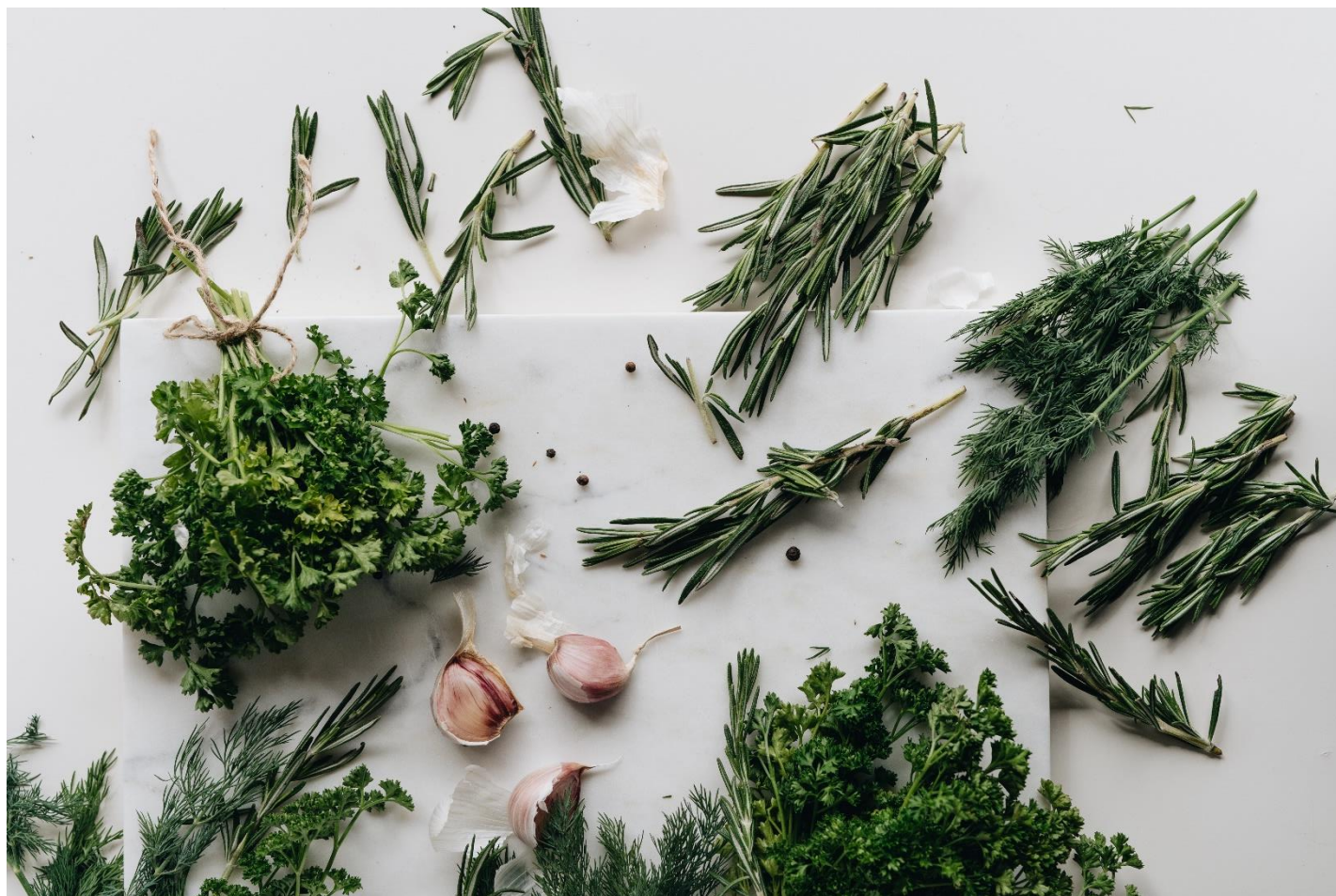


# THE HERBYLIST



GROWING, COOKING, PRESERVING AND USING  
EVERYDAY HERBS

ABUNDANT  
BORDERS



## THE HERBYLIST BAY



### Growing

- Perennial shrub, hardy to -7.
- Tolerant of most soil types.
- Grow in sunny sheltered spot.
- If in a container bring inside during winter, outside protect with fleece.
- Propagation from cuttings: Cut a 15 cm length from the end of a stem, strip all but the top couple leaves and pot in good growing medium
- Prune mature plants each Autumn by snipping the excess foliage away.

### Cooking

- Commonly used in 'bouquet garni' to flavour stews and soups
- Leaves have a pungent flavour when eaten fresh and a more subtle flavour when dry
- Leaves are best removed from the meal prior to serving or can be crumbled finely.

#### Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)

- Golden Vegetable Soup
- Leek and Potato Soup

### Preserving

**Best stored frozen:** Freeze leaves flat between sheets of greaseproof paper and then box when frozen

### Healing

- Bay leaves are a rich source of vitamin A, vitamin C, iron, potassium, calcium, and magnesium
- Useful in the treatment of migraines
- Contains enzymes that help to breakdown proteins which aid digestion

## THE HERBYLIST CHIVES



### Growing

- Perennial
- Tolerant of pretty much all conditions.
- Grows easily from seed, scatter on ground April, lightly cover.
- Split existing plants March or October and re-plant bulbs.
- Cut as much as you like, always leaving 5cm above ground for re-growth

### Cooking

- Have a mild onion flavour and can be chopped up and added to salads and a variety of potato dishes including mashed and baked potatoes.
- Chive flowers are also edible and purple flowers make a plate of salad look extra interesting!

#### Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)

- Potato Cakes
- Potato Bake

### Preserving

- **Freeze:** put freshly chopped leaves in ice cube tray. Top with water. Freeze
- **Vinegar:** Add chive flowers to white vinegar to produce a purple vinegar tasting mildly of chives

### Healing



## THE HERBYLIST MARJORAM



### Growing

- Annual Herb - unlikely to survive Scottish winter
- Grows best in full sun in a well-drained soil.  
Sow seeds late April, 2cm deep, 15cm.  
After about 2-3 weeks, thin seedlings to 30cm apart to give the plants room to grow to their full size

### Cooking

- Milder and more floral than Oregano
- Sprinkle chopped marjoram over your favourite pizza
- Add to meatballs or pasta sauce for a real Italian flavour.
- You can also sprinkle over a fresh salad
- Goes very well with cheese, egg and tomato dishes.

#### Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)

- Quick and Healthy Pizza
- Tasty Meat (or fish) Balls

### Preserving

You can keep fresh marjoram usable for up to a week simply by wrapping the sprigs in damp paper towels and leaving them in your refrigerator's salad drawer.

- **Dry:** Oven or air dry leaves
- **Air Dry:** At end of season, lift the whole plant and hang upside down to dry until leaves are crumbly
- **Freeze:** whole leaves flat between sheets of greaseproof then bag when frozen
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Vinegar:** add sprigs to cider vinegar

### Healing

Marjoram is an aromatic, tonic herb that benefits the digestive system  
(see also oregano)

## THE HERBYLIST MINT



### Growing

- Perennial
- Tolerant of most conditions but does best in the shade.
- Grows easily from seed.
- For cuttings, take a small piece of root and put it in a pot.
- Can be invasive so grow in a pot sunk in the herb bed.
- Cut back as hard and often as you like.

### Cooking

- Traditionally made into a mint sauce to be used as an accompaniment to roast lamb.
- Its leaves may also be used fresh and mixed into all sorts of vegetable, fish and meat dishes.
- Also used to flavour drinks, such as mint tea.

**Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)**

- Vegetable Lasagne
- Meat Balls

### Preserving

- **Dry:** air or oven
- **Freeze:** put freshly chopped leaves in ice cube tray. Top with water. Freeze
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Dried:** Mint tea
- **Infused:** Mint rum (mojito)
- **Mint sugar:** bruise the leaves and add 4 sprigs per cup sugar. Leave 2-3 days
- **Peppermint oil:** fill jar with bruised leaves. Cover with oil. Infuse 2-3 days. Strain, Bottle.

Also can be used to make an insect deterrent

- **Wasp Spray:** 100ml vinegar, 100ml water, 1 tspn oil

### Healing

- Mint is great for digestion



## THE HERBYLIST

### OREGANO (WILD MARJORAM)

#### Growing

- Annual Herb - unlikely to survive Scottish winter
- Grows best in full sun and well drained soil
- Sow seeds from late April, 2cm deep, 15cm apart.  
In 2-3 weeks, thin to 30cm apart to give the plants room to grow to their full size
- Harvest in July before flowers appear.
- You can harvest up to November if flowers removed regularly.

#### Cooking

- Is the best herb to use in pizzas. Freshly picked oregano even smells like a pizza!
- It can be used to flavour several other dishes, including spaghetti bolognese and chilli.
- Oregano works well with many tomato dishes and can be added fresh to salads.

**Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)**

- Quick and Healthy Pizza
- Vegetable Lasagne

#### Preserving

You can keep fresh oregano usable for up to a week simply by wrapping the sprigs in damp paper towels and leaving them in your refrigerator's salad drawer.

- **Dry:** Oven or air dry leaves
- **Freeze:** whole leaves flat between sheets of greaseproof then bag when frozen
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Vinegar:** add sprigs to cider vinegar
- **Espresso Pepper Salt**

Take 1/2 cup sea salt, 1 tblspn fresh oregano, 1 tspn black pepper, 1/4 tspn cayenne, 1 tblspn espresso and BLEND

Spread on greaseproof paper and dry overnight.

Jar and store

Use as a dry rub for meat

#### Healing

- The word origanum comes from Greek origanon, meaning 'bitter herb'.
- Neither marjoram nor oregano are now 'go to' plants for medicinal use, they, as with other member of the mint family are aromatic, tonic herbs that benefit the digestive system.
- In Crete a tea of oregano (dittany of Crete) is widely drunk, especially after meals to aid digestion.
- Extracts of oregano are used to flavour vermouth.
- It was also revered by the ancient people of the Mediterranean and used as an ingredient in poison antidote
- It also has a history of being used in childbirth.



## THE HERBYLIST PARSLEY



### Growing

- Parsley is a biennial so need to replace every two years
- Likes rich soil and plenty of moisture
- Seeds can be slow to germinate as needs quite high temperature
- Harvest leaves as often as you like, leaving enough for regrowth

### Cooking

- Not just for parsley sauce!
- It has a lovely fresh flavour and works well with a wide variety of dishes from fish to potato and egg-based recipes.
- Chewing a small sprig of fresh parsley is said to reduce the garlic flavour of your breath

#### Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)

- Potato Cakes
- Easy Fish Bake

### Preserving

- **Dry:** air or oven
- **Freeze:** put freshly chopped leaves in ice cube tray. Top with water. Freeze
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Butter:** incorporate freshly chopped leaves into butter – great for basting meats and vegetables
- **Ranch Dressing:**  
Combine 8 tspn dried parsley, 4 tspn onion flakes, 1 tbsp dried dill, 2 tsp garlic powder, 2 teaspoons salt, 2 tspn dried chives, 1/2 tspn black pepper  
Add to mayonnaise

### Healing

#### *Petroselinum crispum*

- Parsley was popular in Roman times, first mentioned around AD42
- Parsley is diuretic and traditionally used in treatment of water retention problems (heart and blood pressure)
- Also used for kidney and urinary conditions
- Has carminative properties (helps in relaxing stomach cramps, colic etc)
- Contains high levels of iron and vitamin C, making it a great combination for treating anaemia as vit C helps absorption of iron.



## THE HERBYLIST ROSEMARY



jcstudio/freepi

### Growing

- Perennial
- Prefers a light, sandy soil of medium to low fertility
- Will tolerate dry conditions.
- Difficult to grow from seed
- From cuttings: Take cuttings May-June.  
Take 7.5cm from young shoots, strip leaves from the lower half.  
Pot with a mixture of sharp sand and standard potting compost. Grow on out of direct sunlight.
- Prune Rosemary plants in Autumn

### Cooking

- Simply place a few sprigs of fresh rosemary on top of the meat before roasting for a wonderful Mediterranean taste.
- Lamb can be flavoured by inserting chopped rosemary into small holes pierced into its skin before cooking.

**Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)**

- Vegetable Lasagne
- Meat Balls

### Preserving

- **Dry:** air or oven
- **Freeze:** put freshly chopped leaves in ice cube tray. Top with water. Freeze
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Vinegar:** add sprigs to cider vinegar.
- **Butter:** incorporate freshly chopped leaves into butter – great for basting meats and vegetables
- **Honey:** infuse with dried leaves
- **Rosemary Syrup:**  
Combine 1 cup sugar, 1 cup water, 4 rosemary sprigs in a saucepan  
Bring to boil  
Cool, Strain, Bottle

### Healing

- *Rosemarinus officinalis*
- Relaxes spasms and stimulates liver and gall bladder
- Restorative and uplifting
- Used to treat migraines associated with nervous tension and nervous digestion problems
- It is warming and increases the circulation
- The oil or poultice of the leaves can be used to treat arthritic joints (especially if the joint feels cold)



## THE HERBYLIST SAGE



### Growing

- Perennial
- Tolerates most conditions if it has full sun. Enjoys dry conditions
- Takes a long time to grow from seed
- **From cuttings:** Cut off a young shoot approx 6 cms below the leaf crown Strip lower leaves, leaving three pairs of leaves. Pot in soil or compost
- To keep plants healthy, prune to half size after flowering. Mulch in Autumn to protect the roots

### Cooking

- Works well with other herbs in the kitchen such as thyme, rosemary and basil
- Commonly used in stuffing mixtures for chicken but can also be used with roast lamb or pork dishes
- Why not try adding a few leaves to your cheese on toast

#### Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)

- Mushroom Stew
- Mince and Tatties

### Preserving

- **Dry:** air or oven
- **Freeze:** put freshly chopped leaves in ice cube tray. Top with water. Freeze
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Vinegar:** add sprigs to cider vinegar.
- **Butter:** incorporate freshly chopped leaves into butter – great for basting meats and vegetables
- **Sage salt:** 1 teaspoon to ¼ cup of salt (to taste)
- **Sage bitters:** Combine fresh sage with aromatics eg ginger, bitters, citrus peel and add to vodka

### Healing

Sage is long regarded as a medicinal plant. The name comes from Latin *salvere*, meaning 'to be well' and has a reputation for promoting longevity. In classical times it was known as *S.salvatrix* – 'sage the saviour'.

- antiseptic and astringent, use as a mouthwash for gum health, mouth ulcers, sore throats and tonsillitis.
- Also has anti-catarh properties, making it a useful addition in any 'winter remedy'.
- Historically the smoke would be inhaled to treat asthma attacks (not recommended) as it has anti-spasmodic properties
- Was used in treatment for TB sufferers to stop night sweats and is used currently for this purpose in menopause
- Also included in menopause remedies for its hormonal action.



## THE HERBYLIST TARRAGON



Image from freepix

### Growing

- Needs a sunny, warm and sheltered position
- Does better in neutral to alkaline soils
- French tarragon needs a well-drained soil, and grows particularly well in light, sandy soil. If the soil is too rich or too wet it can become straggly
- Russian tarragon is more tolerant but doesn't like wet soil

Tarragon spreads by underground runners, like mint but not so vigorous. Growing it in a pot in a sunny position will prevent it from spreading.

### Cooking

- Often used in French cooking
- Has a distinctive aniseed flavour
- Particularly good with chicken
- Can also be used to flavour oils and vinegars
- Dried herb retains much of the flavour of fresh, so it is fine to use if you can't find fresh

#### Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)

- Chicken Noodle Broth
- Mushroom Stew

### Preserving

- **Dry:** air or oven
- **Freeze:** put freshly chopped leaves in ice cube tray. Top with water. Freeze
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Vinegar:** add sprigs to cider vinegar.
- **Butter:** incorporate freshly chopped leaves into butter – great for basting meats and vegetables

### Healing

- Used to treat digestion problems
- Used to treat poor appetite
- Used to help with water retention
- Used to ease toothache
- Said to promote a good night's sleep



## THE HERBYLIST THYME



### Growing

- Thyme is a perennial herb which prefers a well-drained light soil and a sunny, sheltered position.
- It grows slowly from seed with at least two years before the leaves can be harvested.  
For this reason, it is best propagated from existing plants
- Choose a healthy plant, at least 3 years old, and dig up early spring
- Gently tear the plant into 3 or 4 pieces containing both roots and foliage.
- Place each new plant back in the ground and water thoroughly

### Cooking

- Thyme works well with meaty dishes and is especially good as an ingredient in stews and stocks as it is one of those herbs that can stand long cooking times.
- In Mediterranean cooking, thyme is a popular seasoning for lamb dishes.
- In Italy it is often used with Sea Bass
- You can also sprinkle thyme leaves over a fresh salad

#### Recipe ideas from [abundantborders.org.uk/our-cooks-favourite-recipes](http://abundantborders.org.uk/our-cooks-favourite-recipes)

- Cottage Pie
- Mushroom Stew

### Preserving

You can keep fresh thyme usable for up to two weeks simply by wrapping the sprigs in damp paper towels and leaving them in your refrigerator's salad drawer.

- **Dry:** air or oven
- **Freeze:** put freshly chopped leaves in ice cube tray. Top with water. Freeze
- **Oil:** add freshly picked whole leaves to extra virgin olive oil
- **Vinegar:** add sprigs to cider vinegar.
- **Butter:** incorporate freshly chopped leaves into butter – great for basting meats and vegetables
- **Honey:** infuse with dried leaves

### Healing

There are many species of thyme, *Thymus vulgaris* is the commonly used medicinal one. It is strongly aromatic, antiseptic and antifungal; used for coughs, colds and sore throats, also as a mouthwash and usefu in a footbath for athletes foot.