

FEDCO'S HERB PLANTING GUIDE 2025

Name	mature height	annual/perennial in Maine	likely to self-sow	native to North America	shade tolerance	Uses				direct sow (DS) and / or transplant (TP)	ideal germ temp	Seeding Notes: <i>stratify</i> = sow in moist soil and chill 3-4 weeks. <i>scarify</i> = scuff seed with a file before sowing.
						culinary	medicinal	tea	ornamental			
Anise	1-2'	annual			part	•	•	•		DS spring	65-70°	
Anise Hyssop	2-3'	perennial	YES	YES	part	•	•	•		DS after frost / TP	70-85°	surface sow
Arnica	12-20"	perennial		YES			•		•	TP	60-65°	surface sow, stratify
Ashwagandha	2-3'	annual			part		•			TP	65-70°	surface sow
Astragalus	18-48"	perennial					•			DS spring / TP	65-70°	scarify, soak 24 hrs.
Basil	8-24"	annual				•	•			DS after frost / TP	70-85°	
Basil, Sacred	18-24"	annual	YES			•	•	•		DS after frost / TP	70-85°	
Bergamot	3-4'	perennial	YES	YES	part		•	•	•	DS spring or fall	65-70°	surface sow
Boneset	4-6'	perennial		YES			•		•	DS fall	60-65°	stratify
Borage	2-3'	annual	YES		part		•		•	DS spring or fall	60-65°	
Caraway	2'	biennial	YES			•				DS spring	60-65°	
Catnip	2-3'	perennial	YES				•	•	•	DS spring or fall	65-70°	surface sow
Chamomile	8-18"	annual	YES				•	•		DS spring	65-70°	surface sow
Chervil	12-18"	annual			part	•				DS spring	70-85°	surface sow
Chives	1-2'	perennial	YES		part	•	•		•	DS spring	60-65°	
Cilantro	1-2'	annual	YES			•	•			DS spring	60-65°	
Codonopsis	5-6'	perennial			part		•		•	TP	65-70°	
Cumin	1-2'	annual				•	•			TP	65-70°	
Dill	2-5'	annual	YES			•	•			DS spring	70-85°	
Echinacea	2-4'	perennial	YES	YES	part		•		•	DS fall / TP	70-85°	surface sow, stratify
Elecampane	5-8'	perennial			part		•		•	TP	65-70°	surface sow
Epazote	2-4'	annual				•	•	•		DS after frost	60-65°	
Fennel, for seed	1-3'	annual	YES			•	•			DS spring	65-70°	
Fenugreek	1-2'	annual				•	•			DS after frost	60-65°	
Feverfew	18-30"	perennial	YES		part		•		•	DS spring / TP	65-70°	surface sow
Garlic Chives	12-18"	perennial	YES		part	•	•			DS spring	60-65°	
Horehound	20-24"	perennial					•			DS spring / TP	65-70°	
Hyssop	12-18"	perennial			part		•	•	•	DS fall / TP	60-65°	
Lady's Mantle	12-18"	perennial	YES		part		•		•	TP	65-70°	stratify, surface sow
Lavender	2-3'	perennial				•	•	•	•	TP	70-85°	stratify, surface sow
Lemongrass	3-4'	annual				•	•	•		TP	70-85°	
Lemon Balm	1-2'	perennial	YES		part		•	•		DS spring / TP	65-70°	surface sow
Lovage	3-6'	perennial			part	•	•		•	DS spring or fall	65-70°	water sparingly
Marjoram	1-2'	annual				•				TP	65-70°	
Marshmallow	4-6'	perennial	YES		part		•		•	DS spring or fall	60-65°	stratify
Milk Thistle	3-5'	annual	YES				•			DS spring or fall	65-70°	surface sow
Mldvn Dragon Head	18"	annual					•	•		DS after frost / TP	65-70°	surface sow
Motherwort	2-4'	perennial	YES				•			DS spring or fall	65-70°	surface sow
Mountain Mint	3-4'	perennial		YES	part		•	•	•	DS spring	60-65°	surface sow
Mustard Seed	2-4'	annual				•				DS spring	60-65°	
Nettle, Stinging	3-6'	perennial			part	•	•	•		DS spring	65-70°	surface sow
Oregano, Greek	6-12"	perennial				•	•			TP	65-70°	surface sow
Oregano, Zaatar	1-2'	annual				•				DS spring / TP	65-70°	
Parsley	8-12"	annual			part	•	•			DS spring / TP	65-70°	soak seed 24 hrs
Pennyroyal	8-12"	perennial			part		•		•	TP	60-65°	
Rosemary	3-4'	annual				•	•		•	TP	65-70°	surface sow, stratify
Sage, Broadleaf	2-3'	perennial				•	•	•	•	DS spring / TP	70-85°	surface sow
Savory, Summer	12-18"	annual				•	•			DS spring	70-85°	surface sow
Savory, Winter	6-12"	perennial				•	•			TP	65-70°	surface sow
Skullcap	1-2'	perennial		YES	part		•		•	TP	65-70°	stratify
Spilanthes	8-12"	annual					•		•	TP	70-85°	
Stevia	18-24"	annual			part	•				DS after frost / TP	70-85°	surface sow
St Johnswort	1-3'	perennial	YES	YES			•		•	DS spring or fall	65-70°	surface sow, stratify
Mexican Tarragon	16-20"	annual				•				TP	70-85°	
Thyme	10-12"	perennial				•	•			TP	60-65°	surface sow
Vervain	5-6'	perennial		YES			•		•	TP	65-70°	surface sow, stratify
Wild Lettuce	4-6'	annual	YES			•	•		•	DS spring or fall	60-65°	
Woodruff	6-8"	perennial			full shade		•		•	DS spring / TP	60-65°	stratify
Yarrow	1-2'	perennial					•		•	DS spring or fall	70-85°	surface sow