



## HERBS FOR ITALIAN CUISINE

### *Parsley Italian*

### *Biennial*

*Parsley is the most widely used herb, with Italian parsley said to have more superior flavour when cooked. While parsley is biennial it is best cultivated as an annual because the first years leaves have the best flavour.*

*Italian parsley enjoys a full sun to light shade position and can be grown in a pot on a sunny window sill. Parsley can be used in the flower garden where the attractive light green foliage forms an interesting contrast. Cut fresh, it is a crisp addition to salads and is ideal for sauces, omelettes, potato and pasta dishes.*

### *Oregano*

### *Perennial*

*Oregano originated from the Mediterranean and provides the distinctive flavour suited to Italian dishes. Oregano is very similar to marjoram, but the foliage is stronger in scent and the plants habit is more spreading.*

*Oregano is best grown in a sunny position in average to well drained soils. In cold climates it is best treated as an annual.*

*The fresh leaves of oregano are best added to hot dishes at the last minute to avoid the herb becoming bitter. Oregano is a natural partner to Italian fare such as tomato, eggplant and zucchini dishes, risotto, pizzas and Greek moussaka.*

### *Thyme*

### *Perennial*

*Thyme is a hardy native of the Mediterranean, enjoying hot dry positions in the garden.*

*Thyme is very forgiving; in fact plants grown in poorer conditions are more flavorsome than pampered thyme.*

*Thyme is a decorative groundcover, equally suited to the perennial border or food garden.*

*The small, greyish-green leaves are used in Italian cooking providing a strong piquant or lemony flavour. Use thyme leaves in stuffings, meat, fish and poultry dishes, in herb butter or bruise the fresh sprigs in marinades.*

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## **RECIPE:** Grilled Lemon Thyme Chicken

Serves 4

### **Ingredients:**

4 chicken breasts  
2 tbsp. olive oil  
1 tbsp. lemon juice  
1 tbsp. fresh lemon thyme, chopped  
2 cloves garlic, minced

### **Method:**

Mix olive oil, lemon juice, lemon thyme and garlic. Place chicken in a deep tray and cover with marinade. Leave to marinate for 1 hour. Pre-heat BBQ and cook for 5 minutes on each side until cooked through.

Serve with salad.

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