titla	Table 1	outhor	clug
Give it a go and grow your own herbs	body There's nothing like having your own supply of fresh herbs, readily available and close at hand to use whilst cooking. Whether you have a large allotment or a small kitchen window sill, there's always enough room for	author r s Holly Foat	slug articles/give-it-a-go-and-grow-your-own-herbs
	<h2>Outdoors</h2>	l long i out	a least grant is a go and grant jour offin horse
	<h3>Mint</h3>		
	Mint is a great plant to grow as its hardy and can grow in almost any soil. Mint can go totally wild though, so keep it contained in a pot or it might spread and take over your whole garden or allotment.		
	<h3>Sage</h3>		
	Like mint, sage is another prolific growing plant and will take over your garden if you let it. Highly aromatic, the sage plant can be planted in a pot or flower bed in well drained soil. The best way to store the herb is to sun decrease.	24	
	ch3>Rosemary	y	
		i+ 1	
	Rosemary plants grow into lovely shrubs. Easily grown from cuttings, rosemary plants do not like freezing temperatures so keep pots or planted bushes near the home to shelter them from the cold. It grows well in pots as <h2>Indoors</h2>		
	<h3>Basil</h3>		
		Ja	
	Perfect in sunny spot on a kitchen window sill. Basil is an annual plant, so will die off in the autumn, so it's a good idea to harvest it in the summer if you have an abundance and dry it. Picked basil stays fresh longer if it is p	oia	
	<h3>Chives</h3>		
	A versatile herb, chives can grow well indoors. Ensure the plant is watered well, and gets plenty of light. Remember to regularly trim the chives. This prevents the flowers from developing and encourages new growth.		
	<h3>Coriander (Cilantro)</h3>		
he real deal for supermarket source shapping	Coriander can grow indoors, but unlike the other herbs, it doesn't like full sun in the middle of the day. If you have a south facing kitchen window, this isn't the place for it. Although not as thirsty as basil, coriander doesn't like may not surprise your. But your supermarket is a hot hed of marketing mayben, designed to improve their profit and to encourage the consumer to spend more than they intended. The tricks that all supermarkets emits and to encourage the consumer to spend more than they intended. The tricks that all supermarkets emits and to encourage the consumer to spend more than they intended.		Carticles/the roal doal for supermorted assure the anti-
The real deal for supermarket savvy shopping	This may not surprise you - but your supermarket is a hot bed of marketing mayhem, designed to improve their profit and to encourage the consumer to spend more than they intended. The tricks that all supermarkets employed was provided and desugnately picking up on this topic, it's reverse that retailers find it harder to get away with the more physical plays. We are becoming ever more solvey as		a andes/me-real-deal-for-supermarket-savvy-snopping
	With consumer awareness articles and documentaries frequently picking up on this topic, it&rsuoqs likely the case that retailers find it harder to get away with the more obvious ploys. We are becoming ever more savvy co	113	
	<h2>Lost essentials</h2>		
	The layout of your supermarket may make sense to you when you have shopped there for a while, but for newcomers, trying to find essentials, it may make very little sense at all. Some supermarkets have noted that people	e c	
	Sure, this can be great for nudging the memory on essentials you might otherwise forget, but for saving the pennies it's tough to stick to grabbing only the things you came for and the supermarkets know it!		
	<h2>Nonsensical multibuys</h2>		
	Buy one, get one free; two for £2 and meal deals. They all seem like a great deal. But in some cases these are loss leaders that are positioned to encourage you to take up the deal and buy other stuff while you are there. In	0	
	 	N (
	<h2>Understanding our shopping habits</h2>		
	The cheapest products in a supermarket are almost always positioned on the bottom of the shelving where you' Il need to bend over to pick it up. You also may not be able to easily read the price ticket. Most people	w	
	The layout, the music, the colours and the product types are all decided based on principles laid down by industry experts on people - psychologists and behavioural experts who know how we think. And so the savvy sho	pp	
The umami guide to our favourite mushrooms	I think mushrooms are an incredible ingredient to cook with. My family are a mix of meat eaters and vegetarians and that can make meal times a bit of a challenge. But thanks to their variety, mushrooms can add deep flavor	·	C articles/the-umami-guide-to-our-favourite-mushrooms
	Obviously I'm fortunate because thankfully everyone in our household loves mushrooms and they are certainly a food that seems to divide opinion. But love them or hate them, you have to admit that with names like the ch	ar	
	So with this variety of great-tasting mushroom varieties available to try, it often strikes me as a great shame that when meeting people who do like mushrooms, they have never really experienced anything beyond the ubique	uito	
	So let's do a run down of some of my favourite mushrooms that are thankfully getting easier to get hold of from local supermarkets and grocers. But if you do have trouble finding them, I encourage you to keep looking bec	au	
	Try the lovely shiitake . Used in Asian cooking, these can be purchased dried and rehydrated for a strong, deep flavour. Or buy fresh and add to Asian soups and stir-fries. Not only does this mushroom ha	ve	
	The gorgeous sunny chanterelle with its yellow flesh has a fruity flavour - but it is worth mentioning that there are many lookalikes out there and care should be taken to ensure you're eating the right ones	. T	
	The brown morel offers a meaty and distinctive flavour and you'll probably love how extraordinary they look in a meal. The morel is a more popular mushroom during the spring, when their availability is his	gh	
	For delicacy try the enoki with its tiny white heads that grow in a bunch. These can even be eaten raw in salads. Finally, you can choose the popular oyster mushroom. They are named		
	Of course, all this talk of trying new types of mushroom might be tempting you towards a bit of woodland wild food gathering. But seriously, don't, please leave that to the experts but we do recommend foraging in superm		
et's hear it for carrots	Let&rsuos hear it for the humble carrot! This sweet and healthy 'everyday&rsuo veg packs it all in. Great flavour, fantastic colour, and if you&rsuore one for believing in old wive&rsuos tales, can even help you to se		articles/lets-hear-it-for-carrots
	Who doesn&rsuot love cooking with this super versatile root veg? We roast them, boil them, blend them into soups and grate them into salads. The humble carrot has to be one of our favourite veg choices and it&rsuos b	ee	
	<h2>So what happened? When did orange become the preferred colour?</h2>		
	It was the Dutch during the 17th century who cultivated and made popular the orange variety, most likely because of its brilliant colour and higher levels of beta carotene. And it has also been suggested that they were cultivated and made popular the orange variety, most likely because of its brilliant colour and higher levels of beta carotene. And it has also been suggested that they were cultivated and made popular the orange variety, most likely because of its brilliant colour and higher levels of beta carotene. And it has also been suggested that they were cultivated and made popular the orange variety, most likely because of its brilliant colour and higher levels of beta carotene.	va	
	For whatever reason, the orange variety has stuck but look out for the ' heritage&rsuo varieties at farmers markets and independent grocers, their mix of purple, yellow, orange and white are especially appealing to c		
	<h2>Nutrition</h2>		
	Carrots are rich in beta carotene which your body converts into vitamin A. It&rsuos often tricky to know whether cooking vegetables will enhance or reduce their nutritious value and unfortunately there&rsuos no simple rul	e.	
	<h2>Get them at their best</h2>		
	Young carrots, harvested when they are small have an especially sweet flavour and they are absolutely delicious. To cook them you can skip the peeling, give them a good wash and pop them in the steamer for just a few n	nin	
	- And that thing about carrots helping you see more in the dark?		
	Of course it&rsuos a myth. The idea that carrots can improve your ability to see better at night was used During World War II by the U.K. Ministry of Food, as propaganda for being able to see better during the blackouts are	nd	
	corcourse marsuo,s a myth. The idea that carrots can improve your ability to see better at hight was used burning world war if by the o.k. Ministry of Pood, as propagatida for being able to see better during the blackouts at		

image	tags
home-grown-herbs-1b.jpg	Grow your own,Seasonal,Herbs
placeholder-2.jpg	Supermarkets, Shopping
placeholder-3.jpg	Mushrooms, Vegetarian
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heritage-carrots.jpg	Carrots, Vegetarian, Healthy