








## Herb Garden

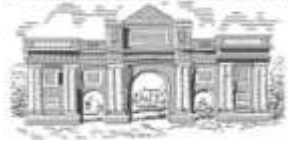
The herb garden is situated to the left of the visitor centre as you exit, next to the pedestrian footpath from Park Road North. The herb garden was created by the Friends of Birkenhead Park, as part of the Local Food Grant project, and is in partnership with Wirral Borough Council. The herbs are for everyone to enjoy so please help yourself but only pick what you need.

<b>BASIL</b>	
<p><b>Basil</b>, Thai <b>Basil</b>, or Sweet <b>Basil</b>, is a common name for the culinary herb <i>Ocimum basilicum</i> of the family Lamiaceae. Depending on the species and cultivar, the leaves may taste somewhat like anise. Use on Mediterranean dishes, fresh tomatoes and hot tomato dishes including soups, rice salads and dishes containing courgettes, marrows, beans and mushrooms. Good for growing on windowsills or in greenhouses.</p>	
<b>CHIVES</b>	
<p>Chives is the common name of <i>Allium schoenoprasum</i>. Its English name, chives, derives from the French word <i>cive</i>, from <i>cepa</i>, the Latin word for onion. You can also eat the flowers which are pinky/purple and are stronger in flavour than the leaves. Garlic chives have white flowers. Use on soups, salads, chicken, potatoes, cooked vegetables and egg dishes.</p>	
<b>CORIANDER</b>	
<p>Coriander (<i>Coriandrum sativum</i>), also known as cilantro, Chinese parsley or dhanía, is an annual herb in the family Apiaceae. Seeds ideal for tomato chutney and curries, flavouring for vegetables, soups, sauces and biscuits. Leaves used in salads, vegetables and poultry dishes.</p>	
<b>LAVENDER</b>	
<p><i>Lavandula</i> (common name Lavender) is a genus of 39 species of flowering plants in the mint family, Lamiaceae. Lavender has a penetrating, floral, and spicy aroma with notes of mint and lemon. Use the flower to flavour jams, produce lavender vinegar. Use the seed to make lavender bread. Leaf can be used to create a bitter taste</p>	
<b>MINT</b>	
<p><i>Mentha</i> (also known as Mint) is a genus of plants in the family Lamiaceae. Use for mint sauce, vinegar, syrups and to flavour chocolate desserts. Spearmint and peppermint is ideal for tea drinking.</p>	

In partnership with



Follow us on @FOBParkroots or visit [www.friendsofbirkenheadpark.org.uk](http://www.friendsofbirkenheadpark.org.uk)



LOTTERY FUNDED



## OREGANO

Oregano scientifically named *Origanum vulgare* by Carl Linnaeus, is a common species of *Origanum*, a genus of the mint family (Lamiaceae). It is sometimes called wild marjoram. It has a mildly bitter taste, but that it also has an underlying sweetness. Can be used in pizzas and is a good addition to pies.



## PARSLEY

Parsley or garden parsley (*Petroselinum crispum*) is a species of *Petroselinum* in the family Apiaceae. Parsley has a peppery, slightly anisey flavour. Add raw leaf to salads, finely chop and sprinkle over sandwiches, egg dishes, vegetable soups, fish and boiled potatoes. The root can be used in soups and stews.



## ROSEMARY

*Rosmarinus officinalis*, commonly known as rosemary, is a woody, perennial herb with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers. Rosemary has a unique pine-like fragrant flavour. Sprinkle on meat dishes such as roast lamb, pork, pigeon, sausages, pates and stuffings. Also can flavour bread, oils and vinegar.



## SAGE

*Salvia officinalis* (sage, also called garden sage, or common sage) is a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the family Lamiaceae and has a savoury, slightly peppery flavour. Uses include flavouring cheese, soups, tomatoes, omelettes, bread, sage jelly, butter or vinegar.



## THYME

Thyme is any of several species of culinary and medicinal herbs of the genus *Thymus*, most commonly *Thymus vulgaris*. Common thyme and lemon thyme have sweet, mildly pungent flavours and are highly aromatic. Lemon thyme has slightly more of a citrus flavor. Use with meat, shellfish, poultry and game. Lemon thymes ideal for fish and poultry dishes.



Note: Chives and mint will die back in the winter but come back in the spring. Basil will only be found in the summer.

In partnership with



Follow us on @FOBParkroots or visit [www.friendsofbirkenheadpark.org.uk](http://www.friendsofbirkenheadpark.org.uk)