







HERBS

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|  | <p><u>BASIL –</u></p> <ul style="list-style-type: none">- A deliciously aromatic herb that grows to about 70cm.- The stem is soft and succulent and the leaves bright green.- Sweet clove-like flavor, pungent- Goes well with Chicken, eggs, fish, pasta, tomatoes, Italian and Mediterranean recipes.- Available: All Year |
|  | <p><u>BASIL / Purple –</u></p> <ul style="list-style-type: none">- More mildly flavored than sweet basil.- Dark Opal basil has dark purple, almost black, leaves with subtle notes of cinnamon, anise, mint, and clove. Use the leaves, torn or sliced, in salads or other uncooked summer dishes. |
|  | <p><u>BASIL / Thai –</u></p> <ul style="list-style-type: none">- Has a more assertive taste than many other sweet basil.- The herb has small leaves, purple stems and a subtle licorice or mint flavour.- Thai basil is used as a condiment in Thai and Vietnamese dishes. |
|  | <p><u>BAY LEAF –</u></p> <ul style="list-style-type: none">- Sweet bay or bay laurel is a Mediterranean tree.- The leaves are shiny, smooth and dark with a strong aromatic scent.- Add to stocks when poaching fish, or to marinades, casseroles, soups and stews.- It is often used to flavour milk for use in sauces or even custard.- Available: All Year |
|  | <p><u>CHERVIL –</u></p> <ul style="list-style-type: none">- A member of the parsley family and traditionally part of the 'fines herbs' mixture used in French cookery.- It has a delicate fern-like leaf with a mild aniseed flavour.- It is especially good in soups, egg and cheese dishes, or added for flavour to green salad. Use also as a garnishing leaf.- Available: All Year |
|  | <p><u>CHIVES –</u></p> <ul style="list-style-type: none">- A member of the onion family, chives have a mild onion flavour and long, spiky, green leaves.- Chopped chives can be added to omelettes, cheese dishes, stews, soups and salad dressings.- Very useful for garnishing dishes.- Available: All Year |



CHIVES / Garlic –

- Garlic chives are dark green flat chives with a garlic flavour and aroma.



CHIVES / Garlic Buds –

- Also known as Chinese chives, the flat leaves, and white flower buds, are good in salads, stir fries and with cream cheese, where they will impart a mild garlic flavour.
- An easy alternative to garlic



CORIANDER –

- Coriander has flat feathery leaves and is often confused with flat parsley.
- It has a strong, sage-citrus flavor
- The leaves are chopped and added to curries, stews, soups and marinades.
- Often it is added towards the end of cooking times and is also used for garnishing.
- Available: All Year



DILL –

- A delicate, feathery herb with a strong anise-parsley-celery flavour.
- it is especially good with fish if added to the marinade, cooking liquid or accompanying sauces.
- Also try adding to vegetables, cream or cottage cheese.



LEMONGRASS –

- Lemon grass is widely used as an herb in Asian cooking - especially Thai food
- It has a citrus flavour and can be dried and powdered, or used fresh.
- The bottom of the leaves is thick and fleshy and adds a tangy flavour to curries and stir-fries.
- The new leaves can be chopped and used to flavour chicken and seafood dishes in particular, or infused as a tea.



LEMON VERBENA –

- An intensely aromatic plant, the scent of lemon verbena has to be experienced to be believed.
- The rich citrus aroma is also paired with an intense citrus flavour, but without the bitterness of true lemons.
- It can be used in a wide range of dishes. The intense flavour can be used like lemons would be in sorbet, or it can be added to herbal rubs for roast and fish.
- It is also used to flavour alcohol, oils, and marinades.
- Makes a refreshing tea that is reported to be a mild sedative and useful in relieving indigestion and flatulence.



MARJORAM –

- Small, furry leaves and a similar flavour to oregano but is sweeter and milder.
- It can be added to most savoury dishes, especially Italian ones.
- Also good with marrow, potatoes and rice.
- Available: All Year



MINT –

- A versatile, sweet-flavored and aromatic herb.
- The most common type of mint used is Spearmint, named after its spear-shaped leaf.
- Mint is a really versatile herb used in a lot of countries
- The peppermint leaf is rarely used in cooking, but the oil is used for making sweets and medicinal flavourings.
- Available: All Year



SPEARMINT



PEPPERMINT



MINT / Vietnamese –

- It is long and narrow with pointed leaves that are green and crimson- brown in colour.
- It has a hot and spicy flavour, which combines well in salads and some shellfish dishes.
- Strongly pungent, with powerful citrus and pepper overtones.
- Also called laksa leaf. Is said to help lower cholesterol
- The attractive leaves are often used as a garnish.



OREGANO –

- A herb used in many Mediterranean cuisines - especially those of Italy and Greece.
- The flavour is similar to Marjoram but it has a stronger aromatic scent & more robust taste and the leaves are larger and darker.
- It will enhance many meat dishes and it is often added to salads, pizza and tomato based dishes.
- Available: All Year



PARSLEY / Continental –

- Also referred to as Flat Leaf Parsley.
- Slightly stronger flavour than Curly but can be used as a substitute.
- Used extensively in Italian cooking and salads.
- Available: All Year



PARSLEY / Curly –

- No introduction needed to this versatile herb.
- Use wherever and whenever you like.
- Great as a garnish
- A good antagonist to garlic, it is a necessity in garlic bread if you want to appear in public the following day.
- Available: All Year



ROSEMARY –

- Rosemary has a spicy, strong fragrance.
- It has small, narrow leaves, set densely on the branches.
- It is often used with lamb but it can be used with other meats, in Italian and vegetable dishes or added to marinades.
- Available: All Year



SAGE –

- A strong flavoured herb with narrow, pale grey-green leaves with a rough texture.
- Traditionally used with pork and in stuffings, it can also be used with any richly flavoured meat, and in cheese and tomato dishes.
- Use Sage sparingly as the musty taste can be overpowering.
- Available: All Year



SALSIFY –

- Salsify is a thin, parsnip like root vegetable with beige skin and white flesh.
- Fresh salsify only needs scraping or peeling (like carrots) and should then be placed in acidulated water to stop it discolouring.
- The root can also be micro-waved, boiled, steamed, creamed, or mashed and is highly nutritious, containing plenty of dietary fibre but no fats.



SORREL –

- Sorrel isn't actually an herb - although it's used as one.
- It has a sharp, lemon-like flavor.
- Ideal for soups, sauces or in salads as you would spinach.
- Available: All Year



TARRAGON –

- One of the classic 'fine herbs', there are two varieties of this herb - French and Russian.
- French is harder to grow but it has more flavour than the Russian.
- It has shiny, narrow leaves, with a distinct sweet anise taste and should be used sparingly.
- It is widely used in vinegars, soups, stuffings, sauces and salad dressings.
- Also good with roast meat, poultry dishes and fish.
- Available: All Year



THYME –

- Small dark green, bushy leaves.
- Indispensable to most stocks, sauces, stews and braisings. It should be used in a bouquet garni.
- It has a strong flavour, so use with care.
- Try combining with meat, fish, soups, stews and vegetables.
- Available: All Year



THYME / Lemon –

- A really versatile little herb.
- It has a strong lemon aroma and can be added to salad dressings, breads, white meat & seafood.
- Under-rated and often ignored, you don't need a recipe to enjoy using this one.
- Often 'softer' leaves than Thyme, so easier to use in omelettes, for example.



WATERCRESS –

- An attractive addition to any salad or as a sandwich filling.
- Said to promote appetite and clear the skin of blemishes.

MICRO HERBS



BASIL / Green –

- Exceptional flavour
- Uniform, attractive, pungent leaves.
- Extremely aromatic
- Great in pesto and with tomatoes, pasta, peas & zucchini.



BASIL / Purple –

- A little sweet.
- Uniform, attractive purple leaves and stems.
- Slightly less pungent than green basil
- Used to add beautiful aroma, flavour & colour to salads. Also for garnish.



BASIL / Thai –

- Attractive, uniform slightly pointed green leaves and light purple stems.
- Aromatic.
- Flavour is Anise / Liquorish
- Used in noodle dishes, soups & Thai curries.



CABBAGE / Red –

- Deep red / purple leaves and stems.
- Strong, brassica / cabbage taste.
- Used for garnish, colour & salad mix.



CELERY –

- Bright green leaves and stems.
- Strong celery flavour.
- Used for garnish & flavour



CHARD –

- Bright red / green contrasted leaves with red stems.
- Beetroot flavour.
- Used for garnish & salads.



CHIVES –

- Thin green stalks, seeds attached for added punch.
- Mild onion like flavour with a hint of garlic.
- Strong yet fragrant flavour.
- Great with dips, potatoes, & tomatoes also as garnish on omelettes.



CHERVIL –

- Green stems with white leaves.
- Aromatic anise flavour.
- Can be used with eggs & in dressing for potatoes & pasta or as a garnish.
- Also known as French parsley.



CORIANDER –

- Green leaves with light green stems.
- Intense and aromatic Coriander.
- Used in stews, marinades, Asian & Indian dishes.



DILL –

- Delicate grey / green fern like leaves with fine dark stems.
- Strong parsley-caraway like flavour.
- Works well with carrots, fish, cottage cheese, green beans, tomatoes & potatoes.



LEMON BALM –

- Lime green scented leaves with green stems.
- Strong fresh lemon flavour.
- Great substitute for mint. Goes well with fruit. Adds zest to sweet or tangy dishes
- Also used as a garnish.



MACHE (Lamb's Tongue) –

- Green velvety leaves.
- Sweet, slightly nutty flavour.
- Also known as Corn Salad.
- Used as a garnish or in salads.



MIZUNA –

- Bright green fern- like leaves.
- Peppery / mild mustard flavour.
- Used in salads, stir fry & clear soups.



MUSTARD CRESS –

- Green small leaves.
- Hot & spicy cress, similar to a wasabi taste.
- Used for spicy soups & as a garnish.



PARSLEY / Continental –

- Flat, dark green foliage with green stems.
- Strong parsley flavour.
- Great with potatoes & Tabouli & as a garnish.



RADISH / Red –

- Green & purple leaves with white stems.
- Spicy radish flavour.
- Used in broths & soups, as garnish & to add colour



RED GARNET –

- Brilliant red / pink stems & leaves.
- Mild beetroot-like flavour.
- Used as garnish or in salads.
- Also known as Amaranth.



RED MUSTARD –

- Red & green leaves
- Very light wasabi flavour



ROCQUETTE –

- Dark green leaves with white stems.
- Pungent strong peppery flavour.
- Used in salads.



SALAD BURNETT –

- Light green serrated leaves.
- Aromatic melon- like flavour.
- Used for colour & garnish. Add to salads, vinegars, herb butter & sauces.



SHIZO (Red) –

- Stunning mottled purple / red / green leaves & stems.
- Unique clove-like flavour.
- Used in Asian dishes, sushi, garnish & for colour. Works well with seafood & salads.



SORREL –

- Light green leaves.
- Typical sour sorrel.
- Goes great with fish.



WATERCRESS –

- Green leaves.
- Typical cress taste, pungent.
- Used for salads & garnish.