

## Drought Tolerant Plants For An Impressive Culinary Herb Garden

With the state facing one of its driest documented years, many Californians are demonstrating a growing interest in water conservation and drought tolerant plants. For a garden that is both eco-friendly and highly functional, consider a drought tolerant herb garden.

The plants listed below require very little maintenance, water or space but can be used for a variety of dishes and have several [medicinal uses](#).

### 1. Borage

This is a fun statement piece for any herb garden. Borage has delicious tiny blue edible flowers that taste like cucumber. The leaves can be trimmed when young and mixed into salads. Borage is an annual that thrives in dry conditions and reseeds easily.

### 2. Calendula

For an herb garden that needs a burst of color, add shades of orange and yellow with Calendula, also known as a Marigold. This flower is tolerant of both high and low temperatures. Calendula makes a wonderful tea and adds flair to many Mediterranean and Middle Eastern dishes.

### 3. Dandelion

Think twice before you rid your lawn of dandelions this season. This hardy and delicious edible flower is an early supplier of nectar for pollinators when every other flower has wilted away from drought. Dandelions prefer full sun, but can grow in any light and are essentially problem free. Blanch the leaves to reduce bitterness, then mix with into salad as a spinach substitute. Chop and dry the roots for a detoxifying tea.

### 4. Fennel

Fennel is a sturdy bulb with dainty yellow flowers and sprawling greens. The leaves have a distinct licorice flavor, which can be used to make tea, satiate hunger and freshen breath. Fennel grows best in full sun and can be added to dishes from fish recipes to soups and stews.

### 5. Garlic

Garlic is one of the most versatile plants you can add to your garden. Aside from its innumerable culinary uses, garlic is a fantastic companion plant and has several medicinal uses. Garlic is a natural antibiotic, anti-fungal, anti-viral, anti-bacterial herb and it reduces high cholesterol and high blood pressure.

### 6. Oregano

When grown wild, oregano has more antioxidants than blueberries and can even kill bacteria such as staph. Oregano is perennial and can grow in most soils as long as they are well drained. Harvesting frequently keeps this herb bushy and its taste intensifies when dried.

### 7. Rosemary

This Mediterranean herb is perfect for a water wise garden. This woody plant can reach up to 5 feet high when left to grow. For a structured look, rosemary can be trimmed into a hedge or topiary. To avoid root rot, provide this herb with good

drainage and plant in a spot where it will be protected from harsh winter winds. Rosemary has many culinary uses; it is a great addition to breads, marinades and sauces.

#### 8. Sage

This tall, abundant herb will fill any empty spaces in the backdrop of your garden. Refrain from trimming sage in its first year and choose from several varieties and colors such as white and purple. Bees love sage flowers so this is a good plant to place between any vegetable plants to make sure they get pollinated. Sage pairs well with fatty meat dishes, making them easier to digest. Sage also compliments hearty vegetable dishes.