

CORIANDER



Coriander is a tender herb and lasts for one year only. It is best planted in a light, fertile and free-draining soil in part sun. All parts of the plant are edible, and the upper leaves tend to have a finer cut and a more pungent scent. If allowed to flower, the flowers make a tasty addition to a salad, and the dried seeds can be ground and used too.

DILL



Dill is a feathery annual herb that produces small yellow flowers. It looks similar to fennel (but fennel has a strong anise flavour), and need to be grown in a sunny position and kept well watered to prevent it becoming stressed and running to seed early. It is great with fish dishes or in soups and sauces, and added to pickles.

ALOE VERA



Aloe Vera is a tender perennial succulent. It has a long history of medicinal use, dating back to ancient Egypt, and the sap from the fleshy leaves is a well-known remedy for sunburn and scalds. Being a desert plant, it likes bright sunlight and dry soil conditions. It is often grown as a houseplant, but can be moved outside during the summer months as it won't survive our wet winter.

FEVERFEW



Feverfew is the common name for tanacetum, a member of the daisy family. It is a traditional medicinal herb, commonly used to treat migraine headaches. The leaves can simply be picked and eaten, but they are rather bitter so are often chopped and added to salads, or added into a tea and sweetened with sugar or honey.