

## THE HERB COTTAGE

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## HERB COMPANIONS IN THE GARDEN AND KITCHEN

Herbs are great companions to food in your culinary masterpieces, and they are great companions in the garden, too.

### ANISE

In the garden: Plant with coriander, which promotes its germination and growth.

In the kitchen: Use in cookies, cakes, fruit fillings, and breads, or with cottage cheese, shellfish, and spaghetti dishes.

### BASIL

In the garden: Plant with tomatoes. Repels flies and mosquitoes.

In the kitchen: Use in tomato dishes, pesto, sauces, and salad dressings.

### BORAGE

In the garden: Plant with tomatoes, squash, and strawberries. Deters tomato worm.

In the kitchen: Use leaves in salads; flowers in soups and stews.

### CARAWAY

In the garden: Plant here and there. Loosens soil.

In the kitchen: Use in rye breads, cheese dips and rarebits, soups, applesauce, salads, coleslaw, and over pork or sauerkraut.

### CHERVIL

In the garden: Plant with radishes.

In the kitchen: Use with soups, salads, sauces, eggs, fish, veal, lamb, and pork.

### CHIVES

In the garden: Plant with carrots.

In the kitchen: Related to the onion, chives enliven vegetable dishes,

dressings, casseroles, rice, eggs, cheese dishes, sauces, gravies, and dips.

#### DILL

In the garden: Plant with cabbages. Keep away from carrots.

In the kitchen: Use seed for pickles and also to add aroma and taste to strong vegetables like cauliflower, cabbage, and turnips. Use fresh with green beans, potato dishes, cheese, soups, salads, seafood, and sauces.

#### FENNEL

In the garden: Plant away from other herbs and vegetables.

In the kitchen: Use to flavor pastries, confectionery, sweet pickles, sausages, tomato dishes, soups, and to flavor vinegars and oils. Gives warmth and sweetness to curries.

#### GARLIC

In the garden: Plant near roses and raspberries. Deters Japanese beetle.

In the kitchen: Use in tomato dishes, garlic bread, soups, dips, sauces, marinades, or with meats, poultry, fish, and vegetables.

#### LOVAGE

In the garden: Plant here and there to improve the health and flavor of other plants.

In the kitchen: It's a great flavoring for soups, stews, and salad dressings. Goes well with potatoes. The seeds can be used on breads and biscuits.

#### MARJORAM

In the garden: Good companion to all vegetables.

In the kitchen: Excellent in almost any meat, fish, dairy, or vegetable dish that isn't sweet. Add near the end of cooking.

#### MINT

In the garden: Plant near cabbage and tomatoes. Deters white cabbage moth.

In the kitchen: It is common in Middle Eastern dishes. Use with roast lamb or fish and in salads, jellies, or teas.

#### OREGANO

In the garden: Good companion to all vegetables.

In the kitchen: Of Italian origin, its taste is zesty and strong, good in any tomato dish. Try oregano with summer squash and potatoes, mushroom dishes, beans, or in a marinade for lamb or game.

#### PARSLEY

In the garden: Plant near asparagus, corn, and tomatoes.

In the kitchen: Use fresh parsley in soups, sauces, and salads. It lessens the need for salt in soups. You can fry parsley and use it as a side dish with meat or fish. It is, of course, the perfect garnish.

#### ROSEMARY

In the garden: Plant near cabbage, beans, carrots, and sage. Deters cabbage moth, bean beetles, and carrot fly.

In the kitchen: Use for poultry, lamb, and tomato dishes, stews, soups, and vegetables. Try it finely chopped in breads and custards.

#### SAGE

In the garden: Plant near rosemary, cabbage, and carrots; away from cucumbers. Deters cabbage moth and carrot fly.

In the kitchen: Use in cheese dishes, stuffings, soups, pickles, with beans and peas, and in salads. Excellent for salt-free cooking.

#### SUMMER SAVORY

In the garden: Plant with beans and onions to improve growth and flavor.

In the kitchen: Popular in soups, stews, stuffings, and with fish, chicken, green beans, and eggs.

#### TARRAGON

In the garden: Good companion to most vegetables.

In the kitchen: Great with meat, eggs, poultry, seafood, and in salad dressings, marinades, and sauces.

#### THYME

In the garden: Plant near cabbage. Deters cabbage worm.

In the kitchen: Use in casseroles, stews, soups, ragouts, and with eggs, potatoes, fish, and green vegetables.

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