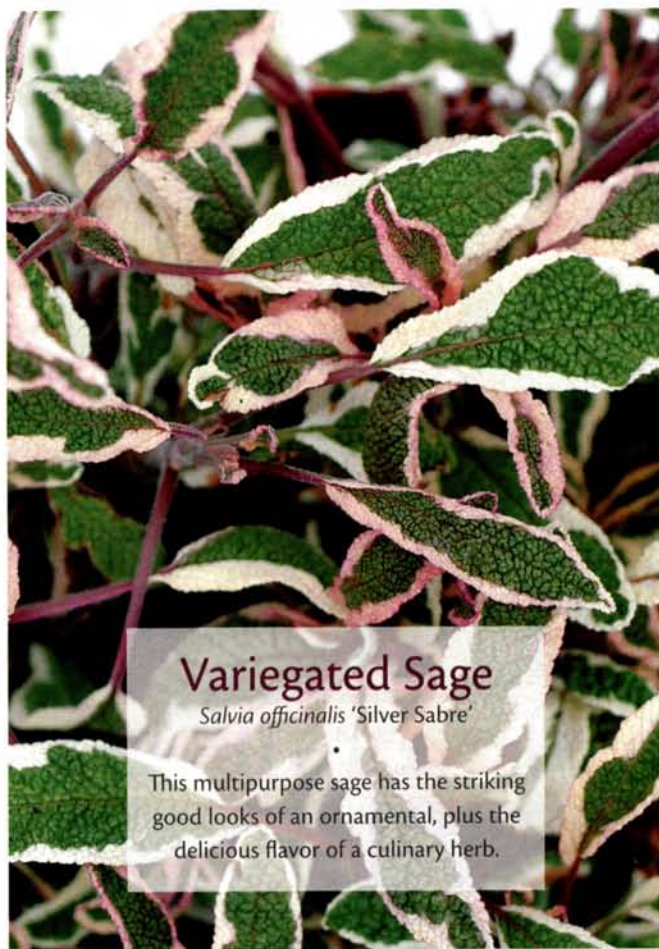
# Try This Striking and Savory Sage

Grow this unusual herb in your garden.

AMONG HERB FAVORITES, the various cultivars of common garden sage (*Salvia officinalis*) stand out for foliage that looks as good as it tastes. Many gardeners choose sages with gold, plum, cream and mauve leaves to enliven their herb beds with long-lasting foliage color. 'Silver Sabre' is a new variety from Terra Nova Nurseries of Portland, Oregon, and promises to be a worthy addition to the brightly colored lineup of sages. Each of its dainty leaves has a broad white rim around a deep gray-green center splotch. Its stems and new growth are suffused with rosy purple. In many ways, it is an improvement on the older variety 'Tricolor', which has a similar pattern of gray-green and cream with purple new growth. 'Silver Sabre' has a bolder variegation pattern, with much more color in the foliage than 'Tricolor'. It may produce dusty lilac-rose flowers in late spring, but these tend to detract from the colorful leaves. The effort of producing seed may stunt its growth, as well. Removing the flowers will stimulate a fresh growth of foliage and ensure that the plant's coloring remains clear through the summer.

## How to Grow

'Silver Sabre' naturally forms a small mounding shrub, 18 to 24 inches wide and 8 to 12 inches high. Its compact growth and dense habit make it a great choice for the front of the border. It also does well in a container garden. As with all common sage varieties, 'Silver Sabre' needs at least six hours of direct sun and well-drained soil for best growth. It requires good air circulation and resents competition, so prevent neighboring plantings from overwhelming it. Frequent harvesting of new leaves will ensure that the plant remains vigorous and produces abundant new growth. Cutting the plant back by one-third after flowering will maintain a full, rounded shape. 'Silver Sabre' is winter hardy through Zone 6, and possibly through Zone 5. Good drainage and air circulation will improve success in areas of borderline winter hardiness.



## Variegated Sage

*Salvia officinalis* 'Silver Sabre'

This multipurpose sage has the striking good looks of an ornamental, plus the delicious flavor of a culinary herb.

Courtesy/Terra Nova Nurseries

## How to Harvest and Cook

Despite its fancy foliage, 'Silver Sabre' retains the strong smell of resin and earth typical of common sage. Its robust aroma and taste make it an asset on the plate as well as in the garden. To showcase its beautiful colors, use the leaves whole. Avoid cooking them in order to retain color. Use the younger leaves, because they have more concentrated color and flavor. They also tend to be more tender than older leaves.

Strew them through salads, float a few on top of cream soup or lay freshly cut sprigs around roast meats. For beautiful color and taste, add a handful of young leaves to a salad of baby spinach and young 'Bull's Blood' beet greens. The earthiness of the sage will enhance the nutty flavors of the spinach and beets. Few herbs offer as powerful a combination of striking color, aroma and flavor as does this sage. With its good looks and deep resinous aroma, 'Silver Sabre' is sure to become a new favorite in both the kitchen and garden. —Caleb Melchior grows unusual herbs and perennials. He also studies for a Master of Landscape Architecture degree.