

# HORSERADISH



Horseradish is a hardy perennial. It likes a rich, moist soil in full or dappled sun. It can be invasive, so give it space and when you dig it up to use the root, be sure to remove all the root or else the small leftover bits will regrow - unless of course you want this to happen. Both the root and leaf are edible, it is most commonly used as a sauce to accompany roast beef.

# SAMPHIRE



Samphire is often found growing along the shoreline, and needs salty conditions to thrive. When watering, use a solution made from sea-salt only, as table salt will kill the plant (1 teaspoon per pint). It needs a moist, free-draining soil, and is best grown in a large pot. It is an annual plant, however it will self-seed for the following year, and needs to be kept frost-free over winter.

# AGRETTI



Agretti is an annual plant native to the Mediterranean region. It looks like bushy chives when growing, and when the tops of the plants reach around 10cm high you can start cropping it, and treat as a 'cut & come again' plant. It tastes like salty asparagus or spinach and can be eaten raw or sauteed with garlic and olive oil. It likes a sunny position, and a free-draining soil.

# ALPINIA GALANGAL



Alpinia galangal is also known as Thai or Blue Ginger. It is a tropical perennial with branching, tuberous roots, which are used in Thai cuisine. The flavour is similar to ginger, but stronger. It grows best in a rich, loamy soil, and likes to be kept moist, but not waterlogged. As it is a tropical plant, it is best grown in a pot so it can be moved to a frost-free location over winter.