

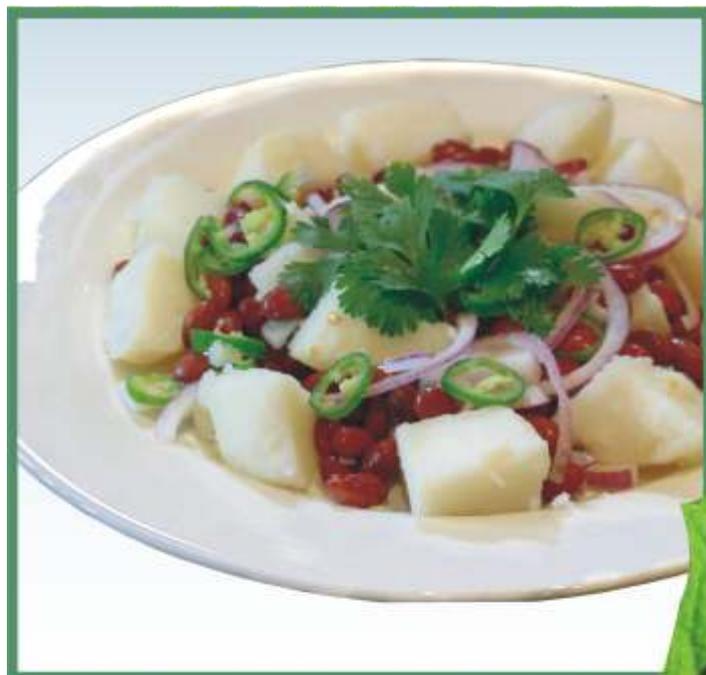
ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Epazote

Chenopodium ambrosioides

This herb is best known as a Mexican spice and is very popular in bean dishes, particularly with pinto beans, as it is the main ingredient for many pinto bean recipes. Epazote is a very strong smelling annual, with some people saying it smells like kerosene or gasoline. Epazote is also known as Mexican tea or pigweed and is said to prevent abdominal discomfort, hence its use in many different bean dishes. Although it is poisonous in large quantities, it is still used widely in a wide array of dishes by simply adding a pinch or two of the herb. Epazote was brought to Europe in the 17th century from Mexico. It is also believed that the herb was used by Aztecs as both a culinary and medicinal herb.



Using Epazote in bean dishes is very popular in Mexico.

DESCRIPTION

Small green flowers in summer followed by green berries. Self seeds in warm climates.

PARTS USED

Leaves

USES OF THE HERB

Culinary

Extremely popular in Mexican and Mediterranean dishes, particularly when cooking with beans.

Medicinal

Epazote helps with gastric discomfort, particularly discomfort associated with eating beans.

CULTIVATION

Epazote isn't generally fussy about soil but it does require sandy/drained soil and full sunlight. Epazote self-seeds regularly, making the plant very invasive, so make sure you keep an eye on it and cut it back when required. The plant should be pruned regularly to prevent it from self-seeding but the plant should never to cut down to less than half of its size.

HARVEST

When harvesting your Epazote, cut the center leaves and stems first to encourage bushiness.



Height 48in/60cm



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