

SWEET HERBS

From Baroness Lady Genievieve de' Charbonneau

Basil (standard, Genovese, sweet):

- ❖ Use with egg and cheese dishes, green salads, vinaigrettes, Chicken, tomatoes, vegetables and pasta. Makes a great pesto sauce for all year round.
- ❖ Availability: fresh and whole dried leaf
- ❖ Native of India and Europe, this is the leaf of the plant and has a sweet mild flavor.
- ❖ Garden notes: pre-taste which variety you like some are sweet and others a bit strong.

Chamomile (standard and Roman):

- ❖ Use in tea and salad
- ❖ Other uses: infusion (tea) to brighten the hair or as a sleep aid when combined with mint.
- ❖ Availability: fresh and whole dried leaf

Fennel:

- ❖ Use: in soups, fish dishes, sauces, pickles and bread.
- ❖ Availability: whole and ground
- ❖ Native to India and France, this is a shrub of the parsley family, with a pleasant licorice flavor.

Marigolds:

- ❖ Marigolds Tastes spicy to bitter depending on soil conditions and species
- ❖ Availability: fresh
- ❖ Uses: soups and salads. Made into an infusion with mint and chilled, makes an excellent face rinse for hot days.

Parsley:

- ❖ Use in eggs, meats, salads, cheeses and soups.
- ❖ Availability: whole, ground and in flakes.
- ❖ Native of Europe, this is a curly, tiny leafed herb that grows low to the ground. Its flavor is mild; slightly tangy.
- ❖ Garden note: Second year growth may get bitter and turn into a parsley tree

Pansies:

- ❖ Very mild to tart depending on soil conditions and species
- ❖ Use in salads, cheeses and soups and as decorations for cakes and cookies.
- ❖ Availability: whole, ground, dried, fresh or sugared

Roses:

- ❖ Tastes like: sweet, aromatic flavor, stronger fragrance produces a stronger flavor. Be sure to remove the bitter white portion of the petals.
- ❖ Uses: in just about everything, also used medicinally and for household
- ❖ Parts used: Rose petals and Rose hips
- ❖ Availability: whole fresh, dried or powdered. Be wary of using roses from florist in foods, these are often chemically treated to extend the flower life.
- ❖ Garden note: some of the more traditional established rose variety yields richer scented rose and hips with higher vitamin C content.

Rosemary:

- ❖ Use in eggs, meats, salads, cheeses and soups. Also used in potpourris incense and hair tonic.
- ❖ Availability: whole, ground, fresh dried and frozen
- ❖ Native of Europe, available in a surprising variety with tastes ranging from smoky to sweet
- ❖ Garden note: Well established rosemary branches can be cut, stripped and soaked in wine and used as skewers as an alternative for shish kabob skewers. The bark embosses the meat with the rosemary wine flavoring.

Saffron:

- ❖ Saffron is the slender, dried, reddish-brown, flattened stigma of a small crocus of the iris family. It has a characteristic aromatic odor and a peculiar, exotic, bitter taste.
- ❖ Often called 'The Golden Spice', saffron has a history rooted in antiquity. It has always held a very special place for its extraordinary medicinal and flavoring properties as well as for being a striking yellow dye. Ancient Romans strew saffron on the floors of public meeting places to scent the air. Indian saffron is cultivated on a large scale in the Jammu & Kashmir valley whose cool dry climate and rich soil with excellent drainage and organic content make the location an ideal thriving ground for this spice. The Arabs introduced this spice to Spain in the 8th C.E. The yield of saffron stigmas is quite small. It takes almost 100,000 hand-picked blooms to obtain just one Kilogram of dried saffron!
- ❖ This spice may be used in just about anything
- ❖ Availability: whole or powdered. If you purchase powdered saffron, be sure it is from a reputable source. It is a common practice to cut saffron with turmeric to cheat the unwary.

Sage:

- ❖ Use: in pork dishes, roasts, sausages, poultry and ground Beef.
- ❖ Other uses: Also good as a simple simmering potpourri or dried into ropes, keeps mosquitoes away when burned
- ❖ Availability type: leaf, rubbed and powdered form.
- ❖ Native to Yugoslavia, Italy, Greece and Spain. This is a shrub of the mint family, with a pleasant aromatic odor and a slightly bitter taste.
- ❖ Garden notes: if you have mild winters, this can quickly turn into a sage bush.

Savory (Summer and Winter):

- ❖ Use with all meats, vinaigrettes, salads and vegetables soups.
- ❖ Availability: whole, ground
- ❖ Native of France and Spain, this is a member of the mint family with pungent flavor.

Tarragon (French and curly):

- ❖ Use in fish sauces, egg and cheese dishes, green salads, vinaigrettes, Chicken, tomatoes and vegetables.
- ❖ Availability: whole and ground
- ❖ Native of France and the United States, this is the leaf and flower top of the plant and its pungent flavor is similar to licorice.

Thyme (Lemon thyme, mother of thyme, wooly thyme, lavender thyme):

- ❖ Use in fish chowders, stuffing's, all meats, vinaigrettes, and vegetables soups.
- ❖ Other uses: This is also good for a simmering potpourri.
- ❖ Availability: whole and ground.
- ❖ Native of France and Spain, this is a member of the mint family with short brown leaves and a pungent flavor.
- ❖ Garden note: some thyme are low growers, while others need their space.

Garden Note:

Medieval Herb gardens often included herbs as well flowers and fruits.

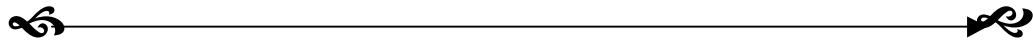
Kitchen and hearth include Winter Savory, Leek, Cardamon, Chive, Small - Leaved Basil, and Sage.

Vegetable and Salad Plants, included Caraway, Black Mustard, Fennel, Common Tansy, Clary Sage, Horseradish, Skirret, Garden Sorrel, French Sorrel, Sea Holly, Borage, and Parsley.

Household herbs included Scotch Broom, Absinthe, Cotton Thistle, Thistle, Hop, Soapwort, Common Mullein, Southernwood, Fuller's Teasel, and Juniper and Sea Holly.

Medicinals often included St. John's Wort, Hollyhock, Birthwort, MarshMallow, Meadow Clary, Licorice, Common Valerian, Mallow, Comfrey, Feverfew, Chamomile, Foxglove and Solomon Seal.

Aromatic Plants included of Lavender, Orris (Iris), Meadowsweet, Vervain , Costmary, and Lemon Balm.



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