

## CUISINE CULTURE

As seen on *Mornings with Kerri-Anne*

Growing your own cuisine flavour sensations at home is a fun and environmentally friendly alternative to going to the supermarket.

There are many sound reasons to grow your own edible plants at home. For starters, there are no transport costs involved in getting your leafy greens from the back door to the salad bowl, which not only means more dollars in your pocket but also less fuel wasted on trucking perishables around the country. Secondly, and perhaps most relevant to the home gardener, 'growing your own' means that you are in control of your food and can use organic methods that minimise or eliminate toxic sprays and chemicals getting into the food chain.

While a full on vegie garden may be the best way to go for experienced gardeners, beginners can try growing their own too with herbs, salad greens, vegetables and fruit, which are easy to grow in tubs. For fun, you might like to try 'cuisine coding' them into various flavours by planting up a tasty curry pot, Mediterranean pot or Asian hot pot!

### Sizzling Curry Pot



These tubs can be any combination you like. Grow your own Greek Salad with an olive centrally planted, or create a sizzling curry tub. The combinations are as endless as your imagination!

### Step 1

Drill holes in a pot and fill with Premium Standard Potting Mix.



### Step 2

Plant either a dwarf lemon or Kaffir lime as a central feature.



### Step 3

Arrange taller plants like chillies evenly around your citrus tree.

Plant trailing plants around the sides – in this case, Vietnamese (hot) mint and common mint.

Fill in gaps with annuals such as this Thai basil or coriander (Chinese parsley).



#### **Step 4**

Any remaining pockets can be crammed with Asian greens such as Seposai, Bok Choy and Mitzuna.

#### **Step 5**

Water your plants and seedlings thoroughly.

