

Shady Acres

HERB FARM



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Theresa Mieseler

January, 2020

- Theresa Mieseler and husband, Jim, founded and operated Shady Acres Herb Farm, Chaska, Minnesota, 1977-2016.
- Theresa is a lifetime member of the Herb Society of America in the Central District, member-at-large. In 2010 was awarded the Nancy Putnam Howard Award for Excellence in Horticulture.
- She was past vice-president and board member of the International Herb Association member and a current member.
- Theresa writes a bimonthly newsletter on her website and presents lectures. www.shadyacres.com
- Theresa was on staff at the Minnesota Landscape Arboretum from 1969 until 1991, where her career in herbs began. In 2012 she redesigned the kitchen garden and in 2014 redesigned the Cloister garden at the Arboretum.
- In March, 2019, Theresa's book, *Beyond Rosemary, Basil, and Thyme* was self-published.

UNUSUAL, INTERESTING, AND UNCOMMON HERBS TO ENJOY

Shorewood Spring Garden Fair
March 14, 2020

Discover fragrance in plants whether it be in the leaves, flowers, or both. We grow herbs such as basil, chives and parsley for their garden and culinary value. As essential as these herbs are, there are more herbs, less common, that are well worth growing as well.



Theresa Mieseler
Shady Acres Herb Farm

Basil, Mrihani

Ocimum basilicum

An annual that you may use as sweet basil. A species from Zanzibar with the flavor containing undertones of fennel. Mrihani is a beautiful basil to grow in a window box with other herbs. It is a vigorous growing basil with the leaves a light green and ruffled, sometimes purple streaked, and it bears small lavender flowers. It was discovered in the Pemba Island in Zanzibar, Africa, by Richo Cech.



Caracalla

Vigna caracalla

The caracalla plant is valued for its highly scented ornamental flowers. Plant this vine in full sun to enjoy its immensely fragrant flowers when it begins to bloom. When a bee alights on the lower petals, a lever like action forces the stamens to protrude from a coiled floral tube, dusting the bee's head with pollen. It was a favorite of Thomas Jefferson.



Cardamom

Elettaria cardamomum

When a plant is used for a single purpose – you associate it in that way and with cardamom it would be the seeds. However, just by rubbing or bruising a leaf you soon see this is a highly fragrant plant. I enjoy growing for the fragrance because in my Minnesota climate it would never produce seeds.



Gardenia, Vietnamese

Kailarsenia lineata

The fragrance can be described as uplifting! It is so sweet it makes one smile! The plant is about two to three feet tall and almost as wide. The leaves are large as well as the flowers. I grow it on my deck where it gets strong sunlight for about six to eight hours day. The role of this plant is purely for the fragrance.



Lavender, Fernleaf

Lavandula multifida

Planting lavender in containers allows cold climate gardeners to bring it indoors and enjoy the medium-blue flowers further into the fall. The flower stems tower far above the foliage, and it is amazing to watch butterflies land on the flowers when there is a breeze as though they are dancing. It is native to the Mediterranean area.



Lavender, Goodwin Creek Grey

Lavandula x gingsii 'Goodwin Creek Grey'

'Goodwin Creek Grey' is a hybrid of French lavender that was discovered twenty years ago. It is similar to two other French lavender hybrids and is excellent to grow indoors. The deeply toothed (although some are entire), fragrant foliage feels like velvet. It is a tender perennial in northern climates.



Lemon Grass

Cymbopogon citratus

It's best to grow lemon grass in containers and bring indoors for the winter months. Steep a piece of the stalk in a cup of hot water for two minutes; adjust the amount of stalk used to strengthen or weaken the pungency of the tea. When serving, remove the lemongrass pieces. Lemongrass is propagated by root division.



Mint, Corsican

Mentha requienii

This miniature mat forming plant grows to only ½" tall and creeps along the ground – rooting as it grows to twelve inches wide or more. When touched it releases a pleasing mint/sage aroma. Native to the Islands of Corsica, Sardinia and Montecristo.



Mint, Himalayan Silver

Mentha longifolia 'Himalayan Silver'

A mint that is grown for its very long, beautiful spires of small, pale purple flowers and silvery grey leaves that are coarsely hairy with sparsely toothed edges. It is known by other names, including buddleia mint, horse mint, and silver mint. An excellent plant for butterflies and bees when in flower in June and July.



Mint, Jim's Spearmint

Mentha spicata 'Jim's Mint'

Spearmint is refreshing and cooling, and is useful as a culinary herb. Its fresh leaves can be clipped and added to water for a nice summer drink. Used it to flavor green peas, new potatoes, and to make mint jelly. 'Jim's Mint' is the old-fashioned variety that far surpasses any spearmint I have ever grown.



Oregano, Hilltop Herb Farm

Origanum x majoricum 'Hilltop Herb Farm'

'Hilltop Herb Farm' oregano grows well in a container, raised planter, or a strawberry jar. On several occasions, plants have been overwintered outdoors in Minnesota. Use it in seasoning mixtures, spaghetti sauces with tomatoes, sausages, vegetables, mushrooms, and in vinegar.



Oregano, Kent Beauty

Origanum 'Kent Beauty'

Grow 'Kent Beauty' in a rock garden in a well drained site, or in a container. 'Kent Beauty' is propagated by softwood cuttings in early spring. The flowers appear at the tips of six- to eight-inch long stems. The cut stems can be dried for use in herbal wreaths and herbal craft projects.



Rosemary, Shady Acres

Rosmarinus officinalis 'Shady Acres'

In 1999 Theresa Mieseler introduced 'Shady Acres' rosemary. It struck her as having an excellent fragrance that would be good to use in the kitchen. It has strong, upright growth and preserved best by drying the leaves and stems. When growing indoors in the winter, a tip is when you water the plant, water it thoroughly, and then let it dry out before the next watering.



Scented Geranium, Mabel Grey

Pelargonium citronellum 'Mabel Grey'

'Mabel Grey' is the ultimate lemon fragrance and the plant needs only be touched to release its scent. Add a leaf or two to your favorite tea or whip a clipped leaf into butter with honey and spread it on your morning muffin. It is propagated by cuttings but is very difficult to root.



Sweet Cicely

Myrrhis odorata

Sweet cicely is a graceful plant that is a hardy and deeply rooted perennial even in northern climates. Tiny white flowers are packed into four-inch-diameter compound umbels that bloom in early spring. Bees, butterflies, and hummingbirds like the plant when in flower in early spring. The anise aroma is in the stems, leaves, and unripe seeds.



Thyme, Foxley

Thymus pulegioides 'Foxley'

'Foxley' struck me as an unusual thyme with the flavor of French thyme. 'Foxley' forms a clump with its small dark green leaves that are variegated with yellow and white. It was developed at Foxhollow Herb Nursery, England. It grows to about ten inches tall in the garden or containers.



Vietnamese Coriander

Persicaria odorata

Vietnamese Coriander has a flavor similar to cilantro with a hint of lemon. It grows vigorously in full sun. Vietnamese coriander is one of the many herbs that give Vietnamese cuisine its unique flavor.



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