

ORANGE BALM



Similar to lemon balm, orange balm is a hardy herb, with a slightly more trailing habit. The leaves have an intense orange scent and flavour, and make an excellent herbal tea. They're great added to a salad too. It grows well in most soils, but it can be a vigorous plant, so you might want to grow it in a large pot, or use it as a ground-cover plant.

LIME BALM



Lime balm grows similarly to lemon balm, and is quite vigorous. It likes full or partial sun position, and a free-draining soil. Although originally from the Mediterranean region, it is fully hardy. The leaves have a strong lime scent and flavour, and are great for making herbal teas, or adding a zingy twist to your salad. As with other balms, when it flowers, the plant will be a bee-magnet.

GINGER



Common edible ginger is easy to grow. It needs a good quality soil, in a free-draining, sheltered location. It can tolerate partial shade, but doesn't cope well in a windy spot.

It typically takes around 8 months to reach harvest size, or you can allow it to go dormant over winter and then grow much bigger (upto 4ft tall) the following year. It must be protected from frost, including the roots.

WHITE COMFREY



As with common comfrey, this rare white variety is a hardy perennial. The leaves are softer and hairy, and the plant tends to form clumps and not take over the garden. It likes a woodland-type growing location, and will grow to around 70cm tall. White comfrey isn't as potent as common comfrey from a herbalist perspective, so is best treated as an ornamental.