

# HAVE IT!

## Now here's how to have herbs



By NANCY BALDWIN

Picture:  
Arthur Gulliver  
Your Garden  
magazine



MRS PAT FAGGETTER has two acres of garden to tend at her Mitcham home and in it she grows 100 different herbs.

Variegated and green apple mints, excellent in fruit cup, iced drinks, pea soup and sprinkled on vegetables.

**Eau de Cologne Mint**, delicious in drinks, mix into syrup with stewed fruit or use in jellies and jams.

**PARSLEY**: Leaves are rich in iron. Use freely in salads, sandwiches, sauces, stuffings and butters and all savory dishes or use as a garnish.

**ROSEMARY**: Has spicy and aromatic leaves. Adds excellent flavor to roast lamb or mutton if leaves are stuck into the meat. Good finely chopped with peas, use in jellies, sweet sauces, biscuits and sandwiches.

**SAGE**: Use sparingly as it has a highly aromatic and strong astringent taste. Common sage is used fresh or dried with pork, veal and goose stuffing, good in cheese spread and cooked with onions and spinach. Pineapple sage is used fresh in salads and to make herb butter.

**SAVORY**: Warm pungent scent and taste, used with mixed herbs with all kinds of beans in bean, pea or lentil soup and also in tossed salads.

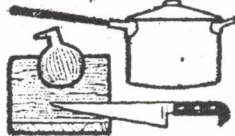
**TARRAGON**: French tarragon has a warm aromatic and slightly biting taste. Make tarragon vinegar, good with egg and chicken dishes, chopped over steak and chops, with sauces, sprinkled over salads and with delicate vegetables such as mushrooms and asparagus.

**THYME**: There are many varieties, has a warm clove-like flavor. Use fresh or dried with meat and fish dishes, cottage and cream cheeses. Lemon thyme is good in custards, with fish and seafood cocktails.

**BOUQUET GARNI**: A small bunch of herbs — parsley, marjoram, thyme and a bay leaf. Use in soups, stews, casseroles and sauces.

**FINES HERBS**: A mixture of chervil, chives, parsley and tarragon. Used in omelettes, egg dishes, green salads.

**HERB BUTTER**: Made by taking a selection of herbs to taste, chop finely and blend into butter. Use on savories and sandwiches, delicious with steak and chops.



### HERB SCONES

Two cups self-raising flour, quarter teaspoon salt, 30 g (one oz.) butter, three-quarters cup milk.

Sift the flour and salt into a bowl. Rub in the butter with the fingertips until crumbly. Mix to a soft dough using most of the milk.

Turn on to a lightly floured board and knead until smooth. Roll to one cm (half inch) thick and cut into shapes with a cutter or sharp knife.

Place on a greased tray and brush the tops with remaining milk. Bake at 230 deg C (450 deg F) for 10 to 12 minutes until golden brown.

To the above mixture add any of the following: Rosemary — One tablespoon chopped fresh leaves; Lemon Thyme — Two tablespoons chopped fresh leaves; Mint and Raisin — Half cup raisins and one tablespoon chopped mint leaves; Basil and Cheese — Half cup grated cheese and one tablespoon chopped basil.

The Sun  
Tuesday April 6, 1976  
P. 43