



GROW, COOK + PRESERVE  
YOUR OWN HERBS

herbs





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Hello.  
I'm Bec

I am the urban hillbilly behind Growing Home. For almost 10 years I have been growing my own food, raising chickens + bees, cooking from the garden, and preserving the harvest.

I love growing, cooking and preserving herbs! They can make such a difference to your meals... let me show you how!





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*recipes*

# getting started



start where  
you are,  
use what you  
have...

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# GETTING STARTED

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Herbs are the easiest plants to grow and are a great way for beginner green thumbs to start their edible garden. To help us get started and understand herbs, let's think about them in two categories, soft and hard herbs.

Soft herbs like parsley, coriander, basil, dill and chives have fleshy lush leaves and more tender stems. They grow from seed and often require more water and organic feed. Most are grown as annuals. Plant them every year, enjoy them before the hot dry weather makes them bolt, and the cooler weather makes them die down (or die!)

Hard herbs like sage, rosemary, thyme, oregano and mint, have tougher stems and are hardy perennials, mostly better started from seedlings, cuttings or root divisions. It can be slow or difficult to germinate them from seed. They can often handle drier, harsher conditions (though mint likes water). Ask a friend or neighbour for a cutting or just buy a pot from the nursery or farmers markets!

Some types of herb have several varieties, which may have subtle growing or flavour differences (like parsley), others have more distinction between varieties (like basil). Some may suit your climate, garden or cooking better than others. You may want to do more research into specific varieties, or just get started with whatever common herbs are available locally.

You can grow them in a range of ways that suit your situation, such as a hedge, herb spiral, a green wall in your kitchen, or in pots on your patio. Along with a culinary purpose, herbs can also be used as attractive or functional elements in the garden.

Cooking with herbs, fresh or dried, adds flavour and depth to your meals. You can use them in a meal base, curry paste or marinade, add to a dish when cooking, use as a condiment or garnish. Soft herbs can be eaten raw or cooked. Woody herbs are better finely chopped before cooking, or cooked 'whole' but removed from the dish before eating.

If you grow an abundance of herbs, there are some great ways to preserve them too. Whether by drying, freezing, infusing in vinegars or herb salts, you can make the most of what you've grown (or bought). They can also be used to enhance your preserves too, like Dill Pickles or Herb + Garlic Passata.

So, which herbs should I grow? Oh, there are so many wonderful herbs, but let's focus on the my top ten easy to grow and commonly used culinary herbs... sage, rosemary, thyme, oregano, mint, parsley, coriander, basil, dill and chives.

Start with 3 or 4 of these essentials. Think about what herbs you cook with, refer to the [Herb Profiles](#) in the appendix, and research their varieties to decide what to grow.

Herbs can become your best friends in the garden and kitchen, so let's get to it.

## GETTING STARTED

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# COMMON CULINARY HERBS

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Can 'bolt'  
in dry, hot  
conditions

Need  
regular  
watering +  
feeding

More  
tolerant of  
partial  
shade


## *soft herbs*

Parsley  
Coriander  
Basil  
Dill  
Chives

Grow from  
seed or  
seedling

Add at start  
of cooking  
for depth + at  
the end for  
freshness

Eat raw or  
cooked,  
eat stems

An infographic on a dark background featuring various fresh herbs like rosemary, oregano, sage, and mint. The central focus is a large white circle containing the title 'hard herbs' and a list of herb names. Surrounding this are several smaller white circles, each containing a specific care or usage tip for these herbs. The herbs are arranged artistically around the text elements.

Remove leaves from stems

Handle drier conditions (including pots)

Prefer to grow in full sun

## hard herbs


Sage  
Rosemary  
Thyme  
Oregano  
Mint


Grow from seedling, cutting or division


Will bounce back in Spring

Add at start of cooking for depth, may be used as a garnish

Best used in cooking (not raw)

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# grow



from little  
things big  
things grow

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# GROW GLOSSARY

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Here are some terms we will be referring to regarding growing herbs:

## **BOLT/ GO TO SEED**

This means the plant will start to form flower, then seed, and often the leafy part becomes thin and straggly, sometimes bitter.

You can often delay a herb from bolting by pinching out/ removing the flower heads before they form. Or if you want to collect the seed, you may choose to let your herb 'bolt'.

## **SELF SEED**

Once seed has formed, if the plant is left in place and the seed head are left on the plant, the dry seed falls on the soil and can germinate to grow a new plant. This can mean you will find herbs popping up all over your garden, which can be a benefit.

If you do not want this to happen, but sure to remove the flower heads before the seed pods dry and open.

## **FROST TOLERANCE**

How sensitive a plant is to temperatures falling below freezing, when ice crystals may form on the plants and damage 'frost sensitive' herbs, or kill the plant.

## ANNUAL HERBS

These plants complete their life cycle, from germination to the production of seeds, within one year, and then die. They need to be replanted every year. You may also use succession, or staggered planting to ensure harvests throughout the season.

## BIENNIAL HERBS

These take two years to complete their life cycle. In the first year, the plant grows leaves, stems, and roots, then it enters a period of dormancy over the colder months.

During the next warm season, the stem of the biennial plant elongates greatly, or 'bolts'. The plant then flowers, producing fruits and seeds before it finally dies. Under certain conditions, it may complete its life cycle over a year instead.

Biennial plants that are grown for edible leaves or roots are often grown for just one year and harvested or removed (they are not grown for a second year or allowed to run to seed). Instead the gardener plants new seed/ seedlings each year.

## PERENNIAL HERBS

Plants that live more than two years. These can be Herbaceous Perennial, which means they die off in Winter but come back in Spring from their rootstock, or Evergreen Perennial, which maintain leaves year round. This may also depend which climate you are growing in.

# GROW GLOSSARY

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# GROWING ESSENTIALS

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Whether you want a few pots of fresh culinary classics or a herb garden complete with Anise to Za'atar, the essentials of growing remain the same. What you need is:

## SOIL

Some herbs need good quality soil, rich in nutrients, dark, loose and moist but which drains well. Other herbs can handle poorer quality soil. If buying soil, get the organic vege mix from your local nursery or landscape supply.

## SUNLIGHT

On average, most herbs will need 4 to 6 hours to grow and produce well, although some herbs can handle partial shade. In hot, dry weather, you may need to provide shade by moving the pots, or rigging up shade cloth over your herb garden.

## WATER

Rain is great but not always reliable, so make sure you have a nearby water source (tap/hose) or at least a watering can!

## SEEDS/ SEEDLINGS

Seeds and seedlings (young plants) can be bought from local nurseries or online. You can also use cuttings or divisions for some herbs.

## CREATE A HERB GARDEN

Your herb garden will be influenced by many factors, but the basic steps to plan and create it include:

1. Decide when the best time of year to plant your herbs is, depending on your climate (refer to [Gardenate](#) or ask your local nursery or community garden).
2. Decide on your budget. If you have money but no time, you may be able to buy pots or beds of herbs already set up. If you have time but no money, get resourceful with what you already have or can find and recycle!
3. Make a plan of what and how much you want to grow, based around what is suitable for your space, time, challenges and family preferences/ requirements.
4. Decide what kind of garden beds or containers you will build or buy
5. Decide where to locate them on your patio/ backyard/ side yard/ rooftop (allowing for 4 to 6 hours of sunlight and water access).
6. Make a list of the equipment and materials you need and gather them.
7. Plan a day or weekend to build it.
8. Set up or build your garden beds and add the soil (or condition/ improve the existing soil with compost/ worm castings).
9. Plant your seeds or seedlings.
10. Gently water and cover with a light, loose topping of mulch (about 2 to 3cm).
11. Ongoing care and troubleshooting, leading up to harvest.

## GROWING ESSENTIALS

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# WHERE TO GROW

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We want to locate our herbs in their ideal position, but it may depend on what space, and any challenges you have (physical restrictions/disability, pets, renting etc). You may have limited options and will have to choose to grow something suitable to the space you have. Alternatively you can manipulate the conditions to make them suit what you are growing (i.e. set up a shade cloth in a hot courtyard, or use a plant stand on a patio to elevate pots to get more sunlight).

If you have more choice, the location may be based on where the ideal conditions are for the specific herbs (soft vs hard) you want to grow.

## SUNLIGHT

Work out where North is to determine the path of the sun through each season, and what structures/ trees may create shade or partial shade, and may be cool or damp. Or which areas have full sun and may be hot and dry.

## WATER

Think about where to catch the rain or where you have access to water, and whether setting up a watering system is worthwhile. If you have to lug the hose around the corner and set it up each time to water, it may become a task that doesn't get done consistently. Alternately, think about how to keep hard herbs (which prefer drier conditions) from getting too much rain.



## ACCESS

Consider locating your herb garden or pots close to the back door or kitchen where they will be handy and more likely to be picked when making meals or preserving. If you have no choice but to have them further away, check out the [Storing](#) section for ideas on how to harvest less often and store them for the coming week.

## IN AMONGST YOUR VEGE GARDENS

You may choose to grow your herbs in amongst your vege beds (or under your fruit trees), but avoid herbs that can spread and take over (like mint, thyme and oregano).

Generally the annual culinary herbs you grow will suit the pH and type of soil in your vege garden beds, and will be compatible with most vegetables and each other. Plus herbs can be used as companion plants, with supposed benefits in pest and disease reduction for the vegetables or fruit you grow them near.

If you find a certain herb isn't doing well planted in a garden bed, you could transplant it (or start a new cutting or root division) to a pot or another part of your garden.

## GREENHOUSE

If the conditions or certain seasons are unsuitable, a solution might be a climate controlled greenhouse. This might be a full sized walk in structure, a mini greenhouse shelving unit, or covered frames that go over the top of the bed or container.

## WHERE TO GROW

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# WHAT TO GROW IN

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What you grow your herbs in may depend on your budget, space, any physical restrictions (like a bad back or knees) and what you want to grow. The common culinary herbs will grow well in garden beds or pots.

## **CONTAINERS/ POTS**

Pots are a great option to set up a herb garden or a way to just get started, whilst you plan and create more elaborate garden beds. You can get fancy containers and pots, but check out your local tip/ second hand shop too.

Use plastic, ceramic or terracotta pots, grow bags, or buckets/ boxes. Anything that can hold 30 to 40cm of soil, with drainage holes added to the bottom.

You may need to move your pots to find the ideal position, which may change each season. Put pot trolleys under them when setting up.

For herbs that like dry conditions (hard herbs) unglazed clay pots are good as they tend to dry out quicker.

For herbs that prefer moister conditions (soft herbs and mint), use self watering pots or make your own from pots you have.

If herbs are sharing a pot with each other, choose herbs with similar preferences for growing conditions.

## RAISED GARDEN BEDS

A structure/ container is placed on top of the ground and filled up. You may build your own or buy pre-made garden beds that you put together, or pods/ DIY kits that are pretty much ready to go.

## NO-DIG GARDEN BEDS

A garden is formed directly on top of lawn/ dirt/ ground using layers of newspaper or cardboard, pruned branches, leaf mulch, soil and other organic matter, which then breaks down to make the growing area and feed the plants. Affordable and fairly easy, but may need more ongoing conditioning, weeding and bending.

## IN GROUND GARDEN BEDS

A hole is dug in the ground and existing soil turned over, or removed for soil to be added. These require digging plus ongoing conditioning, more bending and more weeding. You could plant a border of clumping chives around the edge to stop any lawn from creeping in!

## HERB SPIRALS

Herb spirals are a great way to create an attractive and productive herb garden. Use bricks or garden rocks to build the structure, fill with soil and plant with sun loving, dry tolerant herbs at the top (oregano, rosemary, sage, thyme); with shade tolerant and moist preferring herbs (mint, parsley, coriander, dill, chives) towards the bottom of the spiral or on the shaded side.

## WHAT TO GROW IN

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# GROW HERBS FROM SEED

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Some herbs grow well from seed including basil, parsley and chives (sow them direct or raise as seedlings and transplant), as well as dill and coriander (sow them directly into your pot or garden bed).

## *step one*

Make a hollow or trench in soil to depth required (check the seed packet or plant at a depth double the seed size)

## *step two*

Place seeds in, spaced apart as required (check the seed packet or allow about 30cm apart)

### *step five*

Label each plant individually or record what you planted, where + when on a garden map

### *step four*

Lightly water + cover with a loose layer of mulch (organic sugar cane or pea straw), only about 2cm deep

### *step three*

Cover the seeds with soil you hollowed out (Most herbs should only be lightly covered)

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# GROW HERBS FROM SEEDLING

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Some herbs grow better when planted at the seedling stage including oregano, sage, thyme, mint and rosemary (growing them from seed is difficult or slow). Or sometimes you just want to save the time and hassle of growing from seed or raising your own seedlings, by skipping straight to planting seedlings that you can buy from a market, nursery or hardware store.

## *step one*

Make a hollow in soil to depth and width of the seedling pot(s) plus 2cm, leaving soil to the side

## *step two*

Loosen seedling gently from pot + place seedling in, roots down into the hole



## step five

Label each plant individually or record what you planted, where + when on a garden map

## step four

Lightly water + cover with a loose layer of mulch

## step three

Gently fill the hole back in with the soil that was dug up

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# OTHER WAYS TO START HERBS

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These methods might be more suited to experienced gardeners, but you know, the way to get more experience is to give it a go!

## **SIMPLE CUTTING**

Works on mint, thyme and other woody herbs. Cut a 10 - 15cm piece of stem. Remove leaves from the lower two thirds. Optionally dip the bare part into hormone powder or gel. Place in a hole in a small pot of soil and fill in the soil. Place in a warm, humid spot, not too sunny (create a mini greenhouse with a cloche or clear cover over top). Gently water every second day.

## **CUTTING STARTED IN WATER**

Works on mint, thyme, basil and can work on sage, rosemary and oregano. Cut a 10 - 15cm piece of 'softwood' stem. Remove lower leaves (so they don't rot in the water) and place in a small jar of water for 1 to 2 weeks until roots grow. Make a hole for the cutting when transplanting it to a pot or garden bed, rather than pushing it in, then cover the soil back in gently. You could use diluted worm juice to reduce transplant shock.

## ROOT DIVISION

For clumping and running herbs like thyme, oregano, mint or chives, you can dig up a herb plant, separate sections of the roots (with some leafy part on top) to replant in pots or your garden beds. Once the herb has outgrown the pot it is in, carefully dividing the original plant gives it a new lease on life with space to spread and access to more nutrients.

## LAYERING

Some herbs like mint and thyme will easily put out roots and form a second plant by allowing a 'runner' to touch the soil. You can encourage roots establishing by covering the runner with soil, and even removing some of the leaves from that part of the stem before covering. Once established as its own plant, cut it from the parent plant and gently dig it up, roots and all, to transplant elsewhere.

## SELF SEEDING

Allow a herb plant to go to flower and form seed, leaving the seed head on the plant until the seed matures and falls off or is blown around, to germinate in a new spot. Or like me, I love pulling dry seed off the flower heads and spreading the seed around (in weedy areas, hoping the herbs will overtake the weeds!)

Some herbs that self seed readily include parsley, chives, dill and coriander.

## OTHER WAYS TO START HERBS

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# ONGOING CARE

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As much as herbs can be low maintenance, you will need to keep an eye on your herbs as they grow, looking for signs of any issues.

## WATERING

Check the requirements for the herbs you are growing, as some need moisture and may need to be lightly watered daily; whereas others need to dry out between watering, and once a week may be fine. It also depends on what they are growing in, where you have them located and your climate.

## FEEDING

Soft herbs generally require an organic feed or worm juice every few weeks, whilst hard herbs prefer feeding only once a year.

## WEEDING + PRUNING

Some herb plants require pruning to keep them from bolting, becoming too tall, or becoming scraggly. Removing flower heads is important if you don't want your self seeding herbs to spread.

## REPOTTING

If your herbs are growing in pots, there may come a point where they outgrow their home or run out of space and nutrients, and can be potted into something bigger, or divided and repotted.

# TROUBLE SHOOTING

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## SEEDS HAVEN'T GERMINATED

1. **How long has it been since you planted the seed? What is the expected germination timeframe?** Some herb seeds take up to 2 to 3 weeks to germinate.
2. **Did you use good seed?** Seeds can expire, or if kept in poor conditions, become unviable.
3. **Did you soak or scarify the seeds before planting?** Some seeds germinate better and quicker if they are soaked in water overnight or roughed up before planting.
4. **Did you plant them to the right depth?** Too deep and they may not germinate. Check the seed packet recommendations.
5. **Have you been lightly watering the seeds?** Overwatering can lead to rotted seed, but some seeds need to be kept moist for germination.
6. **Are they warm and sunny enough, but not too hot?** Keep pots inside in a sunny ventilated room, or outside in a mini/ proper greenhouse. For seed sown direct in the garden, check you are planting in the right season, or use DIY cloches (cut plastic juice containers in half, and place over top of seeds when planting).
7. **What soil did you use?** Seeds do better with loose, friable, lightly fertilised seed raising mix in pots, or for seeds sown direct, loosen any compacted soil in your garden bed before planting.





# TROUBLE SHOOTING

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## HERB SEEDLINGS/ PLANTS AREN'T THRIVING

1. **If you transplanted a seedling into your garden bed, how long since transplanting?** It may need some more time to settle in. Try some worm juice or seaweed based tonic to ease any transplant shock.
2. **Was it something that should only be direct planted as seed, and could have transplant shock?** See above or start again using seed sown direct.
3. **Are your seedlings spindly/ leggy?** This can happen from lack of decent sunlight (they need about 16 hours of sunlight) or they may be too close together, competing for sunlight and nutrients, and need thinning. It can be a sign of being too warm or overfeeding, causing rapid growth spurts. Make sure they have consistent moisture too.
4. **Are your seedlings/ herbs droopy?** This could be caused by lack of water, too warm, or possibly wilt (a fungal disease, where the leaves droop but also become brown and crispy, or discoloured).
5. **Are they getting consistent water?** Check the moisture level in the soil (using a finger or moisture testing tool), and give a light watering with a spray bottle for seedlings or a watering can for young plants, until the soil is damp.

## HERB SEEDLINGS/ PLANTS AREN'T THRIVING (CONTINUED)

6. **Are the herb plants getting adequate sunlight where they are located?** You might need to check they are getting about 6 hours of decent light.
7. **Have you given any organic fertiliser?** After the true leaves appear, you can start to give a diluted organic fertiliser or worm juice once a week. For more established plants that have pale leaves or stunted growth, they may need to be fertilised.
8. **What soil are they planted in?** The soil in pots can become depleted of nutrients and compacted, sometimes requiring repotting or feeding. Be sure to loosen any compacted soil in your garden bed before planting out. You might need to condition the soil or check the pH.
9. **Could there be a pest or disease issue?**

## PESTS, DISEASES + WEEDS


1. **Are there any marks, bug holes or signs of pests?** Check under the leaves for mites, aphids, eggs or larvae but also check around the edges or bottom of pots and garden beds for snails/ slugs/ other. Find a Bug Identification resource for your area and learn about good and bad bugs.
2. **Is there any discolouration or marks on the leaves or stems? Any leaf drop?** This could indicate a viral, fungal or bacterial disease, or even nematodes. Consider soil mineral deficiencies too.
3. **Are there any weeds competing for the nutrients?** Pull weeds up and add mulch to prevent them growing back.

## TROUBLESHOOTING

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# harvest & store

A close-up photograph of a wicker basket overflowing with fresh, vibrant green basil leaves. The leaves are densely packed and show some natural texture and slight discoloration. The basket's woven structure is visible on the right side. A white circular graphic is overlaid on the top right, containing text.

nothing beats  
a basket full of  
herbs from  
your own  
garden

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# HARVEST

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If you grow herbs in pots in the kitchen, on the patio or garden beds near the kitchen, it is easy to duck out and get what you need, as you need it.

If they are further away, make the effort to harvest them regularly to help them grow back bigger, stronger and more flavourful.

When it comes to herbs, when you harvest you are pruning and helping form more productive, compact plants. Pruning can also be harvesting if you can use the prunings to cook or preserve.

## WHEN + HOW MUCH TO HARVEST

Wait until your herb plants have grown enough leaves and established themselves to be able to withstand harvesting some of the leaves. Depending on the herb, look for three full sets of leaves or when the plant is about 10 to 15cm high.

If you can't wait, only take small amounts of tip prunings on young plants.

If your herb plants become overgrown or need an annual prune in Autumn, that is a great time to think about preserving. Cut big bunches to dry or turn into pesto and pastes to freeze.

Although there are suggestions for the best time of day to harvest, I do it whenever it fits in!

Never harvest all the leaves, unless it doesn't matter about the herb plant surviving, i.e. if the plant is about to be wiped out by frosts (like basil) or if you intend to remove the plant.

## TIP PRUNING + REDUCE BOLTING

Regular tip pruning to promote bushy growth, means picking out the top leaves (and any flowers trying to form) at least every couple of days in the peak of warm season. Avoid cutting into the woody sections, as these won't regrow as easily. Take the young, softwood that you can break or cut off easily.

When annuals 'bolt', they put energy into forming flowers and seed, and shooting upwards, rather than into forming the leaf, resulting in plants becoming straggly. It signals the end of their life cycle, so you want to stop or reduce the plant going to flower/ bolting. Flowering can change taste too, so removing flowers stops bitterness.

When perennials are coming in to flower, the herbs are often at their most intense flavour and often most abundant too, so also a great time to harvest.

Cut or pinch off stems and foliage to use, rather than trying to pull or snap off a piece, as you could accidentally pull the whole plant out, damage the roots, or damage the harvest.

## COLLECTING SEED

If you want to collect the seed from the annual herbs to use in cooking or to replant, leave the flowers on the plants until they form seed and dry on the plant (this is good for attracting pollinators). Cut the seed heads off and shake into a paper bag, or pull the seed off by hand.

Make sure the harvested seed is thoroughly dry (leave on a plate in a ventilated area for a few days if unsure) and store in a labelled glass jar, envelope or brown paper bag.

## HARVEST

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# STORING FRESH HERBS

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Whether you have grown your own, have bought or were given cut herbs, you want them to stay fresh and get the most out of them. Here are some ways to help them retain their flavour, colour and texture for longer.

## **TO PRE-WASH OR NOT**

I generally don't wash my fresh picked herbs before storing, as I grow without any toxic sprays. I do a careful check for bugs/ pests, and dirt before using.

Bought herbs may have grit or dirt in them, especially the stems and roots. Remove any rubber bands, rinse and dry before storing so that they are ready to go when you need them.

Pat them in a clean cloth or paper towel, or gently spin in a salad spinner to get them dry to reduce moisture that can cause sliminess.

## **TO PRE-CHOP OR NOT**

Pre-chopping your herbs before storing can be very convenient, but they can lose their flavour and freshness quicker, as the volatile oils are released. It can also mean they bruise (especially basil and mint), which isn't attractive in a salad or as a garnish. If you do chop, store in an airtight container in the fridge.

## KEEP CUT HERBS 'ALIVE'

Bunches of cut herbs can be kept 'alive' by keeping them in a jar or vase with water, at room temperature, with indirect sunlight.

- Best option for basil and mint. Suitable for most herbs, sage, rosemary, thyme, oregano, mint, parsley, dill. (Coriander tends to wilt within a few hours at room temperature).
- Cut the roots/ stems shorter, so they can transport the water to the leaves easier, to keep them green and lush (use the soft herb stems, and the root in some cases, in cooking).
- Remove bottom leaves so only stems sit in the water, as it reduces rotting.
- Place herbs into jars (their own jar, or in one jar or jug as a bouquet) with water just at the bottom of the roots or stems.
- Place the jars on your kitchen bench or windowsill. You may need to find the optimal location in your kitchen, away from the stove and microwave, and away from a window that gets too much sun. It might even be your dining table or back patio.
- You may also like to change the water every few days, but I often only manage it weekly (or not at all sometimes!)
- Herb cuttings that form roots can be planted out to a pot or garden bed to keep on growing.

## STORING FRESH HERBS

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## KEEP CUT HERBS FRESH

If you don't have space on your kitchen bench for jars of herbs, or if you only have herb leaves (no stems), you can keep them in the fridge, where you can aim to slow their deterioration by:

- **Reducing light** which can turn herbs yellow, especially soft herbs like parsley, coriander and dill.
- **Reducing oxygen, increasing carbon dioxide** Too much oxygen can turn soft herbs brown, especially basil or mint, whereas CO<sub>2</sub> reduces respiration.
- **Balancing moisture** Too much water contact or condensation can turn leaves slimy, but too dry and they may become droopy; whilst hard herbs can become crispy and lose flavour and colour.
- **Reducing temperature** Warmth can hasten decay or reduce potency; most cut herbs can be stored in the fridge, except basil, keep it at room temperature.
- **But not too cold** Some herbs, like basil or mint, do not tolerate the cold. The back or top shelves of the fridge may be too cold (try the front of the shelf, or door).
- **Reducing physical damage** To reduce stress which leads to deterioration.
- **Reducing pathogens** Reducing oxygen, moisture, temperature and light will reduce the activity of food spoiling enzymes and microbes.

## STORING FRESH HERBS

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## IN THE FRIDGE – JAR OF WATER

- Best for coriander, suitable for parsley and dill.
- Place herbs into jars (their own or as a bouquet) with water just at the bottom of the roots or stems, cover with a loose plastic bag – if stable, put in door shelf
- You can change the water after 5 days.

## IN THE FRIDGE – DRY, IN CONTAINERS

- Suitable for sage, rosemary, thyme, mint, oregano, parsley, basil, dill and chives.
- Place herbs in an airtight plastic or glass container with paper towel (or clean dry cloth, like an unused chux dishcloth or even a face washer) on the bottom and top of the herbs to absorb moisture.
- Some herbs will cope with being kept airtight in a plastic bag with clip, but I would still add a piece of paper towel.
- Change the paper towel/ cloth as necessary.

## IN THE FRIDGE – DAMP TOWEL + BAG

- Suitable for hard herbs (sage, rosemary, thyme, oregano and mint) as well as parsley and dill.
- Place herbs in a damp tea towel, cloth or paper towel, roll over (not tightly) and place inside a plastic bag or container (keeping moisture in and oxygen out).
- Change or redampen the paper towel/ cloth as necessary.

# STORING FRESH HERBS

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# cook



herbs take a  
dish from  
mediocre to  
amazing...

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# GLOBAL FLAVOURS

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Herbs have been used for centuries to flavour our food, and many have become synonymous with the cuisines of global cultures. The following cuisines use commonly grown culinary herbs, which you can easily grow at home or find at the farmers market, delis, or Asian grocery stores.

## *asian herbs*

Coriander, mint,  
Vietnamese mint, Thai  
basil, lemongrass,  
Kaffir lime leaves, curry  
leaves

## *herbs from mediterranean*

Sage, oregano, thyme,  
rosemary, parsley,  
mint, basil, fennel,  
savory, sorrel, dill



## french herbs


Sage, tarragon, dill,  
chervil, chives, parsley,  
rosemary, bay leaves,  
lavender, oregano,  
savory, marjoram

## middle eastern


Parsley, thyme, mint,  
bay leaves, marjoram,  
oregano, lemon  
verbena

## latin american

Coriander, Mexican  
oregano, thyme, mint,  
parsley

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# COOKING WITH HERBS

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Using herbs in your cooking can add oomph, flavour, depth and freshness. It can be as simple as a dash of chopped fresh herbs added at serving, or a complexity of flavours like a bouquet garni or green curry paste.

## RINSE + PREP

If you didn't rinse your herbs before storing them, or they are just harvested or bought, do a careful check for bugs, pests, cobwebs, slime, grit or dirt before using.

If required, rinse under running water, or in a bowl of water or sieve. It's best to dry them before chopping. Pat them in a clean cloth or paper towel, or gently spin in a salad spinner to get them dry.

To remove leaves from hard herbs, run your fingers along their woody stems to strip the leaves off. Discard the stems.

For soft herbs, pinch and pluck each leaf section off tender stems. You may be able to use the stems in your cooking, or put them aside for making broth/ stock.



## THE CHOP

Avoid over chopping soft herbs, as the more you chop them, the more you will bruise the leaves, and the natural oils and flavours can get lost.

Hard herbs like rosemary, can withstand a rougher chopping to release their oils and reach their full potential. Remove the leaves from the stems first.

You can use a sharp knife or mezzaluna and chopping board, or cut them up by snipping with scissors. There are also speciality herb scissors, which have multiple blades to chop more of the herb at once. Some scissors have a herb stripper in their handle to remove the leaves from the stem, for hard herbs like rosemary.

Some herbs are easily bruised and become discoloured quickly like basil, and instead of chopping them, they are better shredded by hand just before using. Pull small parts of each leaf off, bit by bit.

## DON'T GO OVERBOARD

Some herbs like rosemary, mint, basil, dill and sage are strong and can overpower the dish, or other herbs you are using.

Start with small amounts and add more in increments, tasting after stirring it in. You can always add more, but you can't take it out again if you've added too much at once!

Small amounts of strong herbs can be blended to complement other more subtle herbs.

## COOKING WITH HERBS

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## DRIED VS. FRESH

Some dried herbs are more intense compared to using them when they are fresh like oregano, rosemary and basil. The general ratio is 3 parts fresh equals 1 part dried. Fresh herbs require about triple the amount of their dried version, or if using dried instead of fresh, cut the amount down to 1/3.

The herbs that don't dry as well like parsley, dill, coriander and chives may require adding more if the flavour is lacking.

## WHEN TO ADD

Robust herbs that hold their flavour like sage, rosemary, thyme and parsley, can be added at the start of cooking, as with edible stems and roots. Dried herbs are also better added earlier on, allowing them to rehydrate and infuse.

More delicate herbs like chives, basil, coriander, or herb flowers, should be added towards the end of cooking, or at serving. Or in some cases, add them at the start for depth, and again at the end for freshness and colour!

## GET FANCY

A way to make a fancy garnish is to fry herb leaves until crispy. This works well with sage, basil, coriander, in fact, try any! Shallow fry them in hot oil for 5 to 15 seconds, then drain.

For sweet dishes, try making sugar herb leaves (mint, basil, thyme, try any) by brushing on an egg white wash and pressing into castor sugar, then allowing to dry.

## COOKING WITH HERBS

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## GO FRENCH

There are some classic herb combinations you can make - essentials in French cuisine, like fines herbes (flat leaf parsley, chives, chervil and tarragon) or herbes de Provence (various earthy herbs like rosemary, thyme, lavender and oregano). Make a bouquet garni by tying thyme, bay leaves and parsley together, or bundle them in muslin with black peppercorns and tie with kitchen string. This makes it easier to remove them after cooking.

## DEALING WITH FUSS-POTS

If there are certain herbs like coriander or dill, that you love that maybe your partner or kids don't, a great way to add them to your own meal, is using herb butters. I have made a delicious [Herb + Garlic Butter](#) using dill (as I am the only one who likes it) which I sliced and have frozen in a container. It's convenient to add to my own vegetables, grilled meat or zoodles.

## USE ALL THE HERB

The stems of herbs like coriander, parsley and basil can be used in cooking as they contain flavour too. Choose young, tender stems. Wash and rinse the stems as they can be gritty.

You can use flowers from these same herbs after they have 'bolted' before the seeds develop. I pinch out the tips with flower heads to use in cooking, which also slows the bolting.

Use stems and flowers in marinades or condiments that will be processed, or cut them very finely for a curry or soup.

## COOKING WITH HERBS

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# MIX + MATCH HERBS




Herbs can have unique flavours but some herbs are similar enough to be interchanged with each other, or used as a substitution.

Chives, garlic chives, spring onions + leek are similar in many ways, or use garlic scapes

Rocket can be a potential substitute for watercress or sorrel

Tarragon, thyme, savory, sage + rosemary are strong in flavour, but can substituted

Thai basil for coriander in Asian dishes - a different flavour but can be equally suitable





Substitute the herbs you would usually use for the herbs you have an abundance of. Instead of [Macadamia Basil Pesto](#), try making [Coriander Pesto](#), or [Mint and Dill Pesto](#)

If you cannot find marjoram, use oregano or spicy basil

Anise and dill are similar; or tarragon, bronze fennel or fennel leaf also have a licoricey flavour

Flat leaf parsley and curly parsley easily swap, but celery leaf could be used if you don't have parsley, or try the green leaf of carrot tops!

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# preserve

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A top-down view of various fresh herbs on a dark, textured surface. At the top, there are large green basil leaves. Below them, a sprig of thyme with small purple flowers is visible. In the center, there is a large bunch of thyme with small white flowers. To the right, there is a sprig of rosemary with its characteristic needle-like leaves and a purple flower. The background is a dark, charcoal-colored surface.

being able to  
use your own  
herbs r round  
is worth the  
effort to  
preserve them



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# DRYING

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Drying, or dehydrating, is a great way to take advantage of an abundance of herbs, and perfect for longer term storage. It involves removing moisture so that food spoiling microbes and enzymes cannot survive.

You can use air drying, an oven on very low, set up an outdoor drying area, or invest in an electric dehydrator (especially if you live in a humid area where air drying may not be as successful). Choose a method to retain the flavour and as much colour as possible, which fits with your budget, time and space.

Some herbs tend to lose flavour when dried like parsley, dill, coriander and chives but others become more intense like basil, thyme, rosemary, sage, oregano and mint. Herbs will shrink and lose some colour as they dry too.

Dried herbs can be used in seasoning mixes, marinades, herb salts and baking. It is very convenient to have them on hand, if you don't have time to duck out to the garden, or it's too cold and frosty to venture out!

Check the herbs are dry by rubbing a few in your fingers to see if they are crispy and crumble easily. Check over the whole bunch/ batch, as some may take longer than others. Once fully dry, you can store them in jars or containers as is, or grind them/ 'rub them' to however coarse or fine you like.

Don't forget to label them. They will last several months, up to 12 months for some, if stored in dry, dark, cool conditions.



## AIR DRYING

One of the easiest methods - it requires a well ventilated place, out of direct sunlight and away from pests. This might be your kitchen windowsill, pantry or covered patio.

It will take about 1 to 3 weeks (depending on the herbs you are drying, and your climate/ season/ humidity). Keep them in an area where you can check them to make sure they are not going mouldy or falling off.

You can hang bunches of herbs, or make a bouquet of a combination, secured together at the stems with rubber band, kitchen twine or ribbon, or even large pegs or clips. Some herbs will take longer than others, but leaving some to hang a bit longer until they are all dry isn't a big issue with air drying.

Soft herbs (which are usually moister) may do better hung in smaller bunches so more air can circulate, to reduce chances of mould.

Hang on a drying frame (or a laundry rack), a hook, a hanger made from a wooden dowel, or even a coat hanger with pegs.

Or use baskets, bowls or jars. This is good for leaves which don't have a stem to use for tying. If you use a wider mouth jar, as the leaves dry, if any fall off, they will be captured in the jar. You could use paper bags to dry in, but make sure they are ventilated by cutting a few air holes, or leaving the top partially open.

Check the leaves are dry and crispy before grinding or storing.

## DRYING

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## ELECTRIC DEHYDRATOR

If you want to dry a lot of herbs (and other produce) it might be worthwhile to invest in buying an electric dehydrator.

If buying one, make sure the power levels, shape and amount of trays will suit. There are many brands available, but I have used a Fowlers Vacola dehydrator for many years. It can take up to 8 trays, has a range of temperature settings, and you can get clean-a-screen herb sheets. You could also look for a second hand dehydrator, or borrow one.

It can take 2 to 6 hours, up to 8 hours (or more) to dry your herbs, depending on the moisture content of your herbs and the humidity.

A low setting of 35°C will see your drying herbs retain more flavour and colour, but I find if I want them done quicker, I can use a higher setting (up to 50°C) without losing too much extra flavour or colour.

Electric units can be noisy whilst running. You may feel safer turning it off overnight or whilst you are not at home.

Spread your herbs out on the trays. Some overlap is OK, especially with soft herbs, as they are going to shrink very quickly anyway. Check them over as you go. You can remove leaves from stems before or after drying.

I try to keep herbs on each tray that take a similar time to dry, so a tray can always be removed, rather than trying to remove the already dried herbs from a tray which has other herbs that need longer.

## DRYING

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## LOW OVEN

If you don't own an electric dehydrator, can't borrow one, and you need your herbs dried faster than taking several weeks by air drying, use a low oven heated to 80 to 100°C then turned off. Put herbs on a tray on the bottom shelf and leave the door slightly ajar. Herbs can take 30 minutes to 2 hours to dry this way, keep an eye on them.

## HERB SALTS

Herb salts are a great way to use dried herbs, for longer term storage and as a convenient way to add flavour to dishes or meals. Sprinkle rosemary salt on a roast lamb dish, basil salt on home made flat breads, or thyme salt on baked potatoes.

Drying herbs, then grinding them with salt is easy to do. Use one herb, or a combination.

Dry 2 to 3 cups of fresh herbs, then grind in a food mill or processor with 1/2 cup of salt. Adjust the amount of herbs you use, types of herb, combinations and amount of salt to suit your tastes.

You can also make a 'fresh herb salt' by grinding fresh herbs with salt (and keep it in the fridge to use) which will infuse the salt with flavour. You can then dehydrate the whole mix for longer term storage.

## SEASONING MIXES

Like herb salts, these use dried herbs, but they have a higher herb ratio to the amount of salt used.

## DRYING

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# FREEZING

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Freezing is an easy method for preserving herbs - reducing the temperature to a point where food spoiling microbes and enzymes cannot survive.

There are several variations on how to freeze herbs, including more delicate ones. Once frozen, they can last for several months depending on the method you use.

You can use your frozen herbs direct into cooking, or if you have made pesto or curry pastes, you may need to defrost them first.

Freezing herbs generally changes their appearance, texture and colour, so will lend themselves better to cooked dishes, than in a salad or as a garnish. Making them in to a paste or pesto is handy for soft herbs.

## THE EASIEST WAY

Simply put whole sprigs, leaves, or chopped herbs in a small airtight container or zip lock bag, then freeze. I find some herbs tend to turn black this way, even in a bag or container.

## PASTES, PESTO + MARINADES

Freezing the delicate, soft herbs as a pesto, paste, marinade or curry paste means a better result when you defrost and use them. A bit more effort before freezing, but an instant way to add flavour when you need convenience. Find my recipes for [Basil Macadamia Pesto](#), [Mint + Dill Pesto](#), [Coriander Pesto](#), and Curry Pastes [here](#) and [here](#) and [here](#), plus [Chermoula](#) and [Herb, Ginger + Lime](#) marinades.

## CUBES OF HERBS

Freeze small leaves or chopped herbs in ice cube trays. I have some which are reserved for food only, as any retained flavour or colour may not be welcome in your iced drink!

Chop your herbs, fill each section up to 2/3 full, then add water or a mild oil (macadamia or olive oil) and freeze. After a few hours or overnight, transfer the cubes to a container and return to the freezer. Add a cube or two to risottos, casseroles, soups or sauces.

You can also put the herbs in a food processor with a tablespoon or two of oil (enough to get the herbs to a smooth mixture) and then freeze the paste in ice cube trays.

If you don't have any spare ice cube trays to use for herbs in oil or herb pastes, try small zip lock bags. There are plastic ice cube bags, though they may require mixing the finely chopped herbs with water or oil before pouring in and herb distribution may not be even.

## HERB BUTTERS

Similar to using oil to preserve frozen herbs, blend chopped herbs and flavourings with softened butter, and roll in to a log (using baking paper), slice then freeze, or press into silicon baking trays and pop out once frozen and store in a container.

Add flavour to dishes by adding them frozen or defrosted at the end of cooking. Here are my recipes for [Herb Garlic Butter](#) and [Coriander Chilli Butter](#).

## FREEZING

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# OTHER METHODS

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Here are a few other ideas for making the most from an abundance of herbs.

## *infused vinegars*

Use in salad dressings, marinades + household products. Put clean herbs in sterilised bottles or jars, pour undiluted white vinegar over top, then seal with a lid. Store out of direct sunlight and infuse for a few weeks. Strain, rebottle + store in the pantry for weeks.

## *flavoured oils*

Put dried herbs + dried garlic (not fresh) in a sterilised bottle or jar with lid, top with a mild oil + infuse for a couple of weeks.



## *fancy cubes*

Freeze a couple of herb leaves + flowers in ice cubes for a fancy addition to a drink


## *in preserves*

Use your herbs and seeds in bottling, like tomato relish, mint jelly or apple + sage jelly and lacto-fermenting, like dilly pickles




## *mint extract*

In a sterilised jar or bottle with lid, place clean organic mint herbs + top with vodka. Infuse for 4 weeks then strain



## *herb sugars*

Mix fresh or dried herbs like mint, lemon thyme or lavender with raw sugar. Use in desserts, baking, in tea + cocktails

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# recipes



let's get cooking!

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# COOKING NOTES

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## ALLERGY AND DIETARY REQUIREMENTS

For more information on Low FODMAP (including using infused oils), check out my [Beginner's Guide to Low FODMAP](#) or the Monash Uni FODMAP website.

Please note: I have used reasonable care when creating these recipes to cater to common food allergies and dietary requirements. The following icons have been used for each recipe as a guideline. However, the individual is responsible to ensure the recipes and ingredients they use are safe/ suitable to handle and consume. These materials are intended to be a guide only and not intended to replace nutritional or medical advice.

- GF** Gluten Free
- DF** Dairy Free (or option provided)
- EF** Egg Free
- NF** Nut Free (or option provided)
- LF** Low FODMAP (or option provided)
- VF** Vegetarian Friendly (or option provided)

## MEASUREMENTS

Metric measurements are provided.

1 cup = 250mls

1 teaspoon = 5mls

1 tablespoon = 20mls

## OTHER RECIPES THAT USE ANY HERBS

These recipes use mixed herbs, or are adaptable to whatever herbs you are harvesting:

- [Lemon Herb Vinaigrette](#)
- [Green Mayo](#)
- [Sour Cream Dressing](#)
- [Herb + Garlic Butter](#)
- [Roast Vege Dip](#)
- [Moroccan Seasoning](#)
- [Herb Ginger Lime Marinade](#)
- [Chermoula Marinade](#)
- [Herb Beef Meatballs](#)
- [Risotto](#)
- [Zucchini Rice](#)
- [Roast Pumpkin + Lentil Salad](#)
- [Grilled Vege + Quinoa Salad](#)
- [Zucchini + Halloumi Balls](#)
- [Zucchini, Salmon and Potato Fritters](#)
- [Potato, Zucchini and Bacon Soup](#)
- [Zucchini and Potato Fritters](#)
- [Vege Fritters](#)
- [Vege Bake](#)
- [Spicy Sweet Potato Soup](#)
- [Raw Zucchini Tomato Crackers](#)
- [Marinated Tomato + Fetta Salad](#)
- [Asian Noodle Salad](#)

## COOKING NOTES

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# CAJUN SEASONING

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I love a spicy southern dish and this seasoning will make the best [Baked Cajun Chicken](#), or use in a gumbo or jambalaya. It also makes a great dry rub for fish or roast chicken.

# CAJUN SEASONING

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## MAKES

About 1 cup

## INGREDIENTS

- 2 tablespoons dried mustard
- 2 teaspoons dried onion granules
- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 tablespoon dried parsley
- 1 tablespoon dried ground basil
- 2 teaspoons salt
- 2 teaspoons celery salt
- 1 teaspoon ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground white pepper
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/4 to 1/2 teaspoon cayenne chilli powder

## METHOD

1. Process all ingredients in a food mill until finely ground and well combined.

## NOTES

- For a low FODMAP version, leave out the dried onion powder and dried garlic powder, and use 2 teaspoons of garlic infused olive oil, and 2 teaspoons roast onion infused olive oil instead when cooking with the Cajun Seasoning (see recipe for [Baked Cajun Chicken](#) or [Lamb + Herb Burgers](#)). You may also consider leaving out the celery salt, but it is a small amount, and Monash Uni research states that 1/4 medium stalk of celery is OK.
- For a more Tex-Mex sweaty sock seasoning, try my [Nacho Seasoning](#) which also uses dried herbs.

# TUSCAN SEASONING

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This seasoning blend is a great way to make the most of an abundance of herbs in your garden. It can be used in meatballs, pizza or pasta sauce, sprinkled on chicken before roasting.



# TUSCAN SEASONING

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## MAKES

About 1 cup

## INGREDIENTS

- 4 cloves garlic
- 1 medium onion (brown, Spanish)
- 3 cups fresh basil leaves
- 1 cup of thyme sprigs
- 1/2 cup rosemary sprigs
- 1/2 cup of loosely packed oregano leaves
- 1/4 cup of loosely packed sage leaves
- 2 teaspoons salt

## METHOD

1. Check over herbs. Remove leaves from stems. Place out on dehydrator trays, using clean-a-screen sheets.
2. Peel and slice garlic and onion very finely. Place on their own dehydrator trays. I use baking paper to prevent the odours being absorbed.
3. Dehydrate on 'herbs' setting (35°C) for 6 to 8 hours until herbs are thoroughly dry.
4. If onion and garlic are not fully dry, continue drying them on their trays, turning the temperature level up to 55°C).
5. Allow to cool.
6. Process all ingredients in a food mill until finely ground and well combined.
7. Use in [Lamb + Burgers](#) or [Creamy Tuscan Chicken](#).

## NOTES

- For a low FODMAP version, leave out the onion and garlic, and use 2 teaspoons garlic infused olive oil, and 2 teaspoons roast onion infused olive oil instead when cooking using the Tuscan Seasoning.
- If not drying your own garlic, use 1 teaspoon garlic powder.
- If not drying your own onion, use 2 tablespoons dried onion powder or granulated dried onion.

# FRESH HERB SALT

---

You can make a small batch of fresh herb salt by grinding fresh herbs with salt, which will infuse the salt with flavour. Have fun trying combinations, like basil and lemon, coriander, lime and chilli, or rosemary, sage and thyme. Use it on grilled fish or meat, roasted veges, popcorn, or a simple tomato salad.



# FRESH HERB SALT

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## INGREDIENTS

- 2 garlic cloves
- 1/2 cup sea salt flakes or [Murray River Salt Flakes](#)
- About 2 to 3 cups loosely-packed fresh herb leaves (or combination)

## OPTIONAL

- Citrus zest from one lemon, lime or orange
- Chopped chilli (seeds and pith removed)

## METHOD

1. Check over herbs. Remove leaves from stems. Peel garlic.
2. Process all ingredients in a food mill until coarsely ground (but not over processed) and well combined. If you don't have a food processor, chop the herbs finely by hand, then mix with the salt.
3. Store in a jar with lid in the fridge (or a cool spot in the kitchen/ pantry) for a few weeks. Shake or stir to break up lumps as needed.
4. Learn about making [Herb Salts to preserve](#) here.

## NOTES

- For a low FODMAP version, use 1 teaspoon garlic infused olive oil in Step 3, instead of the cloves of garlic.
- Adjust the heat by choosing different chillies – poblanos for milder, jalapenos for medium heat, or green cayenne or rocoto for hotter!

# GREEN CURRY PASTE

---

Never serve a boring curry again. Making your own curry pastes means you can make it as mild or spicy as you like, and substitute ingredients that you can't tolerate.



# GREEN CURRY PASTE

---



## MAKES

About 1 1/2 cups

## INGREDIENTS

- 4 cups of fresh coriander leaves, or Thai basil leaves (or combination)
- 1 large ginger root (approx. 6cm long piece – about 3 tablespoons once finely grated)
- 1 large lemongrass stalk (1 to 2 tablespoons once finely grated)
- 2 to 3 hot green chillies
- Juice of 1 lime (about 1 to 2 tablespoons)
- 5 dried kefir lime leaves
- 1/4 cup of dried curry leaves
- 1/2 cup brown sugar (less if you prefer)
- 1 tablespoon shrimp paste, or 2 tablespoons fish sauce
- 4 garlic cloves, crushed
- 1 medium onion or several shallots, diced
- 1/4 cup of macadamia or coconut oil (melted)

## METHOD

1. Rinse and dry the coriander or basil.
2. Remove hard leaves/ stalk from lemongrass. Finely grate the ginger and lemongrass using a 2mm kitchen rasp
3. Remove seeds and pith from chillies if you prefer less heat in your curry.
4. Juice the lime.
5. Blend all ingredients in a food processor, until well blended and combined.
6. Use 2 tablespoons of the curry paste to make a curry using 1kg of meat or veges (to feed 4 to 6). Freeze the paste in small plastic containers or ice cube trays about 2 tablespoons per portion (makes about 8). You can always use double curry paste if you prefer it spicier and more full on curry!
7. Use it in [Pickled Curried Green Beans](#) for something different.

## NOTES

- For low FODMAP version, use 2 teaspoons of garlic infused olive oil and 2 teaspoons of roast onion infused olive oil in Step 5. instead of the garlic cloves and onion.
- For vegetarian friendly, leave out shrimp paste or fish sauce – use 1 teaspoon salt instead.

# GREEN HARISSA

---

Serve as a spicy condiment on grilled meat or fish. Spice up your vege curry or soup with a big dollop of Green Harissa. Spread over a chicken before roasting or mix into stuffing. Also great with [Leftovers Frittata](#) or any breakfast or brunch that needs some pop. Make a [salad dressing](#) from it too.



# GREEN HARISSA

---



## MAKES

About 1 cup

## INGREDIENTS

- 2 cups fresh coriander leaves and stems
- 2 cups fresh flat-leaf parsley leaves and stems
- 1/4 cup of mint leaves
- 1/2 cup macadamia or olive oil
- Juice and zest of 1 lemon (about 2 tablespoons of each)
- 1 to 2 garlic cloves
- 2 green jalapeno chillies, chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon of salt

## METHOD

1. Rinse and dry the herbs (spin them in a salad spinner).
2. Peel the garlic.
3. Remove seeds and white pith from chillies to reduce intensity of heat (or leave in if you prefer it spicier).
4. Blend all ingredients in a food processor
5. Store in the fridge in a jar or container for up to a week.
6. Can be frozen in a jar or container. Or freeze it in ice cube trays (reserved for food only) to be able to pop a cube or two into soup or inside a chicken you are about to roast.

## NOTES

- For a low FODMAP version, use 1 teaspoon garlic infused olive oil in Step 3, instead of the cloves of garlic.
- Adjust the heat by choosing different chillies – poblanos for milder, jalapenos for medium heat, or green cayenne or Hungarian yellow wax for hotter!

# QUICK PICKLED CARROTS

---

Need a zingy crunch to go in your salad, rice paper rolls or sticky Asian dish? Look no further.



# QUICK PICKLED CARROTS

---



## MAKES

About 2 cups

## INGREDIENTS

- 2 small or 1 medium carrot (250gm, about 2 cups once julienned)
- 1 tablespoon fine rock or sea salt
- 1 tablespoon raw, organic sugar
- 1 cup white vinegar (or apple cider vinegar)
- 1 cup water
- 1 small clove garlic, sliced or crushed
- 8 black peppercorns
- 2 tablespoons mint, coriander, Vietnamese mint or basil (or combination) leaves

## METHOD

1. Prep carrot and put into clean jars (I use two no.14 Fowlers Vacola jars, with green Size 3 Snap On lids)
2. Shred clean herbs, as required, distribute between the jars.
3. Divide the peppercorns between the jars
4. Heat the salt, sugar, vinegar, water and garlic in a heatproof jug or saucepan, until sugar and salt dissolve (about 2 minutes). Allow to cool. Don't pour the hot pickling liquid into cold jars!
5. Carefully pour the pickling liquid over the carrots.
6. To use straight away, leave at room temperature for 30 minutes.
7. To allow the flavour to develop over a couple of days, up to a week, store in fridge. Allow jars to cool then transfer to the fridge.

## NOTES

- For a low FODMAP version, instead of the garlic, use 1/2 teaspoon garlic infused olive oil in Step 4.
- Use any leftover pickling liquid in a salad dressing.
- Try using julienned daikon radish, zucchini, cucumber or other vegetables in combination with the carrot.
- Experiment with herbs and spices, like adding kefir lime leaves, coriander seed or fennel seed.
- You can also try adding 2 tablespoons dill leaf, 1 teaspoon dill seed, 1/2 teaspoon mustard seeds.

# EASY DILL HOLLANDAISE SAUCE

---

Creamy, slightly zingy and dill-icious. Yes, I just said that. No, I don't regret it.



# EASY DILL HOLLANDAISE SAUCE

---



## MAKES

Enough to serve 1 to 2

## INGREDIENTS

- 1 egg yolk
- 50gm salted butter
- 2 teaspoons lemon juice
- 1 tablespoon finely chopped dill
- Few grinds of freshly cracked black pepper

## OPTIONAL

- 1/2 teaspoon Dijon mustard
- 1 tablespoon water

## METHOD

1. Melt butter in a separate jug.
2. In a small bowl or jug, whisk the egg yolks, lemon juice (and mustard, if using).
3. Whisking constantly, start to add the melted butter to the egg yolk mix. Slowly add it all.
4. Put in microwave for 30 seconds on 70% power.
5. Add finely chopped dill, and pepper to taste. Stir and serve immediately on eggs or steamed green veges.

## NOTES

- Whisk in a teaspoon of water or lemon juice if the sauce separates.
- Can be rewarmed on 70% power for 10 second intervals, stirring in between.
- Tarragon or garlic chives could also be substituted for the dill.

# PICKLED CURRIED GREEN BEANS

---

This is an unusual condiment, based on a South African recipe. Great as an accompaniment to BBQ or grilled meat or baked fried chicken.



# PICKLED CURRIED GREEN BEANS

---



## MAKES

Serves 4 to 6 as a 'salad' condiment

## INGREDIENTS

- 250gm fresh green beans
- 250gm cucumber
- 1 clove garlic, crushed
- 1 small onion, finely diced
- 1/4 cup raw organic sugar
- 1/2 cup white vinegar
- 1/4 teaspoon salt
- 1 tablespoon [green curry paste](#) (or [another curry paste](#)) or [Green Harissa](#)
- 1/4 cup fresh herbs (parsley, basil, coriander or combination)
- 1/2 teaspoon ground turmeric, or 1 teaspoon fresh turmeric, finely grated (if not in curry paste)
- 1/2 cup chopped chargrilled capsicum

## METHOD

1. Remove ends of beans, cut in pieces.
2. In a small pot, put 1 cup water and 1 teaspoon salt, bring to boil. Blanch the beans for 3 minutes. Drain and plunge beans into bowl of iced water.
3. Whilst beans are cooling, put the garlic, onion, sugar, vinegar, salt, curry paste and turmeric, if using, into the pot. Heat and stir until sugar is dissolved, about 5 minutes.
4. Remove from heat and allow to cool.
5. Once ice is melted, drain beans through a sieve, discarding the water and putting beans back into the bowl.
6. Slice the cucumbers and remove seed section. Cut into pieces of similar size to the beans. Add to the bowl with the blanched beans. Add the chargrilled capsicum.
7. Pour dressing over the top of veges, stir and add chopped herbs. Serve.

## NOTES

- For low FODMAP version, substitute 1 teaspoon roast onion infused olive oil and 1/2 teaspoon garlic infused olive oil in Step 3, for the garlic and onion.
- This can be stored in the fridge for several days, due to the high acid content.

# CORIANDER CORN SALSA

---

This is a fantastic accompaniment to tacos, nachos, grilled fish, barbecued meat, baked potatoes or just eat with corn chips and salsa.



# CORIANDER CORN SALSA

---



## MAKES

About 2 cups, serves 4

## INGREDIENTS

- 2 corn cobs
- 1 red capsicum
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 2 tablespoons macadamia oil
- 1 clove of garlic
- Juice of 1 lime (about 2 tablespoons juice)
- 1 small red onion
- 3 to 4 slices of pickled Jalapeño
- 2 to 3 tablespoon fresh coriander

## OPTIONAL

- 1 avocado, pit and peel removed, diced
- 1/2 cup firm white or smoked cheese, crumbled or grated

## METHOD

1. Remove core and seeds from capsicum. Slice into quarters. Grill the capsicum, until the skin is charred and the flesh becomes tender – place in a bowl with a plate or lid over top. Allow to cool enough to handle.
2. Meanwhile, remove husks from corn. Steam or grill corn cobs until just tender, test the kernels by piercing with a knife. Allow to cool.
3. Remove most of charred skin from capsicum.
4. Juice the lime and crush the garlic clove. Add to the bowl, along with any juices from the grilled capsicum, and the ground coriander, ground cumin, salt and macadamia oil. Mix well.
5. Dice the grilled capsicum, red onion and pickled jalapenos, add to the bowl.
6. Cut the corn kernels from the cob, and chop the coriander. Add to the bowl, with cheese, if using. Mix well.
7. Serve in a bowl, topped with diced avocado and extra coriander.

## NOTES

- Anything over 1/8 avocado and over 1/2 cob or corn per serve is not Low FODMAP.
- You can substitute 1 teaspoon roast onion infused olive oil and 1/2 teaspoon garlic infused olive oil (add in Step 5) for the garlic and onion.

# SWEET POTATO ROSTI

---

These are so good, perfect for breakfast, brunch, lunch or even dinner!  
They lend themselves to any herb or try a combination.



# SWEET POTATO ROSTI

---



## MAKES

About 10 large fritters (2 tablespoons volume)

## INGREDIENTS

- 500gm sweet potato
- 2 free range eggs
- 1 small clove garlic, crushed
- 2 tablespoons chopped herbs (chives, thyme, basil, coriander, green spring onion ends or combination)
- 1 teaspoon salt
- Pinch of black pepper
- 1 cup coconut or macadamia oil, to fry

## OPTIONAL

- 1 teaspoon ground sumac

## METHOD

1. Peel and grate the sweet potato into a large bowl.
2. Add the eggs and stir until well combined.
3. Add the garlic (or garlic oil – see Notes), chopped herbs, salt, pepper and sumac (if using). Stir to combine.
4. Heat a couple of tablespoons of the oil in a fry pan over moderate heat.
5. Add two tablespoons worth of mix into the frying pan, and using the spoon, spread the mix until you have a fritter about 1cm thick.
6. Cook until golden brown on one side, then carefully flip over using a spatula/ egg flip and cook until brown on the other side.
7. Repeat until all the mix is used, adding more oil as required between batches.
8. Serve with [Green Harissa](#) and [Coriander Corn Salsa](#). Or [Herb Mayo](#), [Green Mayo](#) or Sour Cream and [Sweet Chilli Sauce](#).

## NOTES

- For a low FODMAP version, use 1 teaspoon of garlic infused olive oil in Step 3, instead of the clove of garlic. Be aware when eating sweet potato, anything more than 1/2 cup is considered higher in FODMAP polyols.

# LEFTOVERS FRITTATA

---

Great for breakfast, brunch or dinner, this frittata makes the most of left over cooked vegetables. If you don't want to, you don't even need to turn on the oven or grill.



# LEFTOVERS FRITTATA

---



## MAKES

Enough for 4 people

## INGREDIENTS

- 6 free range eggs
- 1/4 cup cream or milk (or water)
- 10 grinds fresh cracked pepper
- 1 to 2 tablespoons macadamia oil, coconut oil or butter
- 1 to 2 cups of leftover roast veges (sweet potato, potato, zucchini, capsicum, onion)
- 1/2 to 1 cup greens (baby spinach, silver beet, kale), chopped
- 1/4 to 1/2 cups of herbs, chopped (oregano, thyme, parsley, dill, basil, coriander etc)
- 1 teaspoon herb salt

## OPTIONAL

- 1/4 to 1/2 cup of grated cheese (parmesan, smoked, tasty)
- 1/2 cup chopped ham or bacon

## METHOD

1. Whisk eggs and cream (or milk) in a large jug or bowl. Grind in the pepper.
2. Heat grill or oven to moderate, before starting the frittata on the stovetop.
3. In a large grill/ oven proof frypan (I use cast iron or stainless steel), heat the oil or butter (use less if your leftover veges were cooked with oil).
4. Add the leftover veges, chopped greens and any hard herbs (oregano, thyme), ham or bacon (if using) and fry until heated through, about 5 minutes, stirring occasionally.
5. Pour the whisked eggs over the top, and tilt the fry pan to get the mix to spread out evenly around the veges.
6. Sprinkle on grated cheese (if using).
7. Transfer to the pre-heated grill or oven, and cook for about 10 minutes until eggs set (check the mix in the middle by pulling back the frittata with a spatula, if no egg mix runs in, it's done. If the egg mix is still runny, cook for another few minutes, retest).
8. Serve with herb salt and chopped herbs, or [Green Harissa](#).

## NOTES

- If you don't want to turn on the oven/ grill, turn the frittata over in the pan (it will probably break up) and cook for further 5 to 10 minutes on the stove top.
- Dairy Free options – use water (not milk or cream), don't use butter or cheese.
- If Low FODMAP, be mindful of using too much sweet potato and use kent pumpkin, and avoid using garlic or onion.

# GRILLED ZUCCHINI SALAD

---

Grilling zucchini takes it from an average vegetable to amazing. This salad is perfect for Summer harvests, try adding grilled eggplant and capsicum, or sliced tomatoes and cucumber. Serve on rocket or baby spinach leaves.



# GRILLED ZUCCHINI SALAD

---



## MAKES

Enough for 4 people

## INGREDIENTS

- 1 medium to large zucchini
- 250gm green beans
- 1 to 2 cloves garlic, crushed
- 2 tablespoons macadamia or olive oil
- 1 teaspoon of sumac
- 1 tablespoon of shredded basil

## DRESSING

- Use the [Basil Vinaigrette](#) on the next page, or choose from a [Vinaigrette Three Ways](#) recipe

## OPTIONAL

- 1/2 cup of grated cheese (parmesan, smoked, tasty) or crumbled fetta
- 1/2 cup of chopped nuts (macadamias, pecans, walnuts)
- 1 cup cherry tomatoes
- 1 to 2 cups rocket or baby spinach

## METHOD

1. Remove ends of beans, cut in half or quarters.
2. In a small pot, put 1 cup water and 1 teaspoon of salt, bring to boil. Blanch the beans for 3 minutes. Drain and plunge beans into bowl of iced water. Once cool, drain in a sieve.
3. Whilst beans are cooling, slice the zucchini into long thin slices, about 1/2cm thick.
4. Place in a bowl and drizzle the macadamia or olive oil, over the slices. Add the crushed garlic and carefully toss.
5. Grill zucchini slices on a hot grill or BBQ until tender and a nice chargrilled effect is achieved.
6. Make your dressing of choice, as per recipe
7. In a large bowl, add the beans, grilled zucchini, sumac, shredded basil, and any tomatoes, cheese or nuts you are using, along with the dressing. Gently toss to combine.
8. Serve on greens, as desired.

## NOTES

- For a low FODMAP version, use 1/2 to 1 teaspoon of garlic infused olive oil in Step 4, instead of the clove of garlic.
- Make your own Salad Crumbles using my [Raw Zucchini Tomato Cracker](#) recipe.

# BASIL VINAIGRETTE

---

This dressing is a simple vinaigrette with so much flavour from the basil, giving the taste of Summer to any salad or grilled vegetable dish.



# BASIL VINAIGRETTE

---



## MAKES

about 1/2 cup

## INGREDIENTS

- 1 small clove garlic, crushed
- 1/2 teaspoon fine salt
- 5 to 10 grinds fresh ground black pepper
- 1 teaspoon mild mustard (Dijon)
- 6 tablespoons macadamia oil or mild extra virgin olive oil
- 2 tablespoons fresh lemon juice (or white wine vinegar)
- 1 cup basil leaves

## METHOD

1. Blend all ingredients in a food processor or blender until well combined.
2. Can be stored in an airtight container or bottle in the fridge for up to one week.

## NOTES

- For a low FODMAP version, use 1/2 to 1 teaspoon of garlic infused olive oil, instead of the clove of garlic.

# SUPER GREEN SALAD

---

I love salad. I love a crunchy, interesting salad filled with fresh flavours, and a zingy or creamy dressing to contrast.



# SUPER GREEN SALAD

---



## MAKES

Enough for 4 to 6 as a side

## INGREDIENTS

- 1 medium zucchini
- 2 to 3 kale leaves
- 1/8 to 1/4 head of cabbage
- 1/2 head of a small broccoli
- 1/2 red onion, thinly sliced
- 1 cup finely chopped herbs (combination of coriander, basil, flat leaf parsley, chives or green spring onion ends)
- 1/4 to 1/2 cup pepitas or sunflower seeds
- 1 lime, cut into wedges

## DRESSING


- 1 serve of [Green Mayo](#), [Basil Vinaigrette](#) or choose a [Three Ways Vinaigrette](#) OR combine 3 tablespoons [Green Harissa](#), 3 tablespoons macadamia or olive oil, and 2 tablespoons apple cider vinegar

## METHOD

1. Make a dressing of your choice, as per the recipe.
2. Julienne the zucchini and chop into smaller pieces.
3. Finely chop the kale, cabbage and broccoli.
4. Finely slice the red onion.
5. Add all ingredients (except lime) into a large bowl and gently toss to mix.
6. Serve with grilled chicken, pork belly or prawns, and lime wedges.

## NOTES

- For low FODMAP, use a low FODMAP version of a vinaigrette (not green mayo) and leave out the red onion. Also be mindful to avoid Savoy cabbage but 1 cup of red, common or wombok cabbages are considered low in FODMAPs.



A great side for marinated and grilled meat, seafood or a curry, this is a great way to add flavour to leftover rice.

# HERBED GREEN RICE

---

# HERBED GREEN RICE

---



## MAKES

Enough for 4 as a meal, or 6 as a side

## INGREDIENTS

- 2 tablespoons macadamia or coconut oil
- 6 cups cooked rice (takes about 2 cups uncooked medium grain rice)
- 2 medium or 1 large zucchini (about 500gm, makes about 4 cups once grated)
- 2 cloves of garlic, crushed
- 1 small onion, finely diced
- 1 teaspoon salt
- Freshly ground black pepper
- 1/2 cup fresh, finely chopped herbs (basil, thyme, coriander or parsley)
- Extra chopped fresh herbs to serve

## OPTIONAL

- 1/2 to 1 cup of grated parmesan

## METHOD

1. Grate the zucchini and chop herbs.
2. Heat macadamia oil in a large fry pan or wok.
3. Fry the onion and garlic until starting to become translucent, about 3 to 5 minutes.
4. Add the grated zucchini in same fry pan, stir through and cook for about 5 minutes.
5. Then add the cooked rice and stir through until well combined. Cook until thoroughly heated through, about 10 minutes, stirring occasionally.
6. Take zucchini rice off heat, add herbs and stir through.
7. Taste. Season with salt and pepper as needed. Add cheese, if using.
8. Serve with grilled marinated pork, chicken, seafood, or roast vege's.

## NOTES

- For a low FODMAP version, instead of the garlic and onion, use 1 teaspoon garlic infused olive oil and 2 teaspoons roast onion infused olive oil for, adding it in Step 4 instead. You can also use green ends of spring onions instead of onion.

# BAKED CAJUN CHICKEN

---

My husband and daughter have Coeliac Disease and cannot eat gluten. So I set about developing a gluten free and low FODMAP version (see notes) of a certain southern fried chicken but that can be baked. Everyone agrees, this is a winner!



# BAKED CAJUN CHICKEN

---



## MAKES

Serves 4 to 6 people

## INGREDIENTS

- 1kg boneless chicken thigh fillets (skin on or off)
- 1 cup of [Cajun Seasoning](#)
- 1 cup tapioca flour
- 1/2 cup buttermilk (or 1/4 cup milk with 2 tablespoons plain yoghurt or sour cream)
- Spray cooking oil (I use coconut oil)

## METHOD

1. Pre-heat oven to moderate (180°C).
2. Add the Cajun seasoning mix to the flour in a large bowl and stir to combine.
3. Place the buttermilk (and infused oils, if using – see Notes) in a large bowl.
4. Cover chicken, one piece at a time, in the buttermilk mix to completely coat, allowing excess to drip off, then place in the flour mix. Gently turn the chicken piece over to coat in the flour/ seasoning mix. Scoop the flour over the piece, then gently shake the excess off.
5. Place the chicken piece on a pre-oiled baking rack over top of tray or dish, and repeat Step 4, until all the chicken is done. Leave at room temperature for about least 10 minutes to 'set'.
6. Place the baking trays into the oven. Bake for 30 minutes. Spray the chicken pieces with cooking oil, then bake for a further 10 to 15 minutes, until chicken juices run clear when cut, and chicken is cooked.

## NOTES

- If you require a low FODMAP version, make the Cajun Seasoning without garlic powder, onion granules or celery salt, then add 1 teaspoon garlic infused olive oil and 2 teaspoons roast onion infused olive oil to the buttermilk mix, Step 3.
- You can also 'marinate' or soak the chicken pieces in the buttermilk for a few hours or overnight.

# LAMB + HERB BURGERS

---

My son loves burgers - they are his favourite food and even from a young age, he could eat a burger almost as big as his head. He gives these the thumbs up. Serve with mash and veges, or in a bun with baby spinach, avocado, [Pineapple Sweet Chilli Sauce](#) and aioli.



# LAMB + HERB BURGERS

---



## MAKES

About 15 patties (using 3 tablespoons worth of mix)

## INGREDIENTS

- 2 cups finely grated veges (takes about 1 carrot and 1 small zucchini)
- 2 free range eggs
- 2 tablespoons finely chopped fresh herbs (mint, sage, rosemary or combination) or 1 tablespoon [Tuscan Seasoning](#)
- 1 cup fresh gluten free breadcrumbs (about 50gm or 2 small slices of gluten free bread)
- 1kg finely ground lamb mince

## METHOD

1. Grate your gluten free bread slices in a food processor to make the breadcrumbs. Set aside.
2. In a food processor, using a fine grate plate (2mm), finely grate the vegetables (or use a stand grater).
3. Remove grate plate, and put in the chopping blade. You can leave the grated vegetables in, they will just get chopped finer, which is what we want.
4. Add the eggs and herbs (or seasoning).
5. Process until just combined, using a silicon spatula to wipe down the sides of the processor. Transfer to a large mixing bowl.
6. Add the breadcrumbs and the mince. Mix with a spoon or your hands.
7. Scoop out about 3 tablespoons worth of mix, then roll into balls (using wet hands if the mix is sticky, or use a small cookie scoop), then shape into a patty (note: these will shrink a bit as they cook).
8. Fry in a pan or on a BBQ.

## NOTES

- If you require a low FODMAP version, make the Tuscan Seasoning without garlic and onion, then add 1 teaspoon garlic infused olive oil and 2 teaspoons roast onion infused olive oil to Step 4.
- You can freeze uncooked burger patties.

# CREAMY TUSCAN CHICKEN

---



An easy meal to throw in the oven as it all goes in one baking dish! 'Tray bakes' are a great one dish meal that come together easily and pretty much do their own thing until dinner time.

# CREAMY TUSCAN CHICKEN

---



## MAKES

Serves 4 to 6

## INGREDIENTS

- 3 cups chopped greens (about 3 large leaves of silver beet/ kale, or small bunch of English spinach)
- 1kg boneless chicken thigh fillets (or breast – skin on or off)
- 500gm potatoes (3 to 4 large washed or 6 chats potatoes)
- 1 tablespoon [Tuscan Seasoning](#)
- 1 teaspoon smoked paprika
- 1 teaspoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 250mls chicken bone broth or stock
- 300mls cream (or sour cream)
- 1 tablespoon tapioca flour
- 2 tablespoons water
- 1 cup grated parmesan cheese
- 1/4 cup of fresh chopped herbs (flat leaf parsley, basil, dill)

## METHOD

1. Pre-heat oven to moderate (180°C).
2. In a large baking dish spread the chopped greens out.
3. Add pieces of chicken on top, spread the thighs out flat, skin side up (if using chicken breasts, consider using a kitchen mallet to flatten them to be more even).
4. Chop potatoes into quarters (or halves for the chats). Add in amongst the chicken pieces and silver beet.
5. In a jug, place the Dijon mustard, Worcestershire sauce, Tuscan Seasoning, smoked paprika and broth/ stock. Stir.
6. Carefully pour the sauce mix over the chicken, into the baking dish.
7. Bake for 45 minutes, until chicken and potatoes are cooked through.
8. Combine the flour and water in a small jug, then stir in the cream.
9. Remove dish from oven, and stir in the cream mix carefully around chicken and potatoes, combining it with the broth and chicken juices.
10. Return to oven for 5 to 10 minutes to thicken the sauce.
11. Serve sprinkled with fresh herbs.

## NOTES

- For a Low FODMAP version, use a low FODMAP Tuscan Seasoning and add 2 teaspoons garlic infused olive oil and 2 teaspoons roast onion infused olive oil to the sauce mix in Step 1 and use lactose free cream or sour cream.

# CHICKEN SAN CHOY BOW

---

Serve this nicely spicy dish with rice or vermicelli noodles, or roll it up in rice paper and cook as spring rolls. You can use seasonal vegetables and herbs.



# CHICKEN SAN CHOY BOW

---



## MAKES

Enough for dinner for 4 to 6

## INGREDIENTS

- 2 cups finely grated or chopped vegetables (about 1 medium carrot and 1 medium zucchini)
  - 2 French shallots, or one small red onion, finely diced
  - 2cm x 2cm piece of fresh ginger root (about 1 tablespoon once grated)
  - Zest and juice from 1 lime (about 1 tablespoon of each)
  - 2 cloves garlic, crushed
  - 3 tablespoons gluten free tamari
  - 2 teaspoons brown sugar
  - 1 teaspoon ground coriander seed
  - 1 teaspoon sesame oil
  - 1 tablespoon Asian-style fish sauce
  - 1 teaspoon [sweet chilli sauce](#)
  - 1 cup bone broth or stock
  - 1kg free-range chicken mince, or chopped chicken thighs
  - 2 tablespoons macadamia oil, to fry
  - 1 cup chopped mixed coriander and Thai basil, a few mint leaves
  - 2 cups cooked rice noodles or rice
  - 1 iceberg or cos lettuce, cut into cups
2. Finely dice the shallots (or onion).
  3. Peel ginger and grate using a 2mm fine kitchen rasp.
  4. Zest the lime, and then juice it.
  5. Make the sauce mix by combining the grated ginger, lime zest and juice, tamari, brown sugar (or maple syrup), ground coriander seed, sesame oil, fish sauce, chilli sauce and bone broth or stock in a large jug or mixing bowl and stir well.
  6. Heat a large fry pan or wok with the macadamia oil, reduce heat to medium and fry off the shallots and garlic until becoming translucent.
  7. Add the chicken and brown it for about 10 minutes, breaking it up
  8. Add the veges and continue to cook and stir until vegetables are tender, about 10 minutes.
  9. Add the sauce mix, stir in and cook for another 5 minutes.
  10. Add the herbs, add noodles or rice to the chicken and veges (or serve on the side) and make sure it is thoroughly heated through. Serve with lettuce cups.

## NOTES

- For a Low FODMAP version, use 2 teaspoons roast onion infused oil and 1 teaspoon garlic infused oil, instead of the shallots/ onion and garlic.

# LEMON + ROSEMARY COOKIES

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A delicious twist on classic lemon zest cookies.



# LEMON + ROSEMARY COOKIES

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## MAKES

About 30 cookies (with an 8cm diameter, about 2 teaspoons of dough)

## INGREDIENTS

- 1 tablespoon coconut oil (solid or liquid)
- 125gm salted butter, softened
- 1/2 cup of organic raw sugar
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 2 free range eggs
- 1 teaspoon vanilla powder (or vanilla extract/ paste)
- 1/2 teaspoon bicarbonate soda
- 1/2 teaspoon baking powder
- 1/2 cup of white rice flour
- 1/2 cup of tapioca flour
- 1/2 cup of maize flour
- 1 teaspoon finely chopped fresh rosemary

## METHOD

1. Prepare baking/ cookie sheets, with baking paper or by lightly oiling.
2. Preheat oven to 180°C.
3. Very finely chop rosemary leaves.
4. In a food processor, blend the coconut oil, butter, and sugar.
5. Add the eggs, zest, juice, rosemary and vanilla, then blend again to combine.
6. Add the bicarbonate soda, baking powder and flours, blend until just combined.
7. Put 2 teaspoons worth of mix onto prepared baking tray. Allow enough space (3 to 4cm on all sides), to allow for spreading out when cooking.
8. Bake in the oven until golden brown, about 8 minutes for chewy and softer cookies, or for crispy cookies, approximately 12 minutes (these will be browner).
9. Allow to cool on the tray then move to a baking rack to finish cooling.
10. Repeat until all cookie dough is used.
11. Store in an airtight container for 3 to 4 days.

## NOTES

- If using unsalted butter, add 1/4 teaspoon salt to the mix.
- You will need approximately one small lemon to achieve the juice and zest required.
- You can substitute 2 tablespoons of coconut flour or green banana flour for any of the 1/2 cups of white rice, tapioca or maize flours.

# MINT CHOC CHIP ICE CREAM

---



It's so much fun to make your own ice cream. This is a fresh take on the bright green version you can buy, and easier than home made recipes where you steep mint leaves in hot milk and make a custard base. With subtle mint notes, it is delightfully different, served with a magical choc topping.

# MINT CHOC CHIP ICE CREAM

---



## MAKES

Enough for 4 to 6 people

## INGREDIENTS

- 2 cups loose mint leaves
- 3 x 300mls cartons of cream
- 3 to 4 tablespoons of maple syrup
- 1/2 cup of dark choc chips

## CHOC COCONUT TOPPING

- 1/2 cup of coconut oil, melted
- 1/2 teaspoon vanilla extract
- 2 tablespoons maple syrup
- 1/2 cup cacao powder

## METHOD

1. Pull mint leaves from stems, rinse and then dry between paper towel.
2. Blend mint leaves with cream and maple syrup in a blender, until the mint leaves are very, very finely chopped.
3. Pour into your ice cream maker, following instructions.
4. Before transferring to a glass bowl to freeze, add the choc chips and stir through.
5. To make the Choc Coconut Topping, combine all the ingredients in a heatproof jug/ bowl or small saucepan and stir well to combine. Gently heat until it becomes glossy and more liquid. This may only take about 30 seconds in the microwave or a couple of minutes on the stovetop. It can then be easily poured over ice cream (where it will set hard and crackly).

## NOTES

- For a low FODMAP version use lactose free cream.
- Having an ice cream maker is worthwhile. We have a Cuisinart one where you have to freeze the barrel for 24 hours beforehand, but it's still convenient enough. If you don't have one, you can find methods to make ice cream without an ice cream maker.



This is a great recipe to make the most of pineapples, mint and basil! It mixes with sparkling water for a refreshing drink, or makes a great mojito with white rum!

# PINEAPPLE BASIL SYRUP

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# PINEAPPLE BASIL SYRUP

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## MAKES

About 1 litre

## INGREDIENTS

- 1/2 cup Thai basil leaves and stems
- 1 cup mint leaves and stems
- About 2 cups pineapple (use the core, peel and any bits of flesh showing signs of brown – do not use any parts that are mouldy or rotten, of course)
- 2 cups sugar
- 6 cups filtered water

## OPTIONAL

- 2cm x 2cm piece of ginger root, or the peel and knobby bits


## METHOD

1. In a 2 litre heatproof jug or saucepan, combine the ingredients and stir to combine.
2. Simmer for 30 minutes, up to 1 hour, stirring occasionally. Allow to cool.
3. Strain into a clean bottle.
4. Store in the fridge for a couple of weeks.
5. Dilute with sparkling water to taste, about 1 part syrup to 3 parts sparkling water (100mls syrup, 300mls sparkling water).


## NOTES

- If you want a thicker syrup, either start with less water or cook for longer.
- Find more [Herb Syrup](#) recipes on the Growing Home website.
- If you are looking for a recipe to use pineapple flesh, check out my [Pineapple Sweet Chilli Sauce](#) recipe.


# appendix

A close-up photograph of a woven wicker basket filled with fresh, vibrant green basil leaves. The leaves are densely packed and show natural texture and color variations. A white circular callout is positioned in the upper right quadrant of the image, containing the text 'learn more about my favourite herbs!'.

learn more about  
my favourite  
herbs!

 [instagram.com/bec\\_growinghome](https://www.instagram.com/bec_growinghome)

 [facebook.com/growinghomeaustralia](https://www.facebook.com/growinghomeaustralia)

 [growinghome.com.au](http://growinghome.com.au)



# HERB PROFILE

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## sage

### GROW

- Sage is a woody perennial shrub
- Grows in most climates
- Moderate frost tolerance
- Easier to grow from a seedling/ cutting
- Grow in a pot or garden bed
- Grows in well drained, average soil
- Prefers a sunny position
- Established sage needs little water; very drought tolerant
- Feed in Spring
- Prune after flowering to remove any dead wood and flower heads

### HARVEST + STORE

- Harvest any time once established
- Cut or pinch leaves off, or cut off leaves with stem
- Harvest and prune up to half the foliage to preserve when it is abundant and after flowering
- You can also put sage cuttings with some stem in a jar of water at room temp
- Sage leaves store well in an airtight container, or in a damp paper towel/ tea towel, in the fridge

## COOK

- Sage is a strong savoury herb that features in European and Mediterranean cuisines, especially French cooking
- It is perfect on roasts, and is a well known best friend of pumpkin, in [Pumpkin Soup](#), and [Pumpkin Cornbread](#) or a lovely addition to [Chicken and Vege Risotto](#)
- Sage can be added at the start of cooking, like whole leaves on roast pork, or when making bone broth, or a slow cooker casserole
- Sage leaves seem too chewy to use as a garnish but you can make it fancy by frying the leaves to a crisp in a frypan with some oil
- Sage is great used fresh or dried, but crumbly dried leaves can be more convenient and easier to use

## PRESERVE

- Hang a bunch of sage (secured with a band or twine) to be air dried, or dehydrate it and blend with other dried herbs to make [Tuscan Seasoning](#), [Cajun Seasoning](#) or Sage Salt
- Add it to [Raw Zucchini Tomato Crackers](#) or [Herb, Salt and Vinegar Dried Tomatoes](#)
- You can freeze whole sage leaves, or put finely chopped sage in ice cube trays with oil or water, add a couple of cubes to casseroles, risotto, Bolognese sauce, or soups
- You can also make a lovely [Herb and Garlic Butter](#) with sage, to freeze
- Use sage in bottling such as apple and sage jelly

## SAGE

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# HERB PROFILE

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## rosemary

### GROW

- An evergreen perennial which can grow tall, and has a few varieties
- Handles most climates
- Can handle mild to moderate frosts
- Grow from a seedling or cutting
- Grow well in a pot, or garden bed
- Grows in well drained, poor to good soil
- Prefers full sun, avoid humidity
- Don't overwater, can handle being dry
- Feed once a year
- Prune well after flowering to prevent it becoming woody

### HARVEST + STORE

- Harvest any time once established
- Cut off sprigs as needed
- Harvest up to half the foliage to preserve when it's abundant and just coming into flower
- You can put rosemary cuttings with some stem in a jar of water at room temp
- Rosemary leaves store well in an airtight container, or in a damp paper towel/ tea towel, in the fridge

## COOK

- Rosemary is a classic strong herb, which features in European and Mediterranean cuisines and classic Australian dishes
- A little goes a long way with rosemary
- Rosemary can be added at the start of cooking, like whole sprigs on roast lamb or roast veges, or when making bone broth, or a slow cooker casserole
- Use rosemary in a herb finishing salt (sprinkle it on roast potatoes or hot chips!)
- You can also try using rosemary in sweet dishes, try it in [Lemon + Rosemary Cookies](#)

## PRESERVE

- Rosemary air dries well, or dry it in an electric dehydrator, and blend with other dried herbs to make [Tuscan Seasoning](#), or make Rosemary Salt (so good on potatoes)
- You can put finely chopped rosemary in ice cube trays with oil or water to freeze, and add a cube to casseroles, risotto, Bolognese sauce or soups
- Add dried or very finely chopped rosemary in to a [Herb Butter](#) and freeze
- Rosemary also goes great added to [Salt Preserved Lemon](#) or in Herb Vinegars
- Use dried rosemary to make an infused oil

# ROSEMARY

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# HERB PROFILE

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## thyme

### GROW

- Thyme is a hardy, compact evergreen perennial shrub, tolerates most climates with many varieties available
- Can handle moderate frosts
- Grow from seedlings, cuttings or root division
- Good in a pot, can take over a garden bed
- Prefers well drained, poor soil
- Grow in a full sun position
- Don't over water; prefers dry
- Feed once a year
- Prune after flowering to remove dead wood and flower heads

### HARVEST + STORE

- Harvest any time once established
- Cut off sprigs as needed
- Harvest up to half the foliage to preserve when it's abundant, or as it's coming into flower
- You can put thyme cuttings with some stem in a jar of water at room temp
- Thyme stores well in an airtight container, or in a damp paper towel/ tea towel, in the fridge

## COOK

- Thyme is a classic herb used in Middle Eastern, Mediterranean and French cooking
- It goes so well in casseroles and roasts, broth and soups, add at the start of cooking, or use tiny leaves as a garnish at the end
- I use thyme a lot in [Beef Meatballs](#) and [Lamb Koftas](#)
- Add it to pizza and pasta sauces, along with oregano and basil for a full flavour – dried thyme is perfect for this as it's more intense and handles the full bodied acidic tomatoes

## PRESERVE

- Thyme can be dehydrated - it makes a lovely hanging bouquet when air dried
- Blend with other dried herbs to make [Tuscan](#), [Cajun](#) or [Moroccan Seasoning](#)
- Add it to [Raw Zucchini Tomato Crackers](#) to dehydrate or [Herb, Salt and Vinegar Dried Tomatoes](#)
- You can put thyme leaves in ice cube trays with oil or water to freeze, and add a couple of cubes to casseroles, risotto, Bolognese sauce or soups
- You can also make a lovely [Herb and Garlic Butter](#) with thyme, which freezes well in slices
- It also goes well in [Herb and Garlic Tomato Relish](#), or passata, then bottled
- Make a herb vinegar with thyme, to use in salad dressing or add a splash to gravy for roast lamb
- Use dried thyme to make an infused oil

# THYME

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# HERB PROFILE

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## *oregano*

### **GROW**

- Oregano (Greek or Mediterranean) is a perennial bush which can grow tall
- It grows in most climates
- Tolerates mild to moderate frosts
- Grow from seed, seedling or root division
- Pot or garden beds, but it can spread
- Grow in well drained, average soil (this encourages the volatile oils in the leaves)
- Prefers a full sun position
- Don't over water (try once a week)
- Feed every 2 to 3 months
- After flowering, remove dead wood and flower head.

### **HARVEST + STORE**

- Harvest any time once established
- Pinch off leaves as needed, or cut off sprigs/ cuttings
- When about half the flowers are open, harvest to preserve
- You can put oregano cuttings with some stem in a jar of water at room temp
- Oregano stores well in an airtight container, or in a damp paper towel/ tea towel, in the fridge

## COOK

- Oregano is used in Middle Eastern, Mediterranean, Latin American and French cooking – it's very adaptable
- Fresh oregano can be mild, compared to dried oregano, which is well known for adding flavour to pizza and pasta sauces
- It goes well in [Herb Ginger Lime Marinade](#), use on pork or seafood
- A great addition to [Herb Beef Meatballs](#), [Lamb Koftas](#) and [Tomato Relish](#)
- It's a nice herb for [Vege Bake](#) too

## PRESERVE

- Oregano becomes intense when dried. It is great ground and blended with other dried herbs to make [Cajun](#) or [Tuscan Seasoning](#), also used in [Nacho Seasoning](#)
- Add it to [Raw Zucchini Tomato Crackers](#) to dehydrate or [Herb, Salt and Vinegar Dried Tomatoes](#)
- You can put chopped oregano in ice cube trays with oil or water to freeze, and add a couple of cubes to casseroles, risotto, Bolognese sauce or soups
- Marinades made with oregano can be frozen, making for a quick and convenient start to a meal when you are busy
- It goes well in [Herb and Garlic Butter](#) which can be frozen in slices, ready to add to warm bread or grilled meats or veges
- It also goes well in [Herb and Garlic Tomato Relish](#), or passata, then bottled
- Use dried oregano to make an infused oil

# OREGANO

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# HERB PROFILE

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## *mint*

### **GROW**

- Mint is a herbaceous perennial, with multiple varieties
- It grows in most climates, but will die down in Winter
- Handles mild to moderate frosts
- Grow from seedling, cutting or division
- Recommended to grow in a pot as it can spread and take over a garden bed
- Likes a rich, moist, well drained soil
- Grow in full sun or partial shade
- Keep soil moist and feed twice a year
- In cool/ mountain climates, you can cut back in Autumn to the ground, for dormancy - will come back in Spring

### **HARVEST + STORE**

- Tip pruning to harvest leaves any time once established, to prevent becoming woody
- Harvest to preserve when it's abundant and before dormancy
- You can put mint cuttings with some stem in a jar of water at room temperature, and they will most likely form roots
- Mint can be tricky to store as the leaves tend to blacken but it can store well in an airtight container, or in a damp paper towel/ tea towel, in the fridge

## COOK

- Mint is used in many global cuisines, including Asian, Middle Eastern, Mediterranean and Latin American
- It can be used in savoury and sweet dishes, and can be cooked or used raw
- More than just a garnish for cocktails, make fancy drinks using [Herb Syrups](#)
- Add to Asian salads, like [Asian Noodle Salad](#), and rice paper rolls with [dipping sauce](#)
- Use it in [Lamb Koftas](#), served with [Tzatziki](#) or [Mint + Dill Pesto](#) or make a classic mint sauce to go with lamb

## PRESERVE

- You can preserve mint by dehydrating it and using it in [Moroccan Seasoning](#), or make tea
- Try freezing whole leaves of mint in a small airtight container or plastic bag
- Make [Lemon + Mint Cordial](#), which can be bottled, or for something different, try it in a [Herb Syrup](#) for cocktails or fizzy homemade cordial drinks
- You can also make mint extract or mint sugar
- [Chermoula Marinade](#) or [Herb Ginger Lime Marinade](#) or Mint + Dill Pesto can be frozen

## MINT

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# HERB PROFILE

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## *parsley*

### **GROW**

- Parsley (curly or flat leaf) is a biennial, grown as an annual in most climates
- Can tolerate mild to moderate frosts
- Grows from seedlings or seed (slow to germinate – soak seed for 24 hours and keep moist once planted to help germination)
- Grow in a pot or garden bed
- Prefers moist, rich, well drained soil
- Full sun to part shade
- Keep it moist (or it will bolt)
- Feed every 2 to 3 months
- Can be prolific and will self seed readily
- Watch for the flower stem to start, remove flower heads to keep plant bushy and less bitter. Once plant has bolted, leave plants to form seed to collect once dry

### **HARVEST + STORE**

- Frequent harvesting to prevent scragginess. Pick the outside young leaves before they get old, as new growth will come from the middle rosette
- Store in a vase or jar of water on the kitchen bench, or in the fridge with a plastic bag covering it
- Can also be stored in airtight container or damp towel in the fridge

## COOK

- Parsley is used in many global cuisines, including French, Middle Eastern, Mediterranean and Latin American
- You can use it raw or cooked, I love the strong freshness that raw parsley can add
- Flat leaf parsley is the hero of [Gremolata](#), a zesty condiment, or spicy Green Harissa
- Chopped parsley, or gremolata, can add zest to a [Spicy Sweet Potato Soup](#)
- It is a great addition to [Lamb Koftas](#), [Pasta Carbonara](#) and [Chermoula marinade](#)
- Makes a great salad, like tabbouleh or fattoush, or this [Roast Pumpkin and Lentil Salad](#)
- Make something different like [Green Mayo](#) or [Roast Vege Dip](#)

## PRESERVE

- Hang a bunch of parsley (secured with a band or twine) to be air dried, or dehydrate it and blend with other dried herbs to make [Tuscan Seasoning](#) or [Cajun Seasoning](#)
- Add it to [Raw Zucchini Tomato Crackers](#) to dehydrate
- You can put chopped parsley in ice cube trays with oil or water to freeze, and add a couple of cubes to casseroles, risotto, Bolognese sauce or soups
- It can be made into [Herb Butters](#), perfect to add to grilled or BBQ'd meats and fish, or on top of a baked potato
- You can also make [Chermoula](#) or [Gremolata](#) and then freeze

# PARSLEY

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# HERB PROFILE

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## coriander

### GROW

- Coriander is a tall annual
- Grows in all climates, but during hot, dry weather, keep soil moist and provide shade to reduce bolting
- Frost tolerance is moderate, and can grow better in the cooler months
- Plant direct, slow to germinate from seed, but seedlings may not transplant well
- Grow in a pot or garden bed
- Prefers moist, rich, well drained soil
- Grow in full sun or partial shade
- Monthly feed
- Remove flower heads to keep plant bushy and less bitter. Once plant has bolted, leave plants to form seed to collect once dry

### HARVEST + STORE

- Once established, harvest frequently to prevent it becoming leggy and scraggly. Pick the outside young leaves before they get old
- To harvest the whole plant (to use roots and all) wait until it's at least 15cm tall
- Wilts easily - store a bunch in a jar of water in the fridge with a plastic bag covering it, though may do OK in airtight container or damp paper towel/ cloth in fridge

## COOK

- A love it or hate it herb (it tastes like soap to some people due to their genetic variation)
- It goes perfectly in Latin American, Asian, Middle Eastern and Indian style foods
- Cilantro is the Spanish word used for the leaves (the seeds are still 'coriander')
- Add it at the start or end of cooking (try using the roots and stems at the start)
- Try it in [Green Harissa](#), [Grilled Zucchini Dip](#) or [Roast Vege Dip](#)
- I use it in [Nacho Mince](#), which makes nachos, burritos, and tacos
- I use coriander in Asian dishes like [Harvest Fried Rice](#), [Thai Fried Rice](#), [Asian Style Noodle Salad](#) served with [Lime + Ginger Peanut Dressing](#), [Chicken + Vege Potstickers](#), [Pork + Lime Meatballs](#) and [Chicken San Choy Bow](#)

## PRESERVE

- Add it to [Raw Zucchini Tomato Crackers](#) to dehydrate
- You can preserve coriander in [Coriander Pesto](#), [Curry Paste](#) or [Coriander Chilli Butter](#) or a [Roast Vege Dip](#), which freeze and defrosts well
- Marinades freeze well, and are convenient to defrost, such as [Chermoula Marinade](#) or [Herb Ginger Lime Marinade](#)
- Add it to salsa or relish to bottle, like [Tomato Kasundi](#)
- You can collect dry coriander seed and grind it in a food mill or mortar and pestle to use as ground coriander seed (you may need to put it through a sieve to make sure there are no sharp husk pieces remaining)

# CORIANDER

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# HERB PROFILE

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## basil

### GROW

- Basil is grown as an annual in many climates, but is sensitive to frost and drought
- Start from seed, seedlings or cuttings
- Great in a pot or garden bed
- Prefers well drained, moist soil in a full sun, protected position
- Regular watering and monthly feeding
- There are many varieties of basil, which can taste quite different to each other
- Tip pruning frequently to encourage bushy and productive plants (use the tips and flowers in cooking)

### HARVEST + STORE

- Harvest as needed, pinching out the tips or side leaves
- Be sure to harvest for preserving before frosts are predicted or the plants have all gone to flower
- Basil can be tricky to store as the leaves tend to blacken but you can put basil cuttings with some stem in a jar of water at room temperature
- It may store in an airtight container, or in a damp paper towel/ tea towel, in the fridge

## COOK

- Basil is used in Mediterranean and Asian cooking, depending on the varieties
- Add it at the start in marinades or curry pastes, but it's great shredded and added just before the end of cooking too
- Thai basil is awesome in Asian dishes (you could also try using Holy Basil) like [Thai Fried Rice](#), [Asian Style Noodle Salad](#) served with [Lime + Ginger Peanut Dressing](#), [Chicken + Vege Potstickers](#), [Pork + Lime Meatballs](#) and Chicken San Choy Bow, as well as [Thai Basil Curry Paste](#)
- Genovese/ Sweet Basil is perfect for classical [pesto](#), is divine on pizza or pasta, or in [Green Mayo](#), Basil Vinaigrette, [Sour Cream + Herb Dressing](#), or [Grilled Zucchini Dip](#)
- I love fresh basil in a [Marinated Tomato Salad](#) but use dried basil in seasoning mixes
- For something different, try it in a [Herb Syrup](#) for cocktails or fizzy homemade cordial drinks

## PRESERVE

- Basil can be dehydrated and keeps its flavour quite well. Add it to Tuscan and Cajun Seasonings, or Herb Salt
- Or add it to [Raw Zucchini Tomato Crackers](#) to dehydrate or [Herb, Salt and Vinegar Dried Tomatoes](#)
- You can also make a lovely [Herb and Garlic Butter](#) with basil to freeze
- Chopped basil in oil or pesto can be frozen in ice cube trays or containers
- Or make [Thai Basil Curry Paste](#) and freeze in small portions

## BASIL

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# HERB PROFILE

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## dill

### GROW

- Dill is an annual which can get quite tall
- Grows in most climates, good frost tolerance, grows well in cooler months
- Sow dill seed direct (it doesn't transplant well) and self seeds easily
- Pot or garden bed
- Prefers rich, well drained soil
- Grow in a full sun position
- Keep soil moist (to reduce bolting) and give monthly feed
- Once plant has bolted, leave plants to form seed to collect once dry.

### HARVEST + STORE

- Harvest anytime from the outside leaves before they get old (or prune if they have become coarse) as new growth will come from the middle rosette. Watch the centre for the flower stem to start, remove flower heads to keep plant bushy. Use the flowers in cooking and preserving
- Store a bunch of dill in a vase or jar with water, on the kitchen bench, or in the fridge with a plastic bag covering it
- It does well in an airtight container or damp paper towel/ cloth in fridge

## COOK

- Dill is featured in Scandinavian cuisine, like [Zucchini and Potato Fritters](#), as well as Mediterranean and French cooking
- Dill is a distinct herb that I love, though the flavour can be delicate, so can be added at the end of cooking or just sprinkled on top
- It is well known to pair with egg, cheese or salmon dishes like these [Zucchini, Salmon + Potato Fritters](#) or [Zucchini Halloumi Balls](#)
- Make it into a pesto, [Mint + Dill Pesto](#) or add it to [Tzatziki](#) for something different
- Add dill to [Sour Cream Dressing](#) or a [Classic Dill Mayo](#) or use it in [Lemon Herb Vinaigrette](#)

## PRESERVE

- Dill leaf and seed are great to use in [lacto-fermenting](#) and pickling cucumbers
- You can freeze dill leaf but it may lose its greenness, so put chopped dill in ice cube trays with oil or water to freeze, and add a couple of cubes to casseroles, risotto, Bolognese sauce or soups
- Or try freezing [Mint + Dill Pesto](#) instead
- Dill makes an awesome [Herb and Garlic Butter](#) which freezes well in slices, ready to add to roast chicken, salmon and scrambled eggs or BBQ'd fish
- It can also be dried but may lose some of it's pungency

## DILL

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# HERB PROFILE

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## chives

### GROW

- Chives are a herbaceous perennial but can slow down (become dormant) in Winter
- Will grow in most climates, with moderate frost tolerance
- Grows from seed, seedling or division
- Can handle a pot or garden bed
- Prefers a rich, moist, well drained soil
- Grow in full sun but will tolerate partial shade
- Needs regular watering and feed every few months
- Prune after flowering. Divide as necessary every couple of years when they are dormant in cooler weather.

### HARVEST + STORE

- Harvest regularly to promote growth and remove flower heads to use in cooking or preserving
- Cut chives off, rather than pulling out, leaving 5cm at the bottom
- Harvest to preserve when abundant or when pruning
- Store in an airtight container with paper towel to keep dry, or in damp paper towel/ tea towel in a bag, in the fridge

## COOK

- Chives feature in French and Mediterranean cuisines, with a distinct onion-y flavour with a bit of kapow to them – add them at the start of cooking, but great for a garnish too
- Chives often feature on top of a baked potato with sour cream (yum!), but chives pair with pumpkin, potato salad, frittata, rosti or try them in [Zucchini Halloumi Balls](#)
- They rock in [Sour Cream + Herb Dressing](#)
- Use chives when making [Herb + Garlic Butter](#) (which can also be frozen) to add to a baked potato, crusty bread roll or grilled meat or fish
- Add them to [Zucchini Potato Bacon Soup](#) or [Zucchini, Ham and Cheese Loaf](#)

## PRESERVE

- Dehydrate chives, whole or chopped, then add to dishes as dried chopped chives, or grind them with a herb mix
- You can preserve chopped chives by freezing them in an airtight container or small bag, or put them into ice cube trays with a mild oil. Once frozen, transfer to a freezer proof container. Add to risotto, casseroles, bolognese and soups
- Freeze any excess [Herb and Garlic Butter](#) that you've made with chives

# CHIVES

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# GROWING HERBS

	SAGE	ROSEMARY	THYME	OREGANO	MINT
LIFECYCLE	EVERGREEN PERENNIAL	EVERGREEN PERENNIAL	EVERGREEN PERENNIAL	PERENNIAL	HERBACEOUS PERENNIAL
CLIMATE	MOST	MOST	MOST	ALL	ALL
FROST TOLERANCE	MODERATE	MILD TO MODERATE	MODERATE	MILD TO MODERATE	MILD TO MODERATE
GROW FROM SEED	NO	NO	YES (SLOW)	YES	NO
GROW FROM SEEDLING/ CUTTING	YES	YES	YES	YES	YES
SUITABLE FOR POTS	YES	YES	YES	YES	YES
SUITABLE FOR GARDEN BED	YES	YES	YES BUT CAN TAKE OVER	YES BUT CAN TAKE OVER	YES BUT CAN TAKE OVER
TYPE OF SOIL	WELL DRAINED, AVG SOIL	WELL DRAINED, POOR - GOOD	WELL DRAINED, POOR SOIL	MOIST, WELL DRAINED, AVG	RICH, MOIST, WELL DRAINED
FULL SUN OR PARTIAL SHADE	FULL SUN	FULL SUN, AVOID HUMIDITY	FULL SUN	FULL SUN	EITHER
WATER	PREFERS DRY, DROUGHT TOLERANT	CAN HANDLE DRY, DON'T OVER WATER	DON'T OVER WATER	DON'T OVER WATER	KEEP SOIL MOIST
FEED/ FERTILISE	LESS FEED, ONCE A YEAR	ONCE A YEAR	ONCE A YEAR	EVERY 2 TO 3 MONTHS	COUPLE OF TIMES A YEAR
PRUNE	AFTER FLOWERING	AFTER FLOWERING	AFTER FLOWERING	AFTER FLOWERING	CUT BACK IN AUTUMN TO THE GROUND
NOTES	CAN BECOME WOODY, PRUNE GENTLY	CAN BECOME WOODY	CAN SPREAD, GROW FROM ROOT DIVISION	CAN SPREAD, GROW FROM ROOT DIVISION	DIES DOWN IN WINTER IN COOL CLIMATES

# GROWING HERBS

	PARSLEY	CORIANDER	BASIL	DILL	CHIVES
LIFECYCLE	BIENNIAL (2 YEARS)	ANNUAL	ANNUAL	ANNUAL	HERBACEOUS PERENNIAL
CLIMATE	MOST	ALL	SENSITIVE TO FROST + DROUGHT	MOST	ALL
FROST TOLERANCE	MILD TO MODERATE	MODERATE	VERY FROST SENSITIVE	GOOD	MODERATE
GROW FROM SEED	YES (SLOW; SOAK O/N)	YES	YES	YES	YES
GROW FROM SEEDLING/ CUTTING	YES	MAY NOT TRANSPLANT WELL	YES	DOESN'T TRANSPLANT WELL	YES
SUITABLE FOR POTS	YES	YES	YES	YES	YES
SUITABLE FOR GARDEN BED	YES	YES	YES	YES	YES
TYPE OF SOIL	MOIST, RICH, WELL DRAINED	MOIST, RICH, WELL DRAINED	WELL DRAINED, MOIST	RICH, WELL DRAINED	RICH, MOIST, WELL DRAINED
FULL SUN OR PARTIAL SHADE	FULL SUN, HANDLES PART SHADE	FULL SUN OR PARTIAL SHADE	FULL SUN, PROTECTED	FULL SUN	FULL SUN, TOLERATES PARTIAL
WATER	KEEP SOIL MOIST (TO REDUCE BOLTING)	KEEP SOIL MOIST (TO REDUCE BOLTING)	REGULAR WATERING	KEEP SOIL MOIST (TO REDUCE BOLTING)	REGULAR WATERING
FEED/ FERTILISE	EVERY 2 TO 3 MONTHS	MONTHLY	MONTHLY	MONTHLY	EVERY FEW MONTHS
PRUNE	FLOWERS TO SLOW BOLTING	FLOWERS TO SLOW BOLTING	TIP PRUNING, PRUNE ANY FLOWERS	FLOWERS TO SLOW BOLTING	CUT DOWN IN AUTUMN IN COOL CLIMATES
NOTES	WILL SELF SEED READILY	WILL BOLT TO SEED IN HOT, DRY WEATHER	PINCH OUT THE TIPS REGULARLY	WILL SELF SEED EASILY	WILL SLOW DOWN IN WINTER IN COOL CLIMATES

# HARVEST, STORE, COOK + PRESERVE HERBS

	SAGE	ROSEMARY	THYME	OREGANO	MINT
HARVEST	ANYTIME ONCE ESTABLISHED				
HARVEST TO PRESERVE	WHEN IT IS ABUNDANT, AFTER FLOWERING	WHEN IT IS ABUNDANT + JUST COMING INTO FLOWER	WHEN IT IS ABUNDANT + JUST COMING INTO FLOWER	WHEN IT IS ABUNDANT + JUST COMING INTO FLOWER	WHEN IT IS ABUNDANT + BEFORE DORMANCY
STORE IN FRIDGE	YES	YES	YES	YES	YES, BUT MUST BE COVERED
STORE AT ROOM TEMP	YES	YES	YES	YES	YES
RAW OR COOK	COOK	COOK	COOK	COOK	BOTH
ADD AT START OR END OF COOKING	START	START	BOTH	BOTH	BOTH
EDIBLE FLOWERS	YES	YES	YES	YES	YES
STRONG OR MILD	STRONG FLAVOUR	STRONG FLAVOUR	MILDER (MORE INTENSE DRIED)	MILDER (MORE INTENSE DRIED)	STRONG FLAVOUR
DRYING	YES, USE IN HERB SALT, SEASONINGS OR INFUSED OIL	YES, USE IN HERB SALT, SEASONINGS OR INFUSED OIL	USE IN HERB SALT, SEASONINGS OR INFUSED OIL	YES, USE IN HERB SALT, SEASONINGS OR INFUSED OIL	YES, USE IN TEA + SEASONING BLENDS
FREEZING	YES, IN CUBES OF OIL OR WATER, HERB BUTTER	YES, IN CUBES OF OIL OR WATER, HERB BUTTER	YES, IN CUBES OF OIL OR WATER, HERB BUTTER	YES, IN CUBES OF OIL OR WATER, HERB BUTTER, MARINADES	LEAVES, PASTE OR PESTO
OTHER	APPLE + SAGE JELLY	INFUSED VINEGAR	INFUSED VINEGAR, RELISH	ON DRIED TOMATOES	SYRUP, EXTRACTS, SUGAR



# HARVEST, STORE, COOK + PRESERVE HERBS

	PARSLEY	CORIANDER	BASIL	DILL	CHIVES
HARVEST	ANYTIME ONCE ESTABLISHED				
HARVEST TO PRESERVE	WHEN IT IS ABUNDANT + BEFORE FLOWERING	WHEN IT IS ABUNDANT + BEFORE FLOWERING	WHEN IT IS ABUNDANT + BEFORE FLOWERING/ FROSTS	WHEN IT IS ABUNDANT + BEFORE FLOWERING	WHEN IT IS ABUNDANT + BEFORE DORMANCY
STORE IN FRIDGE	YES	YES	NO	YES	YES
STORE AT ROOM TEMP	YES	NO	YES	YES	YES
RAW OR COOK	BOTH	BOTH	BOTH	BOTH	BOTH
ADD AT START OR END	BOTH	BOTH	BOTH, BETTER AT END	BOTH, BETTER AT END	BOTH
EDIBLE FLOWERS	YES	YES	YES	YES	YES
STRONG OR MILD	STRONG FLAVOUR	STRONG FLAVOUR	STRONG FLAVOUR	MILDER	STRONG FLAVOUR
DRYING	POSSIBLE BUT MAY LOSE FLAVOUR, USE IN SEASONING BLENDS	POSSIBLE BUT LOSES FLAVOUR	YES, USE IN HERB SALTS + SEASONING BLENDS	POSSIBLE BUT MAY LOSE FLAVOUR	POSSIBLE BUT MAY LOSE FLAVOUR, USE IN SEASONING BLENDS
FREEZING	YES, IN CUBES OF OIL OR WATER, HERB BUTTER OR GREMOLATA	BETTER IN CUBES WITH OIL, HERB BUTTER, CURRY PASTE OR PESTO	YES, IN CUBES OF OIL OR WATER, HERB BUTTER, CURRY PASTE OR PESTO	YES, IN CUBES OF OIL OR WATER, HERB BUTTER, CURRY PASTE OR PESTO	YES, IN CUBES OF OIL OR WATER, HERB BUTTER, CURRY PASTE OR PESTO
OTHER	BOUQUET GARNI	USE CORIANDER SEED	VINEGAR, SALTS, SYRUPS	DILL SEED	DRIED CHIVES IN VINEGAR

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*find yourself in the dirt*



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