

ANOTHER  
HERB HERBERT  
FACT SHEET

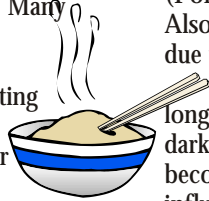
SPECIAL INTEREST HERBS

ASIAN HERBS

Coriander, Chilli, Garlic Chives, Hot Mint,  
Lemon Grass, Mizuna



**I**NTRO  
Asian style cooking has become increasingly popular with many people not just those from the region of Asia. The influence is evident in the varied and creative cuisines being presented in many restaurants around the world. The use of simple yet fresh ingredients has been widely admired by not just chefs, but all people with an interest in good food. Previously our lack of knowledge on this subject has limited us in our progress and imagination. Many people are now tiring of traditional foods and are searching for new and exciting combinations, which are now, thankfully, within our reach. More people are wanting to grow as much of their own food as possible.



A slender and strongly aromatic herb which grows to 90 cm in height. Use leaves, seeds or root. Leaves are used fresh in stir-fry's and salads. The seeds have a warm, sweet flavour and are used in many Chinese and South East Asian cuisines. The roots, when dry, are coarsely ground or finely powdered for use. Coriander requires fertile, well-drained soil. Water well in warmer weather. Fun sun.

**KESOM (Vietnam)**  
Hotmint  
(Polygonum odoratum)  
Also called Vietnamese Coriander due to it's fragrance being very similar. A perennial with long, pointed leaves and prominent dark markings, Kesom is fast becoming a popular in Asian influenced cuisines. Hot Mint has a spreading habit so containing the plant is a good idea. This herb can tolerate quite a lot of shade and requires a moist position.

**MIZUNA (Japan/China)**  
Japanese Salad  
(Brassica japonica)  
Also called the Chinese Potherb. . A decorative annual with long finely divided leaves. Use in stir fry. Especially good eaten as a salad or garnish. The leaves have a fresh, crisp taste, not at all pungent.

**D**ESCRIPTION  
**CHOY (China)/NIRA (Japan)**  
Garlic Chives  
(Allium tuberosum)  
Also known as Chinese Chives . The leaves are flat, unlike Common Chives and have a distinct garlic taste. Use the leaves, flowers or seeds for adding a garlic taste to many dishes. Over cooking will diminishes the flavour of this herb, so add them in the last stages of cooking. Very hardy. Full sun. Fertilize well for lush continued growth.

**YEN SAI (China)**  
Coriander  
(Coriandrum sativum)  
Also known as Chinese Parsley.



**LA CHIAO (China)**  
Chilli Peppers  
(Capsicum sp.)  
Perennial. Many varieties available. Dark green leaves and white flowers followed by fruits which vary in colour and heat depending on variety. Used to add spiciness to many dishes. A principle ingredient in Thai curry pastes.

**TAKRAI (Thailand)**  
Lemon Grass  
(Cymbopogon citratus)  
A perennial lemon-scented grass that grows in clumps. Chop the base of the stem finely, or add the whole stem to impart a lemony flavour to soups, salads, curries. If you have used the whole stem, be sure to remove before serving. Prefers a sunny position and ample water.



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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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