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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Grow Your Own Produce For Fresh Cooking

By Lee Dobbins

There's nothing like cooking with fresh produce and what better way to have them readily available than to grow your own kitchen garden! A kitchen garden not only gives you good fresh produce but it also adds a bit of interest to your yard. It can be as simple as just a few herbs or you can go all out and grow vegetables too.

Fruit, vegetables and herbs are very rewarding to grow and there's an extra special flavor to produce you've grown yourself. Plus you know that no pesticides or chemicals have been used when you grow it yourself.

While cooking with fresh foods you've grown yourself might sound great, be warned, a kitchen garden is going to be very labor-intensive. If you don't like gardening or working outside, you might be better off getting your produce at the grocery store. The only way you're going to get a good healthy crop of fruit, vegetables and herbs is by lavishing tender loving care and attention on them.

If you do decide that a kitchen garden is for you, start growing early and you may produce a bountiful crop weeks ahead of the normal time. This will give you a good harvest during a time when those fruits and vegetables are particularly expensive in the store.

You can make your kitchen garden as functional and attractive as possible with careful planning. If space is at a premium you can choose some of the more decorative vegetables and herbs and plant them in your flower beds.

Make sure you pick a sunny site in your garden as most herbs and vegetables need the sun to do well. If you are growing fruit trees, you should ensure that they do not cast a shadow over the vegetables

and herbs.

When planting your herbs, remember that they will stay green almost all year so make sure you plan for how they will contrast with the existing plants. Tall herbs can be planted at the back of a traditional flower garden and low-growing herbs make excellent flower garden borders.

If you don't have a lot of garden space, you can plant herbs in containers and they will do well. You can also plant many vegetables in containers. Peas, potatoes and tomatoes are just a few that will do well.

Some vegetables are even attractive enough to be planted amongst the flowers – but remember that you are going to have gaps once the vegetables are harvested.

Many people think you need acres of land to have fruit trees, but there is a large range of fruit that you can grow even if you have a small yard. Small apple trees can even grow in pots on the patio and strawberries do well in containers. There's even varieties of cordon-trained apples and pears that can be grown against a garden fence.

If you want to enjoy the flavor of fresh fruits, vegetables and herbs in your gourmet cooking, there really is no reason at all why you can't have the joy of growing and harvesting food for your own kitchen table in your own kitchen garden, no matter how small the plot.

Lee Dobbins writes for

Online Gourmet Foods

where you can learn more about gourmet eating.

Add A Gourmet Taste With Cilantro

By Lee Dobbins

Cilantro is a common ingredient in salsa and Mexican dishes but did you know it dates as far back as the ancient Egyptians? Coriander seeds which stem from the same plant as cilantro have been found in Egyptian tombs and writings involving coriander can be seen in Sanskrit which dates from around 1500 BC.

Cilantro is a versatile herb that is commonly used in salsas, dips, dressings and sauces. This

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aromatic, citrus flavored herb is a member of the carrot family and can be used dried or fresh. The seeds from this herb are harvested and dried and are known as coriander. The green stems and leaves are the herb known as cilantro.

Cilantro is sometimes sold in the grocery store as something else and if you can't find it in your supermarket try looking for Mexican parsley. Since cilantro is commonly used in Mexico and Mexican cooking, it is often called Mexican parsley but it is good in other types of cooking as well and you can even find Chinese recipes calling for Chinese parsley which is the same as cilantro.

When looking for cilantro in your supermarket look for nice fresh bunches much like bunches of parsley. In fact, you will probably find it right next to the parsley in the produce section. Don't purchase the parsley by mistake though because it is not the same thing! You can easily tell the difference between cilantro and parsley by inspecting at the leaves and smelling the herb. The leaves of cilantro are wider than parsley and cilantro's scent is very aromatic.

Cooking with fresh cilantro is a great way to make gourmet foods and the longer you keep your bunch of cilantro fresh the better! When you bring cilantro home from the supermarket put the bunch in a glass of water like a bouquet with only the stems submerged. Loosely cover the green leaves with a plastic bag which will help keep your cilantro fresh.

When cooking with cilantro, remember, it is best when you crush the tender leaves with a mortar and pestle. This helps to release the full bodied flavor. Always add the cilantro towards the end of cooking. The delicate nature of cilantro does not hold up to heat so waiting until the very end will insure the best taste from the versatile and aromatic herb.

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