

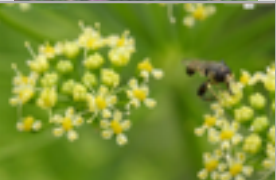
















Sheet1

Herb Name (common & latin)	Picture	Common Uses (M = Medicinal, T = Tea, B = Bee, C = Culinary,	Growing Notes: Height, Wet/ Dry, Sun/ Shade PROPAGATION	Harvesting Notes (Month)	Usage Notes	Taste and Thoughts on Qualities- good to blend with?	GRIDS ayurvedic doshas/ Hot-cold, wet-dry/
Mints (lots varieties: pimms, pepper, spear)		C, T, B, M	Herbaceous Perennial. Generally has runners. Tends to shady moist but , sun with moist roots too. Prune back to keep fresh growth.	rotate harvesting to keep fresh young growth. Trying drying methods this year.	cocktails, puddings, added to meals, drinks.	Mints (lots of	Mints (lots of
Chives		C, B	Bulb, light moist soil, sow in warm soil (late Spring). Aim for clumps that can be divided in time.	scissors, it regrows	garnish, use en masse in omelette.		
Parsley		C, B	Biennial, allow to self seed and create an area of parsley. Fertile moist soil, likes sun, light shade.	once established pick regularly	I prefer the curly type.		
Corriander		C, B	annual, well drained light soil. sunny	aim is to get leaves so pick before it bolts. bit flowers lovely and seeds useful too.	leaves in salsa, seeds distinct taste too.		
Dill		C, B, cut flower	Annual (unfortunately) moist well drained soils, like sun, or light shade. height issue with solar panel garden?	Spring or Autumn harvest. pick easy to clean straight roots and re plant divided crown.	pickling, with fish, seeds are digestive.	I love dill.	
Sorrel		C	roots are easily divided. Seeds too if allowed (cut seeds heads if worried).	cut back to keep if fresh. Younger leaves preferable. I pull rib off as less fun to eat.	prefer raw as cooking can spoil it. wrap around salami.	kids love sour taste.	
Buckler Leaved Sorrel		C	less luck with this. needs moist and no competition.	whole leaf used.			
Rocket		C	Seeds easily. Also let it re seed itself for year round leaves.	cut back to keep it fresh harvest regularly.	pick young leaves.		
Bitter Salad Leaves		C	treat as annuals and let some flower to self seed.	pick leaves at will.	mix up with lettuce to make interesting.		
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Calendula (pot Marigold)		M, B, T, C	grows well from seed and self sows.	prolific, keep harvesting flowers. check for insects.	petals of salads but can eat whole thing.		
Viola, Heartsease		M, C, T	wild flower, start with seed.	just flowers, (whole tops as tea)	glaze or add to salads.		
Nasturtium		C	scrambles over ground and up things.	use whole flower but check for bugs.	use sparingly as garnish	peppery	
Borage		M, B, C	self seeds really well but never where you expect (ants?)	petals fall off by themselves.	in ice cubes is nice for pimms		
Cornflower		M, C, T, cut flower	dis well for me in sandy soil.	Harvest before colour fades in flowers.	sprinkle on things.		
Pizza herbs. Basil, Oregano, Thyme, Rosemary, Chilly		C, B, T	Mediterranean so sun and good drainage. Polytonal for basil and chilly.				
French Taragon		C	Russian Tarragon no good and a thug. French propogated by cuttings/ division.			anise taste	
Winter and Summer Savoury		C, B	Winter savory is perennial. Summer Savory is annual.		Summer Savory is the Bean Herb - good taste and said to reduce wind.		