



Lefroy Valley  
grower solutions



# HERBS

**2017 RANGE BROCHURE**

**Ph: 1300 LEFROY (533 769)**

**[www.lefroyvalley.com](http://www.lefroyvalley.com)**



Variety	Description
<b>Basil (<i>Ocimum basilicum</i>)</b>	
<b>BELLISSIMO</b>	Genovese spoon shape leaf. Medium dark glossy green leaves, strong sweet aroma with a very high aromatic content. Year round production
<b>GREEK BASIL</b>	Compact plant with short internodes, resulting in a ball shaped plant. It has small, medium bright green leaves, and a strong sweet aroma. Suited for the speciality pot herb market, can be grown all year round, but is frost sensitive
<b>LARGE SWEET</b>	Typical Genovese spoon shape leaf. Medium dark, glossy green leaves, and a strong sweet aroma. Use for bunching, fresh pack and salad mixes, harvesting year round
<b>MAJESTIC<sup>F1</sup></b>	Hybrid basil with a typical Genovese spoon shape leaf. It has a strong, well balanced plant with short internodes. With dark, glossy green leaves, and a strong sweet aroma, can be used for bunching, fresh pack and salad mixes, harvesting during the warmer to cool production slots. Intermediate resistance to Fusarium
<b>PESTO</b>	Typical Genovese spoon shape leaf, and a strong vigorous plant. It has medium dark, glossy green leaves, and a strong sweet aroma. Use for bunching, fresh pack and salad mixes, harvesting during the cooler production slots
<b>Chervil (<i>Anthriscus cerefolium</i>)</b>	
<b>CHERVIL</b>	Annual herb with a bright green fern shaped leaf. It has a strong sweet aromatic spicy taste, and is suitable for bunching and salad mixes. Best grown in mild climates and in semi shade
<b>Chives (<i>Allium schoenoprasum</i>)</b>	
<b>CHIVES</b>	Perennial herb with blue green leaves. They have a mild fresh onion flavour, and are suitable for bunching and salad mixes. Grown year round
<b>Coriander (<i>Coriandrum sativum</i> L.)</b>	
<b>LEFROY'S SANTO MONOGERM</b>	Annual herb in a monogerm form, with bright green leaves. It has a highly aromatic flavour, and is suitable for bunching and salad mixes. Best harvested in spring through to autumn
<b>Cress (<i>Lepidium sativum</i>)</b>	
<b>CRESS</b>	Annual herb with curled, attractive green leaves. It has a peppery flavour, suitable for salad mixes and stir fry mixes. Can be grown year round
<b>Cress - Water (<i>Nasturtium officinale</i>)</b>	
<b>WATERCRESS</b>	Perennial semi-aquatic plant with creeping, hollow, fleshy, square stems growing 30-50cm in length, with many side stems of lush green, oblong ovate leaves. It has a peppery tangy flavour, and is suitable for fresh packs and salad mixes. Grown year round
<b>Dill (<i>Anethum graveolens</i>)</b>	
<b>DILL</b>	Perennial herb with feathery blue green leaves. It has a pungent, aromatic flavour, and is suitable for fresh bunching when harvested at about 40cm, or can be sold in pots. Grown year round for baby leaf production
<b>Parsley (<i>Petroselinum crispum</i>)</b>	
<b>CONTINENTAL</b>	Plain leaved version of the biennial herb, with dark green flat leaves. It has a strongly aromatic flavour (Apigenin flavonoid), and is suitable for fresh bunching and salad mixes. Grown year round
<b>JOSH</b>	Dark green double curled leaves, milder aromatic flavour (Apigenin flavonoid) and is suited to bunching and as a garnish. Grown year round
<b>THUJADE</b>	Curly leaved version of the biennial herb, with dark green curly leaves. It has a mild aromatic flavour (Apigenin flavonoid), and is suitable for fresh bunching and salad mixes. Grown year round
<b>TITAN</b>	Biennial parsley, with a vigorous plant on large thick stalks. The leaves are well divided, a dark green colour and larger than standard continental parsley. Suitable for fresh bunching and salad mixes, and can be grown year round
<b>Sage (<i>Salvia officinalis</i>)</b>	
<b>SAGE</b>	Perennial herb with grey green velvety leaves. It has a highly aromatic flavour, and is suitable for bagging or drying. Grown year round
<b>Sorrel (<i>Rumex sanguineus</i> var. <i>sanguineus</i>)</b>	
<b>RED VEINED SORREL</b>	Perennial herb with red stems and strongly defined red veins which contrast sharply with bright green leaves. Young leaves have a sharp and tangy dry flavour. Best suited to glass or poly tunnel production

## Origins....Medicinal uses..

## Culinary uses of....

### **BASIL**

**Origins:** Basil is known as the 'royal herb' – the Greek word basilikohn meaning royal. It is a native of India and tropical regions of Asia where it has been cultivated for more than 5000 years. It reached Europe in the 16th Century. Leaves, oil and seeds are used.

**Medicinal Uses:** Basil is a natural source of beta carotene, an antioxidant. It is used against fatigue and depression and the freshly picked leaves make a refreshing and stimulating tea.

### **CHIVES**

**Origins:** Chives are the smallest species of the onion family and are native to Europe, Asia and north America. They have been cultivated since the earliest times. The Romanian gypsies have long used chives for fortune telling. Leaves, bulbs and flowers are used.

**Medicinal Uses:** Dried chives have been used through the centuries to ward off evil and disease.

**Culinary Uses:** Chives are used particularly with potatoes and eggs but are also widely used in soups, salads and to garnish a myriad of dishes.

### **CORIANDER**

**Origins:** Coriander is native to south west Asia and north Africa. It is one of the oldest herbs we know of and has been cultivated for at least 3000 years. The bible mentions coriander in Exodus 16:31, "Israel called the food manna; it was white, like coriander seed, and it tasted like a wafer made with honey". Coriander is also known as Chinese Parsley. Leaves and the dried seeds are used.

**Medicinal Uses:** Both the leaves and seeds act on the digestive system, stimulating the appetite and acting as a diuretic.

**Culinary Uses:** Coriander is used particularly in south Asian foods such as chutneys, in Mexican salsas and guacamole and in Indian dal and curries.

### **DILL**

**Origins:** Dill is indigenous to the Mediterranean and southern Russia. The word derives from an old Nordic word 'dylle' meaning 'lull' because it is said to lull babies to sleep by relieving them of stomach pains. It was used in ancient times by the Babylonians and Syrians and is mentioned in the Bible as being used to pay tithes. Leaves and seeds are used.

**Medicinal Uses:** Dill is used in many soaps, perfumes and insecticides and as a breath freshener!

**Culinary Uses:** Dill is used particularly in the pickling of foods and also widely in German, Russian and Scandinavian dishes.

### **PARSLEY**

**Origins:** Parsley has been known to be used since the third century BC and is thought to have originated in the Mediterranean. Leaves, roots, seeds and oil are used.

**Medicinal Uses:** Parsley is well known to disguise 'garlic breath'! It has high contents of iron and vitamins, as well as calcium, and is therefore highly regarded.

**Culinary Uses:** Parsley is used worldwide as a garnish and as an added flavour in many savoury dishes. The flat leaved varieties of parsley have a stronger flavour than the curly varieties.

### **SAGE**

**Origins:** Sage is a native to the Mediterranean region. It's name derives from the Latin word 'salvia', meaning 'to heal or save'. Leaves are used.

**Medicinal Uses:** The ancient Greeks and Romans used sage to cure snake bites and the ancient Egyptians and Chinese believed that it could improve the function of the brain. Infusions can be made for bath and skin tonics.

**Culinary Uses:** The strong flavour of sage makes it a popular herb used in stuffings to improve the taste of meats and the chopped leaves enhance the flavours in salads and pickles.

### **WATERCRESS**

**Origins:** Watercress is a native perennial plant from Europe through to Central Asia. With its peppery, tangy flavour it is one of the oldest know leaf vegetables to be eaten by humankind.

**Medicinal Uses:** Watercress contains significant amounts of iron, calcium and folic acid as well as vitamins A and C. It is widely believed to have strong beneficial health properties as well as preventing many ailments, including some cancers.

**Culinary Uses:** Watercress soup and watercress pesto are regaining popularity, while watercress in sandwiches for afternoon tea continues to be a favourite!

## DISEASE KEY DEFINITIONS

**HR:** Highly resistant plant varieties would highly restrict the growth and development of the specified pest or pathogen under normal growing conditions and pest pressure when compared to susceptible varieties. These plant varieties may, however, exhibit some symptoms or damage under heavy pest pressure or stressful growing conditions.

**IR:** Intermediately resistant plant varieties would restrict the growth and development of the specified pest or pathogen. The plant variety may however exhibit a greater range or degree of symptoms when compared to a highly resistant variety. Intermediately resistant plant varieties will still show less severe symptoms or disease damage than susceptible plant varieties when the crop is grown under similar environmental conditions and is subjected to the same disease or pest pressure.

## DISCLAIMER

Lefroy Valley carries out trialling throughout Australia/New Zealand prior to releasing varieties into the market place. We strongly recommend that all varieties be trialed under your growing conditions prior to commercial sowings taking place. For details of up-to-date technical information & trial results in your area please contact Lefroy Valley. This information is valid at the date of publication. All cultural and descriptive information is supplied in good faith as a guide only. Varietal performance is influenced by many variables, namely climatic, soil conditions, cultural and management practices. No liability will be accepted by Lefroy Valley or its representatives as to final performance based on this information.



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