

2021 WYOMING

Specialty Crops

DIRECTORY



UW

Extension

MP-150-21

June 2021

Welcome

A NOTE FROM THE COORDINATOR

On behalf of University of Wyoming Extension, I am pleased to present the *2021 Wyoming Specialty Crop Directory*. UW Extension is a community development organization dedicated to helping Wyoming's people and its communities improve the quality of life, and encouraging residents and visitors to buy locally produced foods is an important part of creating a more robust food system and economy.

Our enthusiasm for developing and promoting the food system is shared by our project funders. Grant funding for this effort came from the U.S. Department of Agriculture's Agricultural Marketing Service through funds provided to the Wyoming Department of Agriculture's Specialty Crop Block Grant Program.

With these funds we created this directory to help connect people in Wyoming with edible specialty crops, including fresh vegetables and fruits, culinary herbs and spices, honey, and homemade goods containing specialty crops such as jams, jellies, barbecue and hot sauces, salsas, pickled and fermented vegetables, fruit pies, and wine. We also hope that farmers and others who produce food will use this directory to connect with their peers as they develop their skills and personal connections.

In short, we hope that this directory:

- Helps residents and visitors find and support Wyoming's local food producers.
- Connects food entrepreneurs with like-minded peers.
- Helps educate producers and others about available resources on a local, state, and national level.

Thank you!

The information in this directory was collected by Robert Waggener, who worked tirelessly to support Wyoming's agriculture, specialty crop producers, farmers' markets, CSAs, businesses that sell locally produced foods, and many others, including UW Extension offices, local conservation districts, community and school gardens, educational programs, and agencies that are involved in some way with specialty crops.

Please enjoy this opportunity to support the local food movement.

Cole Ehmke

University of Wyoming Extension specialist

Department of Agricultural and Applied Economics, UW College of Agriculture and Natural Resources

Editor: Robert Waggener

Graphic designer: Tana Stith, T² Communications

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Suggested Reference: Ehmke, C., and Waggener, R., 2021, *Wyoming Specialty Crop Directory*: Laramie, Wyoming, University of Wyoming Extension, MP-150-21, v. 1, 189 p.

ISBN 978-0-578-93253-8

Disclaimer

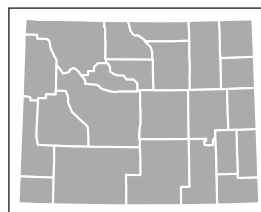
Because of the directory's funding source, this project is focused on listing producers of edible specialty crops (as defined by the USDA), including Wyoming value-added food products using specialty crops. Reference to a specific product, process, service, manufacturer, or company does not constitute an endorsement or recommendation.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kelly Crane, associate dean and director, University of Wyoming Extension, College of Agriculture and Natural Resources.

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Resources



Backyard Composting Using Simple, Small-Scale Methods

This UW Extension bulletin describes the benefits of composting, composting methods, and how to overcome obstacles.

Authors: Karen Panter and Chris Hilgert

Email: kpanter@uwyo.edu or chilgert@uwyo.edu

Phone: 307-766-5117 or 307-766-6870

Website: wyoextension.org/publications/Search_Details.php?pubid=1949&pub=B-974R

Barnyards & Backyards: Rural Living in Wyoming

The Barnyards & Backyards: Rural Living in Wyoming magazine provides practical, useful, and user-friendly information on rural living in the state, such as producing specialty crops, gardening and landscaping, grazing management, among many other topics. See the Barnyards & Backyards listing in the statewide section for more information.

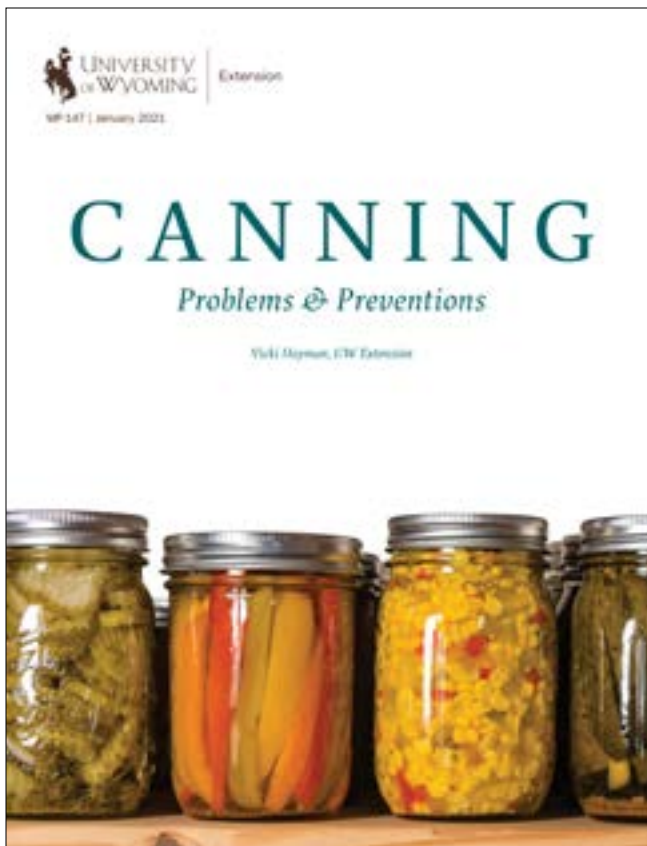
Coordinator: Jennifer Thompson

Location: University of Wyoming

Email: barnyardsbackyards@uwyo.edu

facebook.com/BarnyardsBackyards/

Website: www.uwyo.edu/barnbackyard/



Canning Problems and Preventions

This UW Extension bulletin addresses common canning problems, and how to prevent them.

Author: Vicki Hayman
Email: vhayman@uwyo.edu
Phone: 307-746-3531
Website: wyoextension.org/agpubs/pubs/MP-147.pdf

Considering a Value-Added Food Venture? There's a Three-Step Approach

This article in UW Extension's Barnyards & Backyards magazine presents an overview on starting a value-added food venture.

Author: Cole Ehmke
Email: cehmke@uwyo.edu
Phone: 307-766-3782
Website: uwyo.edu/barnbackyard/_files/documents/magazine/2020/spring/0420valueadded.pdf

Diseases and Disorders of Potatoes in the Home Garden

The potato plant and the tuber are subject to several diseases and environmental disorders. In this UW Extension bulletin, problems associated with producing potatoes are broken down to environmental disorders

(physiological), and some infectious (biotic) diseases that Wyoming gardeners may encounter.

Author: William Stump
Email: wstump@uwyo.edu
Phone: 307-766-2062
Website: wyoextension.org/agpubs/pubs/B-1348-web.pdf

Extending the Vegetable Growing Season

Productive vegetable gardens can be grown almost anywhere in Wyoming if they are managed wisely. The environment of plants needs to be modified to counteract the short growing seasons, cool temperatures, low humidity, and high winds characteristic of many parts of the state. This UW Extension bulletin explains general considerations as well as provides information on how to start vegetables indoors; successfully grow warm- and cool-season vegetables; select varieties; use mulch; and extend the growing season.

Author: Karen Panter
Email: kpanter@uwyo.edu
Phone: 307-766-5117
Website: wyoextension.org/agpubs/pubs/B-1148R-extending-season_web.pdf

Food Ventures in Wyoming: A Resource and Regulatory Guide

This UW Extension bulletin is intended to help Wyoming's agricultural producers, small-acreage and small-scale farmers, home-based producers, and small-scale food processors understand the regulatory requirements for their industry. For those who sell under the Wyoming Food Freedom Act umbrella, it will define what is allowed and what is not.

For those who want to take a value-added specialty crop business to the next level, this publication will give a sense of what must be addressed since the producers will become subject to numerous rules, including adherence to U.S. Food and Drug Administration food safety regulations.

Author: Cole Ehmke
Email: cehmke@uwyo.edu
Phone: 307-766-3782
Website: wyoextension.org/agpubs/pubs/B-1324-web.pdf

Gothic Style High Tunnel Construction

This Wyoming Department of Agriculture publication offers a step-by-step guide to constructing a 17' x 32' Gothic-style greenhouse.



GROWING VEGETABLES IN WYOMING

Home vegetable gardening is a popular activity all across the United States. Gardening serves many purposes such as providing sources of food, exercise, and maybe even profit for many people.

Wyoming residents can grow excellent vegetable gardens if they are aware of the special problems they may encounter. In Wyoming, the following environmental characteristics may be problems:

- Growing seasons range from short to very short.
- Growing season temperatures are often too low, sometimes too high, and often include extremely frost.
- High or steady winds can cause physical damage to plants plus soil erosion and rapid drying.
- Low relative humidity levels increase the rate of water loss from plants and soil.
- Poor native soils are usually alkaline, low in organic matter, shallow, rocky, and cold.
- Water is generally low in quantity and poor in quality.
- Inadvertent risk to diseases in vegetable gardens, as well as other crops.

8-2018
Revised April 2020
Karen Panter, Extension Horticulture Specialist,
Department of Plant Sciences, University of Wyoming

Author: Del Jimenez

Email: djimenez@nmsu.edu

Phone: 505-852-2668

Website: <https://wyagric.state.wy.us/images/stories/news/specialtycrop/gothicstylehoophouse-construction.pdf>

Greenhouse Structures

A greenhouse provides a means of changing the environment around plants to improve their growth. Some greenhouses are also an integral part of a house and yard design. Greenhouses chosen for their appearance are often more expensive than simple plant-growing structures. This UW Extension bulletin discusses general considerations in selecting a greenhouse, and offers information on covers, heating, ventilation, cooling, controls, and accessory equipment. Drawings are included along with a chart suggesting appropriate temperatures for growing common vegetables and flowers.

Author: Karen Panter

Email: kpanter@uwyo.edu

Phone: 307-766-5117

Website: wyoextension.org/agpubs/pubs/B-1147R-greenhouse_web.pdf

Growing Herbs

This UW Extension bulletin offers tips for growing herbs in a garden. It includes a list of herbs, along with planting instructions, culinary uses, and helpful tips for growing each herb.

Author: Karen Panter

Email: kpanter@uwyo.edu

Phone: 307-766-5117

Website: wyoextension.org/publications/Search_Details.php?pubid=2065&pub=B-1144R

Growing Vegetables in Wyoming

Gardening serves purposes such as providing sources of food, exercise, and maybe even profit for many people. Wyoming gardeners have a special challenge, because of the short growing season and varying temperatures along with untimely frosts, steady and high winds, hailstorms, poor soils, and low humidity. Vegetable gardening tips included in this UW Extension publication provide information on crop selection, soil preparation, and irrigation. A section on planning a vegetable garden discusses areas for long-term crops, spacing, and cool- and warm-variety vegetables along with site preparation, planting, and general care tips.



GUIDE TO

COMMUNITY SUPPORTED AGRICULTURE
in Wyoming and the Rocky Mountain West

UNIVERSITY OF WYOMING
EXTENSION
May 2013

Author: Karen Panter

Email: kpanter@uwyo.edu

Phone: 307-766-5117

Website: wyoextension.org/agpubs/pubs/B-1115R_web.pdf

Guide to Community Supported Agriculture

Many new CSA farmers find that agriculture in a CSA can be quite intense, especially when there are significant elements of business planning that accompany general day-to-day operations. This University of Wyoming Extension guide introduces producers to the concept and operation of CSA. In it, you will find basic information about different types of CSAs, including ways of organizing the operation, managing production and distribution, deciding on products and product presentation, and building and maintaining a customer base.

Authors: Cole Ehmke, Eric Arnould, Kelli Belden, Jeff Edwards, Alan Miller, Karen Panter, Lucy Pauley, Melea Press, Bill Schepeler, Alan Schroeder, and Katherine Strand

Email: cehmke@uwyo.edu or jedward4@uwyo.edu

Phone: 307-766-3782 (Cole) or 307-837-2000 (Jeff)

Website: wyoextension.org/agpubs/pubs/B-1251-web.pdf

Hard-Sided High Tunnel Construction

High tunnels, also known as hoop houses, are used to protect crops grown for food or flowers, and significantly extend the growing season in challenging climates like Wyoming's. High tunnels are passive structures, and an economical option for individuals who cannot afford to build or operate a greenhouse. There are many styles and sizes of high tunnels available: gothic, traditional hoop, and modified-traditional hoops. Many high tunnel designs are available as pre-engineered kits, and can be purchased from a variety of companies.

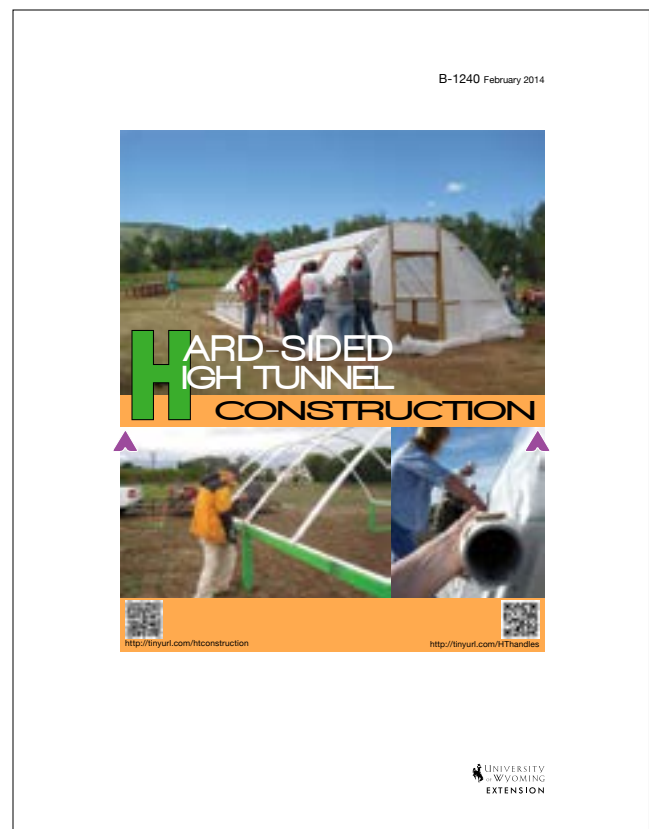
The information presented in this UW Extension bulletin is meant as a guide for do-it-yourselfers who want to build their own economical alternative from (mostly) locally available materials. The hard-sided high tunnel is a modified traditional hoop style constructed on top of wooden rails (hard-side). This modification increases the overall farmable square footage by 25% over the 12' x 32' traditional hoop.

Authors: Jeff Edwards and Del Jimenez

Email: jedward4@uwyo.edu or djimenez@nmsu.edu

Phone: 307-837-2000 (Jeff) or 505-852-2668 (Del)

Website: wyoextension.org/agpubs/pubs/B-1240.pdf



High Tunnel Handbook

This UW Extension handbook includes information that may help answer the question: I built a high tunnel, now what do I do with it? The chapters include economics and marketing; managing the environment; planting-bed layout; soil, irrigation, insect, mite, and disease management; organic production; growing vegetables, small fruits, and cut flowers; and frequently asked questions.

Authors: Karen Panter, Kelli Belden, Jeff Edwards, Sandra Frost, Axel Garcia y Garcia, Abdelouhab Mesbah, and Scott Richard

Email: kpanter@uwyo.edu or jedward4@uwyo.edu

Phone: 307-766-5117 (Karen) or 307-837-2000 (Jeff)

Website: wyoextension.org/publications/Search_Details.php?pubid=1831&pub=B-1234

Hotbeds and Cold Frames

Hotbeds are used most often for starting and growing young plants in late winter and spring. Seedlings are often started in a greenhouse, and moved to a hotbed when they fill the available space. Hotbeds provide an economical way to grow plants until they are transplanted to their permanent outdoor locations. Cold frames work as solar heat traps to warm soil and plants during late fall and early spring. They can also improve the growth of cold-sensitive crops such as tomatoes when



they are grown in areas with low summer temperatures. This UW Extension bulletin teaches readers how to construct, cover, heat, and manage hotbeds, and how to build, shelter, and manage cold frames.

Author: Karen Panter

Email: kpanter@uwyo.edu

Phone: 307-766-5117

Website: wyoextension.org/agpubs/pubs/B-1151R_coldframe_web.pdf

Landscaping: Container Gardening

Planting flowers (including pollinators), vegetables, herbs, small fruits, and other plants in containers is a great way to add splashes of color to homes, offices, and landscapes; to provide habitat for bees and other pollinators; and to produce fresh produce in small spaces.

Container gardens are also ideal for those who have physical impairments, but still like to garden. Most herbaceous plants, and even some dwarf shrubs and trees, can be successfully grown in containers. Those and related topics are covered in this UW Extension bulletin.

Authors: Karen Panter and Chris Hilgert

Email: kpanter@uwyo.edu or chilgert@uwyo.edu

Phone: 307-766-5117 or 307-766-6870

Website: wyoextension.org/agpubs/pubs/B-1239.pdf

Orientation of High Tunnels on Herb Production

This UW study focused on the orientation of small high tunnels on the production of three culinary herbs (oregano, marjoram, and garlic chive), and also cut flowers. The study, which was conducted in Laramie, found that the orientation of a small high tunnel did not greatly affect the production of herbs from year-to-year, but cultivar selection is an important consideration.

Results of the study are detailed in the journal *HortTechnology*, published by the American Society for Horticultural Science. The paper, *Orientation of Small Hobby High Tunnels and Potential Effects on Cut Sunflowers and Fresh Herbs*, is available for free viewing in v. 29, issue 4 (see website below).

Authors: Karen Panter, Timmothy Gergeni, Casey Seals, and Andrea Garfinkel

Email: kpanter@uwyo.edu

Phone: 307-766-5117

Website: journals.ashs.org/horttech/view/journals/horttech/horttech-overview.xml

Preserving Food in Wyoming

This UW Extension bulletin offers tips on how to preserve a variety of foods through canning. It includes information addressing the special considerations needed to can at higher elevations in Wyoming.

Authors: Betty Holmes and Suzanne Pelican

Email and phone: contact your county Extension office with questions about canning (see individual county listings for information)

Website: wyoextension.org/agpubs/pubs/B-1210.pdf

Promoting Pollinators on Your Place: A Wyoming Guide

This UW Extension bulletin is a guide to the insects and hummingbirds in Wyoming that act as pollinators, as well as the flowers, shrubs, trees, and other plants that attract these pollinators.

Authors: Scott Schell, Jennifer Thompson, Jeff Edwards, Jacelyn Downey, and Justina Russell

Email: sshell@uwyo.edu, barnyardsbackyards@uwyo.edu (Jennifer), or jedward4@uwyo.edu

Phone: 307-766-2508 (Scott) or 307-837-2000 (Jeff)

Website: wyoextension.org/agpubs/pubs/B-1305-web.pdf

Raspberry Production Guide for Wyoming

This UW Extension bulletin offers tips on how to successfully grow raspberries in Wyoming, and which varieties are best suited to Wyoming growing conditions.

Authors: Chris Hilgert, William Stump, and Scott Schell

Email: chilgert@uwyo.edu, wstump@uwyo.edu, or sshell@uwyo.edu

Phone: 307-766-6870, 307-766-2062, or 307-766-2508

Website: wyoextension.org/agpubs/pubs/B-1352-raspberries-web.pdf

Spice It Up! Using Herbs and Spices

Herb and spice combinations for meats and vegetables are suggested in this UW Extension publication, which also contains proper herb-drying and spice-use tips.

Authors: Sarah Francis and Vicki Hayman

Email: vhayman@uwyo.edu

Phone: 307-746-3531

Website: wyoextension.org/agpubs/pubs/MP-121-3R-spices_web.pdf

University of Wyoming Extension Ask an Expert

The University of Wyoming (UW) Extension 'Ask an Expert' webpage is a way to get answers from UW Extension experts in agriculture, gardening, horticulture, food, nutrition, community development, family and health, 4-H and youth development, and other topics. Go to the website below, and then choose your county and enter as much relevant detail about your question as possible. Extension will do its best to respond to your question within two business days.

Administrator: UW Extension

Email: uwext@uwyo.edu

Phone: 307-766-5124

Website: uwyo.edu/uwesupport/ask_an_expert.html

UW Extension Master Gardener Program Guidelines

This UW Extension bulletin defines the guidelines for Master Gardener volunteers, who gain horticultural knowledge and skills focused on growing in Wyoming.



They provide unbiased, research-based information related to plant health care and assist Wyoming residents with diagnosing plant problems and provide research-based pest management recommendations for insects, plant diseases, and weeds.

Author: Chris Hilgert

Email: chilgert@uwyo.edu

Phone: 307-766-6870

Website: wyoextension.org/agpubs/pubs/MP-109R.pdf

UW Extension Programs

The UW Extension 'Programs' webpage allows users to click on the following links to learn more about specific programming in these particular areas (the listed programs were as of June 2021): 4-H and youth development, agriculture and natural resources, Cent\$ible Nutrition, community development, entomology, integrated pest management (IPM), school IPM, financial literacy, gardening, Master Gardener, nutrition and food safety, and Wyoming demand management feasibility for the Upper Colorado River Basin.

Administrator: UW Extension

Email: uwext@uwyo.edu

Phone: 307-766-5124

Website: uwyo.edu/uwe/programs/

UW Extension Publications Database

The UW Extension publications database allows users to easily find publications by entering a keyword, title, or publication number, or an author name into the 'Search Publications' bar.

Administrator: UW Extension

Email: uwext@uwyo.edu

Phone: 307-766-5124

Website: wyoextension.org/publications/

Wyoming Apple Project

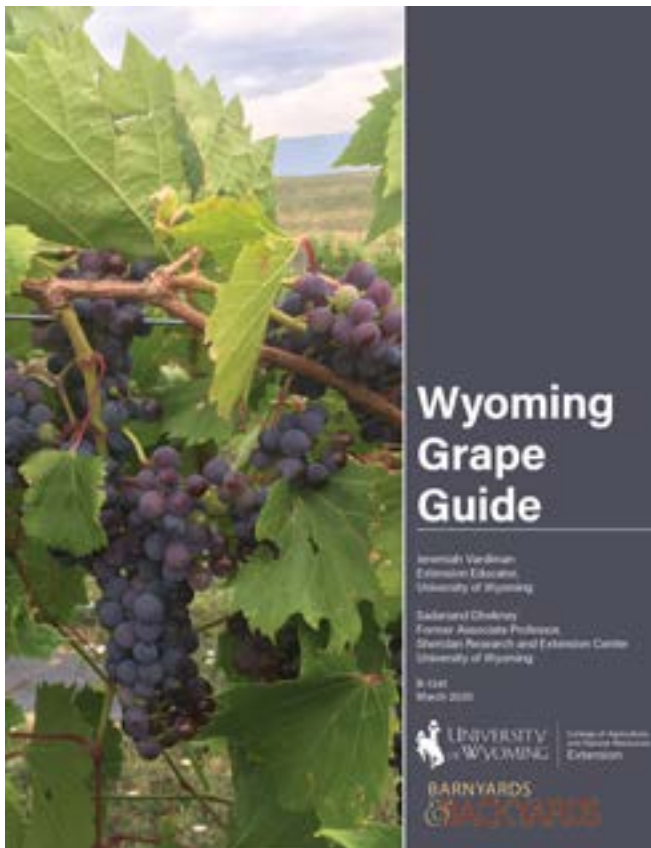
This University of Wyoming study aims to save Wyoming's historic and heirloom apple cultivars, including trees that were planted in orchards more than 100 years ago. The article in winter 2014 Barnyards & Backyards ("Wyoming Apple Project: Attempts to save Wyoming's diverse apple cultivars") details the research, and also discusses how landowners in Wyoming who have historic apple trees on their properties can help.

Author: Steve Miller

Email: fungi@uwyo.edu

Phone: 307-766-2834

Website: uwyo.edu/barnbackyard/_files/documents/magazine/2014/winter/010114bbwyappleproject.pdf



Wyoming Beginner Beekeeper Help Sheet

This one-page guide offers tips to beginner beekeepers, and helpful resources to get started. All beekeepers are required by state law to register their hives with the Wyoming Department of Agriculture. Personnel with the department will conduct inspections of beehives at no cost.

For related information, see the WDA Apiary Registration and Mapping Program, WDA Plant Industry Program, and Wyoming Bee College listings in the statewide section.

Administrator: Wyoming Department of Agriculture Technical Services Division, Plant Industry Program
WDA Technical Services manager: Kent Drake; assistant manager: Dale Heggem; public information officer: Derek Grant
Email: kent.drake@wyo.gov, dale.heggem@wyo.gov, or derek.grant@wyo.gov
Phone: 307-777-7324
Website: agriculture.wy.gov/images/stories/pdf/techserv/training/apiaryfactsheet.pdf

Wyoming Department of Agriculture Specialty Crop Block Grant Program Manual

The WDA's Specialty Crop Block Grant Program each year awards grants to enhance the competitiveness of specialty crops in Wyoming by increasing the production and consumption of fruits, vegetables, tree nuts, culinary herbs and spices, medicinal herbs, and edible horticultural products, and by increasing the production and sale of floriculture and non-edible horticultural crops.

The WDA Specialty Crop Block Grant Program Manual is updated annually to assist in the preparation of grant applications for the review process. The application deadline for competitive grant awards is typically in early April of each year.

Manager: Michelle MacDonald; WDA public information officer: Derek Grant
Email: michelle.macdonald@wyo.gov or derek.grant@wyo.gov
Phone: 307-777-7323 or 307-777-7180
Website: wyagric.state.wy.us/component/content/article/34-agnews/178-specialty-crop-grant-information

Wyoming Grape Guide

This UW Extension bulletin is a comprehensive guide to growing grapes in Wyoming, including juice, table, and wine varieties.

Authors: Jeremiah Vardiman and Sadanand Dhekney
Email: jvardima@uwyo.edu
Phone: 307-754-8836
Website: wyoextension.org/agpubs/pubs/B-1341-grapes-for-web.pdf

Wyoming Rural Living Resources: A Practical Guide

This UW Extension bulletin compiled by the Small Acreage Issue Team presents user-friendly information on a variety of topics pertinent to rural living in Wyoming, whether you have a few acres or many. Among the many topics are ones on successfully raising vegetables, fruits, and herbs in Wyoming's environment.

Authors: Jennifer Thompson, Dallas Mount, Rachel Mealor, and others
Email: barnyardsbackyards@uwyo.edu (Jennifer)
Website: wyoextension.org/agpubs/pubs/rural_living_resources_guide-2019-web-a.pdf



LIST OF ELIGIBLE

Specialty Crops

Specialty crops eligible to be included in 2021 Wyoming Specialty Crop Directory are (1) vegetables; (2) fruits and tree nuts; (3) culinary herbs and spices; (4) medicinal herbs; and (5) edible horticultural products, including honey and hops.

Eligible plants must be cultivated or managed and used by people for food and medicinal purposes. Processed products shall consist of greater than 50% of the specialty crop by weight, exclusive of added water. Common examples in the directory are jams, jellies, infused honeys, sauces (e.g., barbecue, hot, and pasta), salsas, pickled vegetables, fermented vegetables (e.g., kimchi and sauerkraut), fruit pies, and wine.

Because this directory is focused on edible specialty crops, it does not include businesses involved in other areas of specialty crop production, such as floriculture and turfgrass.

The directory also does not include agricultural products not defined as 'specialty crops' by the U.S. Department of Agriculture (USDA). In Wyoming, this would include such commodities as livestock and dairy products, eggs, and agricultural crops such as alfalfa, barley, field corn, hemp, sugar beets, and wheat.

However, the directory **DOES LIST** non-eligible commodities and non-edible specialty crops if a business produces those in addition to edible specialty crops.

The tables below list plants commonly considered edible specialty crops by the USDA as of June 2021, including vegetables, fruits and tree nuts, culinary herbs and spices, medicinal herbs, and edible horticultural crops. More information is at www.ams.usda.gov/services/grants/scbgp/specialty-crop

1. VEGETABLES

artichoke
 asparagus
 bean (snap, green, lima, dry edible)
 beet (table)
 broccoli/ broccoli raab
 Brussels sprouts
 cabbage (including Chinese)
 carrot
 cauliflower
 celeriac
 celery
 chickpeas
 chive
 collards (including kale)
 cucumber
 edamame
 eggplant
 endive
 garlic
 horseradish
 kohlrabi
 leek
 lentils



lettuce
 melon (all types)
 mushroom (cultivated)
 mustard and other greens
 okra
 onion
Opuntia (prickly pear)

parsley
 parsnip
 pea (garden, dry edible)
 pepper
 potato
 pumpkin
 radish (all types)
 rhubarb
 rutabaga
 salsify
 spinach
 squash (summer and winter)
 sweet corn
 sweet potato
 Swiss chard
 taro
 tomato (including tomatillo)
 turnip
 watermelon



2. FRUITS AND TREE NUTS

almond
apple
apricot
Aronia (chokeberry)
avocado
banana
blackberry
blueberry
breadfruit
cacao
cashew
citrus
cherimoya
cherry
chestnut (for nuts)
coconut
coffee
cranberry
currant
date
feijoa fruit
fig
filbert (hazelnut)
gooseberry
grape (including raisin)
guava
kiwi



litchi	persimmon
macadamia	pineapple
mango	pistachio
nectarine	plum (including prune)
olive	pomegranate
papaya	quince
passion fruit	raspberry
peach	strawberry
pear	Suriname cherry
pecan	walnut

3. CULINARY HERBS AND SPICES

ajwain (caraway)

allspice

Angelica spp.

anise

annatto

Artemisia spp.

asafetida

basil (all types)

bay (cultivated)

bladder wrack (seaweed)

Bolivian coriander

borage

Calendula spp. (herbal uses)

candle nut

caper

caraway

cardamom

cassia spice

catnip

chervil

chicory

cicely

cilantro

cinnamon

clary sage

cloves

comfrey

common rue

coriander

cress

cumin

curry

dill

fennel

fenugreek

filé (gumbo, cultivated)

fingerroot

French sorrel

galangal

ginger

hops

horehound (Thai ginger)

hyssop

lavender

lemon balm

lemon thyme

lovage

mace

mahlab

malabathrum

marjoram

mint (all types)

nutmeg

oregano

orris root

paprika

parsley

pepper

rocket (aka arugula)

rosemary

rue

saffron

sage (all types)

savory (all types)

tarragon

thyme

turmeric

vanilla

wasabi

watercress



4. MEDICINAL HERBS

Artemisia spp.

arum

Astragalus spp.

boldo

cananga

comfrey

coneflower

fenugreek

feverfew

foxglove

ginkgo biloba

ginseng

goat's rue

goldenseal

gypsywort

horehound

horsetail

lavender

licorice

marshmallow

mullein

passionflower

patchouli

pennyroyal

pokeweed

St. John's wort

senna

skullcap

sonchus

sorrel

stevia

tansy

Urtica spp. (nettle)

witch hazel

wood betony

wormwood

yarrow

yerba Buena



5. EDIBLE HORTICULTURE PRODUCTS

honey

hops

maple syrup

tea leaves

