



EDIBLE GARDEN IN SUMMER

HERBS 5 of THE BEST



Herbs can be easy to grow with plenty of sunshine and water and do extremely well in pots and containers like old wine barrels. You don't need a big garden to reap the benefits, they will grow well on balconies and in window boxes. Plant them if you can close to the kitchen so when you need some to add to a dish you can just pop out with a pair of scissors and snip them off.

They can be grown from seed but it's easy enough to pick up a selection of seedlings from the market. If you haven't a spot in the garden grab some pots or containers and fill them with good organic potting soil and compost. Once you've started growing herbs you'll wonder how you ever managed to live without them at your back door!

Here's a list of good ones to start with:

MINT Mint is a vigorous grower, to keep it from invading your garden it really is best kept under control in a nice big pot. It likes semi-shade and thrives on moisture and regular feeds. There are quite a few varieties to choose from each with it's own distinctive flavour. The common mint is a good one to start with. Every few months cut it right back to ground level to create more lush tender growth.

Mint goes well with potato salad, tabbouleh, rice paper rolls and mixed with yoghurt and cucumber.

basil At this time of year basil is a must! Basil loves sunshine and thrives in the summer months. It will die off as the season cools down from autumn to winter. It's a good idea to grow a few crops every summer. The leaves are tastiest when its young and tender. As soon as it starts to flower get another crop started and make pesto with the old crop. This means you get lots of lovely intense basil flavour from young vibrant plants. Pesto freezes well in small batches or ice-blocks.

Basil and tomatoes are the greatest combo! Try it in your pizza and pasta sauces. Skewer leaves on toothpicks with cherry tomatoes and bambini bocconcini or chunks of feta.

ROSEMARY Rosemary grows well in any Adelaide garden and is drought tolerant. It will thrive in a sunny position in a large pot or it can make a great hedge. It doesn't need much pampering and you'll soon have a lovely bush that responds well to clipping. So use it often!

Try marinating lamb in lemon, olive oil and freshly chopped rosemary. Throw some in a pan with a little olive oil next time you roast your potatoes. You can even use the long rosemary sticks to make skewers for kebabs. It's also great strewn over foccacia dough with rock salt before you pop it in the oven.

CHIVES Chives flourish in large pots in sun or semi-shade and can be planted as seedlings very successfully. New plants can be started by dividing clumps when the pot starts to get overcrowded.

Chopped chives make a great addition to salads, egg and cheese dishes, stuffed potatoes and soups. You can snip off a handful of stems and chop them into your dish with a pair of scissors. It's that easy!

PARSLEY There are two types of parsley; curly and flat-leaved. They share the same growth habits and like full sun to semi-shade. They are very useful and attractive plants to have in the garden. It's best grown as an annual so start a new lot when it runs to seed.

Parsley has a vibrant refreshing flavour that is wonderful in omelettes and scrambled egg, soups and stews, salads and relishes.