

Vegetables Herbs And Fruit An Illustrated Encyclopedia

Chervil

herbs and spices (2nd ed., Vol. 2). Woodhead Publishing. Biggs, Matthew; McVicar, Jekka; Flowerdew, Bob (2016). The New Vegetables, Herbs & Fruit: An

Chervil (; *Anthriscus cerefolium*), sometimes called French parsley or garden chervil (to distinguish it from similar plants also called chervil), is a delicate annual herb related to parsley. It was formerly called myrrhis due to its volatile oil with an aroma similar to the resinous substance myrrh. It is commonly used to season mild-flavoured dishes and is a constituent of the French herb mixture *fines herbes*.

Polemonium caeruleum

(2006). Vegetables, Herbs & Fruit: An Illustrated Encyclopedia. Firefly Books Ltd. pp. 324–325. ISBN 1-55407-126-7. Bremness, Lesley (2002). Herbs. Smithsonian

Polemonium caeruleum, known as Jacob's-ladder or Greek valerian, is a hardy perennial flowering plant. The plant produces cup-shaped, blue or white flowers. It is native to temperate regions of Europe. It is the type species of the phlox family, *Polemoniaceae*.

Colonial Revival garden

Carr, Anna. Rodale's Illustrated Encyclopedia of Herbs. Emmaus, Pa.: Rodale Press, 1998. Kunst, Scott G. "Victorian Vegetables." Old-House Journal. April

A Colonial Revival garden is a garden design intended to evoke the garden design typical of the Colonial period of Australia or the United States. The Colonial Revival garden is typified by simple rectilinear beds, straight (rather than winding) pathways through the garden, and perennial plants from the fruit, ornamental flower, and vegetable groups. The garden is usually enclosed, often by low walls, fences, or hedges. The Colonial Revival gardening movement was an important development in the gardening movement in the United States.

Garnish (cooking)

chopped boiled egg, lemon juice and herbs over cooked vegetables Salpicon - a variety of other diced meats or vegetables Fritters Bawang goreng - crisp

A garnish is an item or substance used as a decoration or embellishment accompanying a prepared food dish or drink. In many cases, it may give added or contrasting flavor. Some garnishes are selected mainly to augment the visual impact of the plate, while others are selected specifically for the flavor they may impart. This is in contrast to a condiment, a prepared sauce added to another food item primarily for its flavor. A food item which is served with garnish may be described as being garni, the French term for "garnished."

The difference between garnish and decoration, is garnish is edible. For example, plastic grass for sushi presentation is considered a decoration, not a garnish.

Fattoush

stale flatbread as a base. Fattoush includes vegetables and herbs varying by season and taste. The vegetables are cut into relatively large pieces compared

Fattoush (Arabic: فطوش; also fattush, fatush, fattoosh, and fattouche) is a Levantine salad made from toasted or fried pieces of khubz (Arabic flat bread) combined with mixed greens and other vegetables, such as radishes, cucumber and tomatoes. Fattoush is popular among communities in the Levant.

Sattvic diet

drinking, and drunk while still hot/warm.[citation needed] Most mild vegetables are considered sattvic. Pungent vegetables leek, garlic and onion (tamasic)

A sattvic diet is a type of plant-based diet within Ayurveda where food is divided into what is defined as three yogic qualities (guna) known as sattva. In this system of dietary classification, foods that decrease the energy of the body are considered tamasic, while those that increase the energy of the body are considered rajasic. A sattvic diet is sometimes referred to as a yogic diet in modern literature.

A sattvic diet shares the qualities of sattva, some of which include "pure, essential, natural, vital, energy-containing, clean, conscious, true, honest, wise". A sattvic diet can also exemplify ahimsa, the principle of not causing harm to other living beings. This is one reason yogis often follow a vegetarian diet.

A sattvic diet is a regimen that places emphasis on seasonal foods, fruits...

Cottage garden

and mass plantings of greenhouse annuals. The earliest cottage gardens were more

practical than today's, with emphasis on vegetables and herbs, fruit

The cottage garden is a distinct garden style that uses informal design, traditional materials, dense plantings, and a mixture of ornamental and edible plants. English in origin, it depends on grace and charm rather than grandeur and formal structure. Homely and functional gardens connected to cottages go back centuries, but their stylized reinvention occurred in 1870s England as a reaction to the more structured, rigorously maintained estate gardens with their formal designs and mass plantings of greenhouse annuals.

The earliest cottage gardens were more practical than today's, with emphasis on vegetables and herbs, fruit trees, perhaps a beehive, and even livestock. Flowers, used to fill spaces, gradually became more dominant. The traditional cottage garden was usually enclosed, perhaps with...

Carrot

*Rodale's Illustrated Encyclopedia of Herbs. Rodale. pp. 111-112.
ISBN 978-0-87596-964-0. OL 8090884M. Grubben, G.J.H. (2004). Vegetables. Plant Resources*

The carrot (*Daucus carota* subsp. *sativus*) is a root vegetable, typically orange in colour, though heirloom variants including purple, black, red, white, and yellow cultivars exist, all of which are domesticated forms of the wild carrot, *Daucus carota*, native to Europe and Southwestern Asia. The plant probably originated in Iran and was originally cultivated for its leaves and seeds.

The carrot is a biennial plant in the umbellifer family, *Apiaceae*. World production of carrots (combined with turnips) for 2022 was 42 million tonnes, led by China producing 44% of the total.

The characteristic orange colour is from beta-carotene, making carrots a rich source of vitamin A. A myth that carrots help people to see in the dark was spread as propaganda in the Second World War, to account for the ability...

Iranian cuisine

with meat, vegetables and nuts. Herbs are frequently used, such as parsley, fenugreek, chives, mint, savory and coriander, in their fresh and dried forms

Iranian cuisine comprises the culinary traditions of Iran. Due to the historically common usage of the term "Persia" to refer to Iran in the Western world, it is alternatively known as Persian cuisine, despite Persians being only one of a multitude of Iranian ethnic groups who have contributed to Iran's culinary traditions.

Iran has a rich variety of traditional dishes, and has influenced many other cuisines over the ages, among them Caucasian cuisine, Central Asian cuisine, Greek cuisine, Levantine cuisine, Mesopotamian cuisine, Russian cuisine and Turkish cuisine. Aspects of Iranian cuisine have also been significantly adopted by Indian cuisine and Pakistani cuisine through various historical Persianate sultanates that flourished during Muslim rule on the Indian subcontinent, most significantly...

Arab cuisine

(the west) and the Mashriq (the east). These cuisines are centuries-old and reflect the culture of trading in ingredients, spices, herbs, and commodities

Arab cuisine collectively refers to the regional culinary traditions of the Arab world, consisting of the Maghreb (the west) and the Mashriq (the east). These cuisines are centuries-old and reflect the culture of trading in ingredients, spices, herbs, and commodities among the Arabs. The regions have many similarities, but also unique traditions. They have also been influenced by climate, cultivation, and mutual commerce.

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