

WHF Herb Garden : herbs we grow and their common uses

The herb plants are now established and can be used. Never use more than half of the plant as it may not re-grow. NB: we also grow garlic.

HERB	USES	NOTES
Marjoram	Soups, pizza, pasta	Similar to oregano
Sage	Soups, sauces, stuffing	
Mint	Sauce, garnish, cold drinks	
Chives	Garnish, salads	Mild onion taste
Rosemary	Soups, sauces, in bread, with potatoes	
Chamomile	Mouthwash, shampoo	
Curry plant	Garnish, egg & cheese dishes	NOT used to make curry!
Thyme	Soups, sauces, stews, stuffing, tomato dishes	
Winter savory	Soups, sauces, savoury dishes	Can be used fresh during winter
Lavender	Scented bags (for wardrobes etc), flowers in salads, cold drinks, to flavour sugar for cakes etc	
Lemon balm	Salads, cold drinks, fruit salad, stuffing, marinades	
Bay	Sauces, soups, stews	Remove leaf after cooking. Do not consume.
Horse radish	Sauces, spreads	Use the root
French tarragon	Soups, vinaigrette, with potatoes, tomato & mushroom dishes	This herb is tender & grown in a pot as it overwinters in the polytunnel.
Parsley	Sauce, soups. Savoury & fish dishes	
NB: all the herbs can be used to make tisanes (teas), herb vinegar and herb flavoured oils.		

