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Quality FRESHNESS Satisfaction

HERB GUIDE

Use the calendar at the bottom of each item to check seasonal availability. GREEN squares signify the month the herb is available.

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BANANA LEAF



Gives a subtle sweet flavour and aroma to food that is wrapped and cooked in them. Large seed juices in when cooking, and can also be used for serving.

J F M A M J J A S O N D

CELERY LEAF



Usually only the stalks are eaten as a vegetable, but the leaves can also be used to add flavour to soups or stews.

J F M A M J J A S O N D

CORIANDER



Goes with South-East Asian foods such as curries and chutneys. Also use in Mexican dishes, especially salsa, avocado and salads.

J F M A M J J A S O N D

LEMONGRASS



Widely used in Asian cuisine, this unique flavour can be added to marinades, stir fries, salads, curry pastes and cold drinks.

J F M A M J J A S O N D

PANDAN LEAF



Widely used in Southeast Asian cooking, its sweet aroma works well in rice dishes, cakes and beverages. Can also use leaves to wrap savoury foods, such as chicken or spicy rice.

J F M A M J J A S O N D

SPEARMINT



A versatile milder flavour than peppermint. Adds a refreshing cool flavour to cooking, and can be used in tea, hot-drum and salads.

J F M A M J J A S O N D

BASIL



Great for pesto, pizza, pasta and tomato dishes, and partners well with white fish, soft cheese and olive.

J F M A M J J A S O N D

CHERVIL



Use to season poultry, seafood, vegetables, omelette, soups and sauces. More delicate than parsley and good for mild flavoured dishes.

J F M A M J J A S O N D

CURRY LEAF



Most commonly used in Indian dishes. Add to a slow-cooked curry, chutney or infuse in olive oil.

J F M A M J J A S O N D

MARJORAM



Sweeter and more delicate than oregano, it can be used in larger amounts without overpowering a dish. Use with lamb, vegetables, tomato-based dishes and stuffings.

J F M A M J J A S O N D

PARSLEY



The decorative flattened leaves make it a popular garnish, and it goes well with egg and potato dishes, pasta, salads, seafood and soups.

J F M A M J J A S O N D

SORREL



Purp-pour taste when eaten raw. Add to soups, stews, sauces or add leaves straight to a salad.

J F M A M J J A S O N D

BASIL - THAI



A slightly spicy flavour that works well in green and red curries and other South-East Asian dishes such as chicken, pork and seafood.

J F M A M J J A S O N D

CHICORY



Bitter taste which can be reduced by grilling or broiling. Adds colour and zest to salads.

J F M A M J J A S O N D

DILL



Pairs well with salmon, cream cheese, eggs, cucumbers and chicken. Use as a topping for creamy soups, or mix with butter as a topping for boiled potatoes.

J F M A M J J A S O N D

MINT



Classic uses include mint sauce with roast lamb and to flavour beverages, but also include with chicken, soups and salads for a refreshing taste.

J F M A M J J A S O N D

PARSLEY - FLAT LEAF



More robust flavour than the curly-leaved variety, and more commonly used in Italian cooking. Add to potatoes, fish dishes, stews, pasta, soups and seafood.

J F M A M J J A S O N D

TARRAGON - FRENCH



A staple seasoning in French cooking, with a slight aniseed flavour, particularly suitable for chicken, fish and egg dishes, and the essential ingredient in a Bouquet sauce.

J F M A M J J A S O N D

BAY LEAF



Most commonly used in Mediterranean cuisines, the aromatic leaves are added to pasta sauces. Remove leaves before serving or use as a garnish.

J F M A M J J A S O N D

CHIVES



A delicate onion flavour and great for omelette, cream soups, eggs, potatoes, garnish and salads.

J F M A M J J A S O N D

GALANGAL



The root is most commonly used in Thai, Indonesian and Malaysian cooking. Add to curries and soups, either in chunks or cut into slices.

J F M A M J J A S O N D

MINT - VIETNAMESE



With a slight peppery taste, it's delicious in salads and great with meat and fish.

J F M A M J J A S O N D

ROSEMARY



Pairs well with roast lamb, garlic and omelette. A nice addition to bread, tomato sauce, pizza, pork dishes and a good steak. Because of its strong flavour, add sparingly.

J F M A M J J A S O N D

THYME



With a sweet earthy taste, it pairs well with many other herbs. Use in stews, stuffings, marinades, omelette or scrambled eggs.

J F M A M J J A S O N D

BETEL LEAF



Popular in Thai and Vietnamese cuisines, the leaf can be eaten raw or cooked. Use in stir-fries, rice dishes, as a wrapping, a garnish, or top the leaf with something delicious.

J F M A M J J A S O N D

CHIVES - GARLIC



A more garlicky flavour than the common chives. Try stir-frying, sprinkling on soup or pairing with eggs.

J F M A M J J A S O N D

KAFFIR LIME LEAF



Try adding a whole leaf when cooking jasmine rice, or shred and add to a salad or curry at the end of cooking.

J F M A M J J A S O N D

OREGANO



A staple in Greek and Italian dishes, but also very versatile. Sprinkle on salads, pizza or slip into pasta sauces. Use it with meats, fish, chicken, eggs, soups and vegetables.

J F M A M J J A S O N D

SAGE



With a savoury, slightly peppery flavour, it is favoured in stuffings to accompany a roast chicken or turkey. Good with fish, meats, poultry, salads, soups and soups.

J F M A M J J A S O N D

THYME - LEMON



Softer than regular thyme with a subtle lemon flavour. Try with roast potatoes, mushrooms, seafood or chicken.

J F M A M J J A S O N D

This chart features some of the herbs available to most shops from the Brisbane Produce Market in Queensland. The availability of these herbs is based on traditional seasons but this information is subject to weather and growing conditions. Some can be produced at other times but the months indicated are the best season for growing.

Medicinal Herb Guide

Heather Boon, Michael Smith



Medicinal Herb Guide:

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Table of Contents Medicinal Herb Guide

1. Understanding the eBook Medicinal Herb Guide
 - The Rise of Digital Reading Medicinal Herb Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Medicinal Herb Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Medicinal Herb Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Medicinal Herb Guide
 - Personalized Recommendations
 - Medicinal Herb Guide User Reviews and Ratings
 - Medicinal Herb Guide and Bestseller Lists
5. Accessing Medicinal Herb Guide Free and Paid eBooks
 - Medicinal Herb Guide Public Domain eBooks
 - Medicinal Herb Guide eBook Subscription Services

- Medicinal Herb Guide Budget-Friendly Options
- 6. Navigating Medicinal Herb Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Medicinal Herb Guide Compatibility with Devices
 - Medicinal Herb Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Medicinal Herb Guide
 - Highlighting and Note-Taking Medicinal Herb Guide
 - Interactive Elements Medicinal Herb Guide
- 8. Staying Engaged with Medicinal Herb Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Medicinal Herb Guide
- 9. Balancing eBooks and Physical Books Medicinal Herb Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Medicinal Herb Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Medicinal Herb Guide
 - Setting Reading Goals Medicinal Herb Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Medicinal Herb Guide
 - Fact-Checking eBook Content of Medicinal Herb Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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