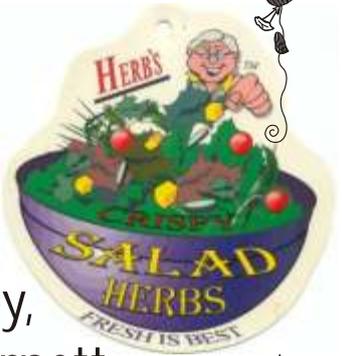


ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

SALAD HERBS

Chervil, Cress, Lovage, Mizuna, Parsley,
Perpetual Lettuce, Rocket Salad, Salad Burnett,



INTRO
With the advent of warmer weather the humble salad becomes more appealing as it is quick to prepare and very nutritious. There is a wide array of herbs that can be used in salads, their distinct flavours mingling with others to create some interesting taste sensations.

It is best to keep in mind when making a salad, use large, milder flavoured leaves as the base of the salad and smaller portions of the stronger flavoured herbs so as not to overpower other flavours.



DESCRIPTION
Chervil (*Anthriscus cerefolium*)
Chervil, also known as French Parsley is one of the key ingredients of 'fines herbes' used extensively in seasoning mixtures. The delicate anise flavour adds a refreshing taste to salads.

Lovage (*Levisticum officinale*)
This perennial herb is very reminiscent of celery in both appearance and taste. Use fresh chopped leaves and stems raw in salads as you would fresh celery.

Mizuna (*Brassica japonica*)
An attractive cut leaf with a fresh mild flavour. The finely divided leaves used for stir frying. Especially good eaten in salads or as garnishes. The leaves have a quite mild, fresh

and crisp taste; not at all pungent.

Parsley (*Petroselinum crispum*)
Leaves can be added to green salads or used to make Tabbouleh, a traditional Lebanese salad of cracked wheat and chopped parsley.

Perpetual Lettuce (*Lactuca sativa*)
A principal addition to the salad bar of any eatery. Perpetual lettuce comes in a variety of leaf types and colours. Pick leaves as they are required and use an assortment to make a colourful salad.

Rocket Salad (*Eruca sativa*)
An easy to grow salad herb, very quick growing. The leaves have a spicy, peppery flavour. Use young fresh leaves in a salad or cook and serve like spinach. Keep plants cut back to allow fresh young leaves to be produced. A simple salad of Rocket and Parmesan cheese is quite delicious.

Salad Burnett (*Sanguisorba minor*)
A hardy perennial, Salad Burnett forms a rosette of graceful, lacy leaves. The leaves have the characteristic flavour of cucumbers, making it a refreshing herb to add to salads.

Young, fresh leaves are best as the older leaves tend to be slightly bitter.

Watercress (*Nasturtium officinale*)
Watercress is a perennial. Used mainly fresh in salads and sandwiches. Watercress is high in Vitamin C and stimulates the appetite.

Winter Cress, Land or American (*Barbarea vulgaris*)
This herb is biennial and has dark green leaves forming in a rosette. Land Cress has a hot, spicy flavour that is delicious in salads. It is rich in minerals and vitamins, particularly vitamin C.



CULTIVATION
To ensure lush fresh growth of all your salad herbs make sure they are planted in rich, well-drained soil. Keep well watered particularly through the warmer weather and fertilize regularly.



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This Herb description is for informal use only; we cannot accept any liability for any harm or illness arising from the misuse of the plant described above

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