



# 2019 Herbs



## Brewing Herbal Teas

There's a knack to brewing the perfect cup of herbal tea that tastes, smells, and looks inviting and has the strength to heal or refresh without calling to mind a dose of medicine.

Packaged China teas (*Thea sinensis*) with clearly spelled-out directions don't pose much of a problem. But because herbal teas are brewed from petals, roots, seeds, flowers, or leaves - alone or in combination - they require more know-how. Once you master a few simple methods, it's easy to brew a perfect cup of herbal tea.

### BREWING HERBAL TEA

The first thing you need is patience. If you don't allow ample time for brewing, you'll end up with faintly flavored hot water. Second, you'll need to make use of your sense of taste. Unlike *Thea sinensis* teas, herbal teas do not darken as they become stronger, but usually remain light green or amber. The herbal tea connoisseur gauges the strength or weakness of the tea by taste rather than sight. Third, you must have the proper brewing utensils. Basically, this means a pot for boiling water, a teapot, a teacup, an infuser for immersing the tea in the water, a strainer, and a mortar and pestle or grinder, to crush roots and seeds just before brewing them.

An infuser is a device that holds the tea ingredients, keeping them contained while boiling water is poured over them, so they do not overflow into the teacup. If you prefer, you can place loose ingredients in the teapot, add boiling water, and pour the infusion through a strainer to keep tea ingredients out of each cup. Depending on the type of herbal tea you're brewing, you'll use one of two methods - infusion or decoction. For either method, brew the tea in a covered container; open containers allow nutrients and taste-producing volatile oils to escape.

### BREWING BY INFUSION

Most teas made from leaves, petals, and flowers are prepared by infusion. Infusion allows the oils in these parts of the herb to be released gently; if the herbs were boiled, the oils would evaporate.

### BREWING BY DECOCTION

The decoction method is used mainly for teas made from seeds, roots, and bark whose active ingredients are more difficult to release. Herbal teas prepared by decoction generally tend to stay fresher than do teas prepared by infusion.

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**HOURS:**  
**March-April, June-Dec:** Mon-Sat 9am-7pm, Sun 11am-4pm  
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**January-February:** Mon-Sat 9am-6pm, Sun 11am-4pm

PLANT NAME	TYPE	HEIGHT	USES AND COMMENTS
Artemisia Sweet Annie	annual	5'	Stems are fantastic dried for arrangements; strong pungent scent. Ornamental use only.
Arugula	annual	12"	Tender smooth leaves with robust, peppery flavor. Cook mature leaves with other greens. Grows best in cool weather. Can also be grown as a fall crop.
Balm, Lemon	perennial	18-24"	Aromatic. Finely chop fresh leaves into salads, white sauce for fish, mayonnaise, poultry, pork, jellies, custards, fruit drinks and wine. Add to blended vinegars, especially tarragon. An infusion of lemon balm is said to relieve headaches and tension and to restore memory.
Basil, African Blue	annual	12-24"	Very showy plant. Use the edible flower stems as a soup or salad garnish... float them in a glass of iced tea... or sprinkle the buds over roasted potatoes.
Basil, Dolce Fresca	annual	10-24"	AAS winner 2015. Genovese type.
Basil, Eleonora	annual	18"	3" cupped leaves. Slightly spicier than traditional Basil. Less susceptible to mildew.
Basil, Gecofure	annual	12-14"	Genovese Compact Fusarium Resistant. Great disease resistant and uniformity. Excellent for fresh or frozen use; great for making pesto.
Basil, Mrs. Burn's Lemon	annual	24-30"	Distinctive, pink-flowered basil; light green leaves, and an intense lemon flavor and aroma.
Basil, Nufar	annual	12-16"	1st disease resistant Basil. It will provide months of large, flavorful leaves for cooking. Pick the leaves and use fresh or dried in tomato dishes, pasta sauces, vegetables and soups.
Basil, Pesto Party	annual	18-24"	Late flowering Basil, letting you enjoy fresh leaves through the season. Sweet Italian flavor. Late to bolt. Mildew resistant.
Basil, Red Rosie	annual	18-24"	Mild, aromatic flavor is ideal for salads, sauces, garnishes.
Basil, Siam Queen	annual	12"	Has a distinct but subtle licorice flavor which is perfect for stir fries and soups.
Basil, Spicy Globe	annual	6-12"	Low, wide mounds of leaves. Great in Italian and Asian cuisine.
Basil, Sweet	annual	12-18"	Used fresh in cooked recipes. Add at the last moment, as cooking quickly destroys the flavor. Great for pesto, in cheese spreads, in salads and on sandwiches. Most popular.
Basil, Sweet Genovese	annual	24-30"	Taste has hints of mint and clove, while being peppery and spicy. Great for pesto.
Bay Laurel	annual	10 feet	Great flavor for culinary dishes including Italian pasta sauces, stocks, soups and marinades. Also makes a great house plant or topiary. Add bay oil to make a soothing bath; add leaves to flour to deter pests. Grows up to 5' tall in a pot, 10' as a tree. Likes sun.
Borage	annual	24-36"	Cucumber flavored leaves for flavoring drinks. Blue star shaped flowers.
Catmint (Nepeta)	perennial	1-3'	Sun, part shade; showy flower spikes. Cats love this plant!
Catnip	perennial	24-36"	Cats love this plant! Grows in sun or part shade with white flower spikes. Candied catnip can be used as an after dinner mint; leaves good in salads. Can be used as a mosquito and fly repellent. Will re-seed.
Celery Leaf	annual	12-18"	Very aromatic leaves; add to salads, soup, stews.
Chamomile, German	annual	9"	Daisy-like flowers with a fresh apple scent. Makes a wonderful addition to potpourri and dried flower arrangements. Great for tea or steep it in water for 15 minutes and pour into water for a wonderfully soothing bath.
Chives, Garlic	perennial	18"	Garlicky flavor enhances slow cooked sauces, stews, soups, stuffing; add flavor to stir-fries.

PLANT NAME	TYPE	HEIGHT	USES AND COMMENTS
Chives, Medium	perennial	10"	Flowers dry well. Stems do not dry well - keep fresh to keep flavor. Seal bunches of chives in a plastic bag and keep in the fridge for up to 7 days. Chopped chives can be frozen in ice cube trays. Flavor enhances slow cooked sauces, stews, soups and stuffing.
Comfrey	perennial	3'	Wonderful addition to the bath to soothe and comfort.
Cilantro/Coriander	annual	10"	Blooms July to September. The leaves, fruits and roots can be used in culinary dishes. Leaves have a bold taste that combines a strong sage flavor with sharp citrus notes. Very aromatic - mix into potpourri for a lemony scent.
Curry, Dwarf	annual	10"	Moth repellent; good silver color; sun. Used in Thai cooking.
Curry, Regular	annual	18-24"	Ornamental; strongly scented foliage. Used in Thai cooking.
Dill	annual	30-36"	Feathery leaves are great used fresh in salads and as garnishes. Excellent when used in soups, sauces, spreads and fish recipes. Flower heads dry nicely for craft projects. In companion planting, dill can enhance the growth of cabbage, onions and lettuce.
Dill, Dukat	annual	18-24"	Abundant foliage forms before seed heads. Use fresh or dried.
Dill, Fernleaf	annual	18"	Excellent flavor; use seed heads to make dill pickles and foliage in pickles, with fish, salmon, lamb, pork, poultry, cheese, cream, eggs, vegetables, apples, soups, stews and spreads.
Eucalyptus, Silver Dollar	semi - perennial	6'	Plant in rich soil in sunny location. Silvery blue-gray leaves are very aromatic and are great used in potpourri. The oil is used in air fresheners, deodorants and insecticides. Stems dry well for everlasting flower arrangements.
Fennel, Bronze	perennial	21/2'	This plant attracts beneficial insects. The leaves are great with fish and can be used to stuff the cavity of a whole fish or to wrap fillets.
Fennel, Sweet	semi - perennial	2-3'	Has a taste of Anise, but softer and nuttier. Leaves, stems and seeds can be used.
Garlic, (Allium Sativum)	annual	12-24"	Taste is vibrant and "oniony". The cloves of this bulb are important in most of the world's cuisine and add dimension to all foods except desserts. Flower heads can be dried and used in herb and flower arrangements. Garlic can help keep aphids off of roses, cabbage, eggplant, tomatoes and fruit trees. A garlic spray can keep deer away from tender saplings.
Germander	perennial	24"	This herb is used as an ornamental plant and can be trained to grow into a hedge.
Horseradish	perennial	18"	The long, white, tapering root produces a 2-3' high stem in the second year. It is best known for the sharp, mustardy taste of the condiment prepared from its root. It can be added to tossed salads. Plant near potatoes to make them more disease resistant.
Hyssop, Anise	perennial	2'	Licorice seeds used in candies. Use leaves to sweeten teas, flavor sugars, add to quick-breads, muffins, fruit salads, honey and in ice cream making.
<b>LAVENDER</b> - The perfumy flowers and leaves are used in flavored vinegars, jellies, cookies and sparingly in salads. Sachets full of dried lavender are popular for perfuming drawers and closets. Potpourris frequently include this herb. Place oil of lavender on a cotton ball and hang it to freshen a room and keep moths away. Dried flowers and foliage can be used in dried arrangements.			
Lavender, Buchii	tender perennial	12-16"	Feathery grey, very showy; blooms all summer.
Lavender, French	tender perennial	12-18"	Great fragrance; use in potpourri, dried for crafts.

PLANT NAME	TYPE	HEIGHT	USES AND COMMENTS
Lavender, Fringed	tender perennial	24"	Fragrant flowers and leaves, beautiful in herb gardens and excellent in containers. Attracts butterflies. Dried flowers and leaves are prized for potpourri, scented oils and crafts.
Lavender, Goodwin Creek	tender perennial	36"	Dense, compact gray foliage with spikes of dark lavender flowers in summer. Great in perennial borders or rock gardens. Deadhead to promote continuous bloom.
Lavender, Grosso	perennial	4'	Mid summer bloom, very fragrant; resistant to heat/drought. Great for potpourri and sachets.
Lavender, Sachet	perennial	28-30"	Best choice for potpourri and sachets. Blooms June -August or September.
Lavender, Silver Dwarf	tender perennial	12"	Deep lavender blue flowers; used for perfumes, potpourri and sachets. Deer resistant, attracts butterflies, drought tolerant.
Lemon Grass	tender perennial	5'	With its lemony scent and hint of rose aroma, lemongrass is an essential ingredient in Thai and Indonesian cooking.
Licorice, Dwarf	perennial	12"	Excellent hanging plant. Great in containers, beds, borders, slopes, groundcover. Attractive foliage, drought tolerant, deer resistant, easy to grow. Not edible.
Lovage	perennial	3'	Tastes like celery. Leaves can be used fresh in salads, fresh or dried in soups, stews and sauces. Stems can be cooked, pureed, candied or used like celery stalks.
Marigold, Red Gem	annual	12"	Citrus scented. Use petals in egg dishes, mayonnaise salads, breads and muffins.
Marigold, Yellow Gem	annual	12"	Citrus scented. Use petals in egg dishes, mayonnaise salads, breads and muffins.
Marjoram, (Regular or Sweet)	annual	12"	Tastes like a mild oregano with a hint of balsam. Leaves and flowers can be used fresh or dried in recipes; fresh sprigs can be added to salads. Dried stems are a great addition to dried arrangements and herb wreaths.
Marjoram, Golden	tender perennial	3-4"	Tough and attractive ground cover and lawn substitute. Ornamental
<b>MINT</b> - Mints have cleansing properties and the ancient Greeks added the herb to their baths. Externally mint is cooling and increases the blood flow to where it is applied. Also relieves itching and inflammation. Mints can be extremely invasive. Mint can be contained in the open garden if planted in a pot at slightly above soil level. Harvest non flowering shoots for tea and culinary use. Add dried leaves to scent potpourri and to flavor vinegar. Can be grown in part shade.			
Mint, Apple	perennial	12"	Bruise the leaves and put them in a pitcher of ice water for a refreshing treat. Fresh or dried leaves can be used to make a delicious Apple Mint Jelly. Nice for a garnish.
Mint, Basil	perennial	12-24"	Basil scented leaves with the growth habit of a mint plant.
Mint, Best Spearmint	perennial	12-24"	Aromatic, sweet and strong. The best choice for tea.
Mint, Chocolate	perennial	36"	Very strong mint - great dried and added to black tea or used by itself. Smells like a peppermint patty. Add fresh leaves to strawberries for a special treat! Easy to grow.
Mint, Curly Crispa	perennial	12-24"	Make a great garnish for any summer drink; attracts butterflies. Pretty, curly leaves.
Mint, Kentucky Colonel	perennial	24"	Use in Mint Julep and teas; likes moist soil in part shade. Attracts butterflies.
Mint, Mojito	perennial	24"	Culinary herb native to Cuba with a distinct and unique taste. Great in beverages as well as on meat and confections.
Mint, Mountain	perennial	24"	Can be rubbed on the skin to repel mosquitoes. Does not spread by underground runners. Attracts bees and butterflies.

PLANT NAME	TYPE	HEIGHT	USES AND COMMENTS
Mint, Orange	perennial	12-18"	High in Vitamin A and C, use fresh leaves in salads, desserts, garnishes and mint sauce for lamb or fish. Try making orange mint jelly and orange mint vinegar!
Mint, Peppermint	perennial	12-24"	Strongly scented; spiky flowers; holds flavor when dried. Use in teas, candy, as a garnish.
Mint, Pineapple Variegated	perennial	10-24"	Easy to grow, very attractive green and cream leaves with a light pineapple fragrance.
Myrtle, Sweet Green	tender perennial	12-15"	Fragrant plant with edible flowers. Use to flavor meat. Good for bonsai.
Myrtle, Sweet Variegated	tender perennial	12-15"	Variegated green and white leaves with a semi-weeping habit; aromatic leaves and showy white flowers; scented leaves used to flavor meat; good for bonsai.
Nasturtium	annual	7-15"	Leaves and flowers give a peppery punch in salads and pasta dishes, and the flowers add a hint of color and flavor. Young, green nasturtium seeds are edible. High in Vitamin C.
Oregano, Greek	perennial	12-24"	Very strong pungent flavor. Use in tomato sauces, with meats, fish, cheese, egg dishes, salads, cheeses, and with vegetables including tomatoes, zucchini, and green beans.
Oregano, Golden	perennial	8"	Bright green leaves with a golden look. Use in tomato dishes, rice, pasta, sauces, dressings, vinegars. Attracts bees and butterflies.
Oregano, Hot and Spicy	perennial	20"	Strong, spicy flavor. Great addition to Mexican recipes. Leaves can be used fresh or dried, with most chefs preferring the less bitter flavor of the dried herb.
Oregano, Italian	perennial	12-24"	Sweeter than other Oreganos. Spicy without being bitter. This flavorful herb is a key ingredient to Italian cuisine. Most popular.
Oregano, Showy (pink)	tender perennial	21/2'	Flowers are beautiful dried in arrangements. Beautiful ornamental plant.
Pak-Choi	annual	12"	Use in Chinese dishes such as Wonton soup and Chow Mein.
Pak-Choi Violetta	annual	12-18"	Superb disease and pest resistance; very nutritious. Crisp stalks with green leafy flavor. Excellent for stir-fry recipes, soups or noodle dishes.
Parsley, Forest Green	biennial		Curly leaf variety. Host plant for swallowtail butterflies.
Parsley, Plain	biennial	32"	Parsley is a popular flavoring in soups and salads, as garnish, breath freshener, digestive aid and as a vegetable. Can be used fresh or dried. Swallowtail butterfly host plant.
Patchouli	tender perennial	12-15"	Patchouli is used widely in perfume and scented products such as laundry detergents and air fresheners.
Pennyroyal	tender perennial	8"	Fast creeper. Can be used as a flea repellent. Should never be used for consumption.
<b>ROSEMARY</b> - In folklore, rosemary was believed to strengthen memory. Rich in aromatic oils, rosemary releases it's fragrance when walked upon or crushed. Rosemary is a must in every kitchen garden, veggie plot and herb garden. Rosemary makes an excellent potted plant, particularly in terra cotta for porch or patio.			
Rosemary, Arp	tender perennial	24-36"	Airy, bushy habit with gray, green lemony scented leaves. Flavoring for roasting meats and vegetables. Blue flowers are edible and make a nice addition to jams and sauces.
Rosemary, Barbecue	tender perennial	30-42"	Stems make good BBQ skewers. Great seasoning for meats and vegetables.
Rosemary, Collingwood Ingram	tender perennial	2'	Thick stems on a bushy plant. Flowers are a striking deep violet. Ornamental; semi-trailing.
Rosemary, Foresteri	tender perennial	2-4'	Drought resistant. Excellent for seasoning meat, eggs, fish and poultry.

PLANT NAME	TYPE	HEIGHT	USES AND COMMENTS
Rosemary, Goriza	tender perennial	5'	Light lavender blue flowers. Great in containers; drought tolerant. Use in chicken, pork, rice, tomato dishes, herb butters and potpourri. Repels moths. Deer resistant.
Rosemary, Salem	tender perennial	24-36"	Hardy as far north as Salem, Mass. Strong pine-like flavor and fragrance. Excellent foliage plant. Use in chicken, pork, lamb, rice, tomato dishes, herb butters and in sachets.
Rosemary, Tuscan Blue	tender perennial	48"	Profuse clear blue flowers, very aromatic. Use leaves in cooking, for potpourri and teas.
Rosemary, Victorian	tender perennial	2-3'	Evergreen, drought tolerant shrub. Silvery-green fragrant foliage and tiny pink flowers. Use in cookies for a wonderful sweet treat.
Rue	perennial	30"	Strong odor repels flies and fleas. Can be poisonous if ingested. Swallowtail host plant.
St. John's Wort	perennial	12-36"	Traditionally used as a tea, sometimes available in tea bags.
Sage, Berggarten	perennial	1-2'	Unique pungent flavor and aroma. Flowers attract butterflies. Use as a seasoning in meat dishes, soups, stuffing and sausage.
Sage, Garden	perennial	2-3'	Use pretty purple blossoms as a garnish in salads, butters and ice cubes. Use fresh or dried in stuffing and with pork, sausage, other meats and cheese.
Sage, Golden	perennial	18-36"	Green leaves with irregular gold edges. Lilac-blue flowers attract bees and butterflies. Leaves may be eaten fresh or dried in sausage, stuffing and butter for pasta.
Sage, Peruvian	tender perennial	16-30"	Apple green leaves, fuzzy on bottom; dark purple-black flowers. Plant has a wonderful black currant fragrance. Ornamental - unusual and fascinating in the garden.
Sage, Pineapple	tender perennial	48"	Red flowers, pineapple scented foliage.
Sage, Purple	perennial	18"	Seldom blooms which keeps maintenance down. Can be used in any culinary recipe.
Sage, Tricolor	perennial	2-3'	Gray leaves marbled with white, pink & purple; lavender-blue flower spikes. Aromatic foliage; use fresh or dried for cooking; makes a beautiful garnish. Attracts bees & butterflies.
Sage, White	perennial	4-5'	Used for incense and smudge sticks; attractive to hummingbirds.
Santolina, Green	perennial	2'	Flowers are tight, puffy yellow balls. Use for borders; attractive to bees, butterflies and birds. Strong menthol pine scent repels bugs in the garden. Deer resistant.
Santolina, Gray	perennial	12"	Bright yellow flowers in summer. Decorative edging plant. Not culinary.
Savory, Summer	annual	12"	Distinctive taste added to stuffings, pork and sausages. Fresh sprigs can be boiled with broad beans and peas; great as a garnish.
Savory, Winter	perennial	6-12"	Excellent companion plant for most other herbs - repels harmful insects while attracting bees and other pollinators. Stronger, sharper flavor than Summer Savory. Blends well with thyme, sage, rosemary and mint. Spicy, peppery flavor for pork, beef and poultry.
Sweet herb (Lippia)	perennial	6"	Intensely sweet leaves can be used as a sugar substitute. Excellent in hanging baskets.
Stevia	annual	12"	Natural sweetener - 200 times sweeter than sugar! Leaves can be dried, crushed or frozen in ice cubes.
Sweet Woodruff	perennial	8"	Dried leaves can be used as a moth repellent. Shade gardeners delight! Seldom bothered by pests or disease. Dried foliage has a sweet scent. It used to be used as the stuffing for winter mattresses - it has the scent of fresh cut hay & vanilla.

PLANT NAME	TYPE	HEIGHT	USES AND COMMENTS
Tansy	perennial	4'	When planted along potatoes, it helps to reduce beetle populations. Blooming tansy can help to repel mosquitoes. Should not be eaten.
Tarragon, French	tender perennial	3'	Good for herbal vinegar. Anise flavor; great for recipes using chicken, fish or eggs. Full to part sun.
<b>THYME</b> - Thyme was once burned in homes to get rid of insects. It was believed fairies lived in thyme so patches were set aside for them. Thyme is an excellent addition to soups, stews, casseroles and salads and aids in the digestion of fats. It thrives in poor, rocky, alkaline soils. The richer the soil, the less flavorful it will be.			
Thyme, Creeping Red	perennial	2-4"	One of the best low growing ground covers; can be walked on; use between stepping stones, walkways or at the base of rockery. Attracts butterflies, bees and birds.
Thyme, Elfin	perennial	3"	Mostly grown for it's fragrant foliage. Tiny solid mat of gray-green foliage is a perfect choice for lawn replacement. Versatile ground cover that will cover dry slopes, fill in between stepping stones or creep over a rock. Very drought tolerant once established.
Thyme, English	perennial	15"	Great with everything: veal, lamb, beef, poultry, fish, stuffing, stews, soups, sauces, stock, herb butters, beans, lentils, potatoes, tomatoes, cheese, onions, cucumbers, carrots, eggplant and more! Most popular thyme for cooking.
Thyme, French	perennial	15"	Pretty, low growing shrub. Adds something special to soups, stews and casseroles. It's flavor with a faint clove aftertaste blends particularly well with lemon and basil.
Thyme, Foxley	perennial	6-8"	Broad, variegated leaves. Use raw or steamed with soups, sauces, meat and stuffing.
Thyme, Golden Lemon	perennial	15"	Strong lemon scent; attracts bees. Use leaves in cooking, raw in salads and in herbal teas. Great in containers. Drought tolerant after established.
Thyme, Hi Ho Silver	perennial	8-10"	Beautiful, dramatic foliage color (green with silver-white edge). Delicious addition to the herb garden. Use it in beef, chicken, curry, lamb, lentils, rice and shellfish.
Thyme, Lemon	perennial	4-12"	Intense lemon scent and flavor. Can be used on chicken and fish or as a tea.
Thyme, Mother Of	perennial	2"	Used as an ornamental plant and an evergreen ground cover in gardens and pots. Scent similar to oregano and can be used in cooking, but not the best flavored thyme; full to part sun.
Thyme, PA Dutch Tea	perennial	3"	Leaves make a strong tea that mixes well with other herbs. May be used fresh or dried.
Thyme, Silver	perennial	5"	Leaves have white margins. Great for containers or for growing on windowsills and is very fragrant. Works well with parsley to season meats, stews and soups.
Thyme, Wooly	perennial	2"	Wooliest of all thymes. Very little fragrance, unsuitable for culinary use. Great for patios, walkways, rock gardens, stone walls and between pavers.
Thyme, Yellow Transparent	perennial	3-4"	Ground cover and culinary herb; thrives in dry soil. Spreading habit; great between stepping stones. Delicate lemon flavor.
Verbena, Lemon	tender perennial	6'	Strong lemon scent and flavor. Great addition to fish, poultry, vegetables, marinades, salad dressings, jams, puddings Greek yogurt, vegetables; great for making sorbet.
Watercress	biennial	6"	Moisture loving, likes sun, will spread. High in iron, calcium, folic acid, vitamins A & C. Most ancient green vegetable known to man.

## SCENTED GERANIUMS

VARIETY	SCENT	FLOWER	COMMENTS
Attar of Roses	rose	pink	Pink flowers; rose scented. Can be kept as a house plant. 24" tall.
Citrosa	citrus	lavender	Medium green, heart-shaped leaves. 36" tall; easy to grow. Insect repellent qualities.
Lady Plymouth	eucalyptus	lavender	Lavender-pink flowers; eucalyptus scent. Can be kept as a house plant. 12-18" tall
Orange Fizz	orange	pink	Pink flowers; orange scented. Can be kept as a house plant. 18" tall.

**SCENTED GERANIUMS OR PELARGONIUM** should be planted in a well drained, neutral to alkaline soil in full sun. They cannot tolerate temperatures below 45-59°F. Indoors, they need a sunny windowsill. They prefer to stay on the dry side. They are propagated by seed for a few, or cuttings taken in the spring or summer and should not be misted. Inside, watch for aphids, spider mites, or whitefly.