




























## Grow-your-own – plant list

Plant	Description	Growing Advice
<b>Herbs - generally need a sunny place – check conditions required</b>		
Basil 	Versatile annual Mediterranean herb with minty undertones. Lovely with tomato salad. Try Thai basil in a stir fry for something different.	Requires moist (not excessive), well drained soils and full sun. Depending on variety can grow to 60cm. Pinch out shoots to delay flowering and encourage bushy growth. Water at the base of the plant rather than from above preferably at a time of day when not in full sun.
Bay 	Evergreen shrub – use leaves in stews, soups, casseroles, sauces and stocks. This can become a large tree but if kept well pruned, will be an attractive, frost resistant feature in your wall.	Best planted in spring. Prune to ensure compact growth. Very hardy but can suffer from bay sucker and leaf spot.
Caraway 	Also known as Mediterranean fennel or Persian cumin. The seeds have a pungent anise-like flavour. Used to spice breads, desserts, casseroles and curry. Roots can be cooked as a root vegetable. Remedy for gas and improves appetite.	Sow in rich well drained soil in spring or in early autumn to overwinter. Grows well in full sun to a height of 60cm.
Chamomile 	Daisy-like flowers with yellow centres, apple smell when crushed. Makes a delicious tea, skin wash or shampoo. Attracts  	An easy to grow hardy annual. If growing from seed, sow outdoors from April-May. Will grow in any soil in full sun. Can grow to 50cm but can be trimmed. Water well during dry periods.
Chives (or Garlic Chives) 	A grass-like perennial with a delicate onion flavour (don't overcook). Has a beautiful mass of purple flowers in late spring (garlic chives are white). Both leaves and flowers can be eaten. Attracts  	Prefers fertile moist soil in full sun. Can grow to 45cm. Keep weeded and water well in dry weather. Divide clumps every 2-3 years.
Coriander (Cilantro) 	Aromatic annual, good in Asian and Indian dishes and salads. The leaves look similar to parsley. Leaves, stalks and seeds and flowers can be used in cooking. Our favourite herb, fresh or cooked!	Grow in light, well drained soil in semi-shaded position. Can grow to between 50-70cm is in flower. Leaves to be picked when 10-15cm tall.  Avoid planting with dill and fennel as they are likely to cross pollinate.

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<p>Curry Plant</p> 	<p>Very pungent aroma which, as the name suggests smells of curry. It is dense and has narrow, silvery-grey leaves and produces small, everlasting, bright yellow flowers in summer.</p>	<p>This plant prefers a sunny, sheltered position on well-drained soil.</p> <p>Regular pruning is necessary to maintain a compact plant.</p>
<p>Dill</p> 	<p>Has white or yellow flowers like cow parsley.</p> <p>With a taste of aniseed is best added at the end of cooking as the flavour can fade.</p> <p>Perfect accompaniment to fish.</p> <p>Attracts  </p>	<p>Prefers sheltered position in well drained soil and either full sun or partial shade.</p> <p>Can grow to 1m, so we recommend a dwarf variety such as Bouquet Dill.</p> <p> Avoid planting with fennel and coriander as they are likely to cross pollinate.</p>
<p>Lavender</p> 	<p>Choose a compact variety that has good grey leaves for winter interest when the annual herbs have died</p> <p>Scented plant. Flowers may be blue, violet or lilac. Can be used in tea, baking and deserts.</p> <p>Attracts  </p>	<p>Best grown from plants.</p> <p>Requires well drained soil.</p> <p>Water regularly during warmer months.</p> <p>Prune once a year either in late summer or early spring prior to new growth.</p>
<p>Lemongrass</p> 	<p>Looks like a spring onion, but is really a grass.</p> <p>Nice compact lemon-flavoured bulb for Asian dishes. Use whole or sliced.</p>	<p>Propagate rather than grow from seed which takes a very long time.</p> <p>Plant in well drained soil in full sun and water well.</p> <p>Requires protection from the cold.</p>
<p>Marjoram (sweet)</p> 	<p>Very similar to oregano with clouds of bee attracting pink flowers.</p> <p>Good with meats and tomato dishes.</p> <p>Attracts  </p>	<p>Best grown in poor to moderately fertile, well drained soil in full sun.</p> <p>Avoid growing in cold and wet conditions.</p> <p>Trim to keep compact and minimise self seeding.</p>
<p>Mint</p> 	<p>There are over 100 varieties of mint.</p> <p>Adds the finishing touch to new potatoes and tabouli.</p> <p>Pick throughout the growing season.</p> <p>Attracts  </p>	<p>Requires moist (not excessive), well drained soils and partial shade.</p> <p>Highly invasive. Ensure it is planted separately or it will take over.</p> <p> Avoid growing different varieties together as they will lose their individual flavours.</p>

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<p>Oregano (wild Marjoram)</p> 	<p>A variety of marjoram. It has purple bee attracting flowers in summer. A favourite on pizzas. Attracts  </p>	<p>Best grown in poor to moderately fertile, well drained soil in full sun. Note golden leaved varieties will grow in partial shade. Avoid growing in cold and wet conditions. Trim to keep compact and minimise self seeding.</p>
<p>Parsley (Flat Leaved/Curly)</p> 	<p>Is an annual and comes in a flat and curly leaved variety. There is also a variety grown as a root vegetable. Used as a garnish or to flavour savoury dishes. Attracts </p>	<p>Requires moist (not excessive), well drained soils and partial shade (summer crop), or full sun (winter crop). Weed regularly and remove flower heads.</p>
<p>Rosemary</p> 	<p>Fragrant, evergreen, needle-like leaves and white, pink, purple or blue flowers. Try a creeping variety. Enhances tomatoes. Used as decorative plant and has many culinary and medical uses. Attracts </p>	<p>Best grown in well drained soil and full sun. Can grow up to between 80cm-1m, so keep pruned to keep it under control.</p>
<p>Sage</p> 	<p>Perennial bush herb with fragrant aromatic leaves There are coloured versions available for added interest Traditionally used in stuffing. Attracts  </p>	<p>Grow in light, free draining neutral or alkaline soil and sun. Can get scruffy in winter, prune in spring and after flowering. Protect from winter weather in the first year.</p>
<p>Tarragon</p> 	<p>Aniseed like flavour adds piquancy to poultry, fish and salads. Ensure you use the French and not Russian variety, as the later is not suited to cooking. Dies down in winter and is slightly tender.</p>	<p>Best grown in well drained sandy soil, full sun and sheltered position. Protect in winter with straw, thick mulch or fleece. Grows from 80-90cm. Replace every 3-4 years to maintain best flavour.</p>
<p>Thyme (Common/Lemon)</p> 	<p>A nice compact plant that emits enticing smell if touched. One of the ingredients a part of bouquet garni. Used in meat, poultry and fish dishes as well as in stews and casseroles. Choose one of the variegated varieties for winter interest Attracts  </p>	<p>Grow in well drained stony alkaline soil. Prune hard after flowering to promote growth of new leaves. Snip small sprigs for immediate use, or cut larger quantities for drying or freezing.</p>