

The Herb Garden



Location

The herb garden is located above Lyon Court and can be accessed from the roof garden towards the Fitzpat or via FF staircase and exit on the first floor towards the Fitzpat and turn right.



Parsley

When cutting parsley, always remove the whole leaf, together with the leaf stalk, nipping it back to where it joins the clump. Avoid harvesting the oldest leaves as these tend to be tough.

Taste: Grassy, mild, slightly peppery (flat-leaf only)

Perfect For: Pasta dishes, eggs, fish and meat



Rosemary

Cutting rosemary for culinary use will prevent the plant from becoming woody. Use secateurs to trim 10cm – 15cm from each shoot, as required. Avoid cutting back into woody, leafless branches. Hang up bunches of rosemary to air dry, ready to use in winter.

This needle-y herb is often used in mashed potatoes or infused in oil. Make sure to strip the needles from the woody stems before chopping and adding to recipes.

Taste: Like pine, faintly lemony

Perfect For: Potatoes or poultry dishes



Purple Sage

Pinch off leaves or snip off small sprigs from the plant. Stop harvesting in the autumn so the plant can prepare for winter. Sage's flavor is best when fresh, but it can be stored frozen or dried. To dry, hang sprigs in a shady, well-ventilated area and allow them to air dry, waiting until the leaves crumble easily to store in tightly lidded jars.

Add to pasta sauces; use for meat or poultry stuffings; quickly fry in butter and use as a garnish for risotto or pumpkin dishes.



Coriander

Coriander has got a distinct flavor that you'll either love or hate. Pick the leaves off to harvest it.

Taste: Bright, and citrusy. Some say it can taste a little soapy.

Perfect For: Salsa, chutneys, guacamole, and Mexican dishes. Also is an essential ingredient for Thai curries.



Mint

The Mint is located at the far end of the herb garden. To harvest, pick off the leaves. Mint comes in many varieties, but the two most common are peppermint and spearmint. Spearmint is lighter, sweeter, and more palatable (this is the one we have in the herb garden), while peppermint has a stronger flavour. According to some, mint tea has been known to soothe hangovers!

Taste: Refreshing, cool

Perfect For: Mojitos, Mint tea (just wash the leaves and soak in boiling water - it helps if you chop or tear the leaves before doing this!)

Recipe idea: Try it in this [lentil tabbouleh](#).



Chives

Cut leaves as required with scissors, snipping close to the base of plants.

Taste: Light oniony flavor

Perfect For: Cutting down the heaviness of rich foods like cream sauces and risotto.



Thyme

Thyme is the first herb you can see on the side nearest Cripps Court. Harvest thyme just before the plant flowers by cutting off the top five to six inches of growth. Leave the tough, woody parts. Clean leaves should not be washed, because it removes some of the essential oils. Fresh thyme should be stored refrigerated and wrapped lightly in plastic (perhaps leftover packaging from other food items?!). It should last one to two weeks.

To dry thyme, hang the sprigs in a dark, well-ventilated, warm area. You can also just dry the leaves by placing them on a tray. Once dried, store them in an airtight container. Crush just before using. Under good conditions, herbs will retain maximum flavor for two years.

Fresh thyme can be used with or without its stem. However, if a recipe calls for a “sprig,” the stem should be left on. The leaves will fall off in cooking, and then the stem can be removed before serving.

Taste: earthy with lemony and minty tones.

Perfect for: most things! Especially eggs, tomatoes, meats, soups, beans, and potatoes.



Oregano

Use scissors or garden shears to remove stems from the plant. Cut back to just above a growth node or set of leaves. This will allow the plant to branch from the cut area. Rinse the stems lightly if they are dirty. Shake off the excess moisture if you intend to dry it.

Taste: Lemony, minty, peppery (depending on type)

Perfect For: Pasta dishes, as well as homemade dressings.

Recipe idea: Add fresh oregano to this [five-ingredient veggie-packed quinoa](#).



Sources (for more information!)

General How-to (info from <https://greatist.com/health/herb-guide#2>)

Picking info from <https://www.gardenersworld.com/how-to/grow-plants/how-to-pick-herbs/>
<https://www.almanac.com/plant/thyme> <https://www.bbcgoodfood.com/glossary/sage-glossary>
<https://www.gardeningknowhow.com/edible/herbs/oregano/drying-oregano.htm>