

growing

# transformers

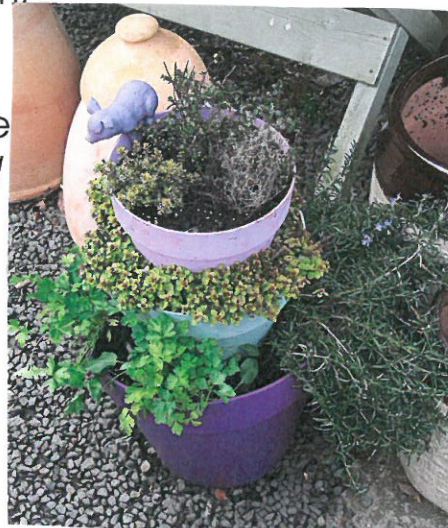
What are 'transformers' in your potager

In his book, The New Kitchen Garden, Mark Diacono suggests that '*If you only grow one thing, let it be the transformers. Small in volume, large in flavour, transformers add zip and zest too meals, encouraging even the plainest ingredients into life.*' These are herbs, salad crops and veggies that can turn a good dish into a exquisite dish! They are also very ornamental in your garden. Try growing some in your garden or on your windowsill this summer.



## The Salad Trough

A great mix of the ingredients for a salad: mixed lettuce leaves + dill + rocket + mustard and add nasturtiums for flowers.



## Our favourite transformers (and how you will start them)

**Basil** – pot inside  
**Chives** – plant in ground  
**Coriander** – seed/plants P/G  
**Dill** – seed/plant Pot/Ground  
**French Tarragon** – plant in pot  
**Garlic** - bulb in pot/ground  
**Leeks** – plant in ground  
**Mint** - plant in pot  
**Parsley** - plant in pot/ground  
**Rocket** – seed/plant pot/grnd  
**Rosemary** – plant in pot/ground  
**Sage** – plant in pot/ground  
**Spring onion** – seed in pot/grnd  
**Thyme** – plant in pot/ground

purple  
piglet  
project



NEW  
HOPETOUN  
GARDENS

[www.newhopetoungardens.co.uk](http://www.newhopetoungardens.co.uk) 01506 834433

## Some of our favourite 'transformed' dishes

### Crushed Potato Salad

Boil small unpeeled **new potatoes** for 15 mins until tender. Drain and crush roughly with fork. Pour on 4 tbsp **white wine** and return to heat for 2 mins. Stir in 2 tbsp **olive oil**, **lemon juice** and **pepper** to season, a thinly sliced **red onion** and 3 tbsp chopped fresh herbs – try a mix of **parsley, mint, chervil & chives**. Serve warm.



\*see our four **Potager to Plate** leaflets for other herbs, crops and recipes using them

salad bowl :  
crisp lettuce  
+  
rocket  
+  
mint  
+  
radish  
+  
viola flower



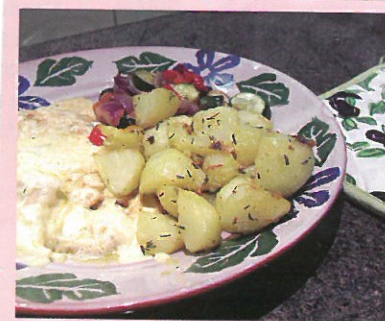
### New World Minted Strawberries

Halve 500g of **strawberries** into a bowl and sprinkle over 1 tbsp **castor sugar** and a handful of chopped **mint leaves**. Leave for 30 mins. 10 mins before serving pour over ¼ bottle of **New World Red Wine** (£5 a bottle quality!). Enjoy!



### Rosemaried Potatoes

Parboil **potatoes** for 15 minutes. Chop into 2cm cubes and put into a baking tray. Scatter with finely **chopped rosemary leaves** stripped off stems, **finely chopped garlic clove** and **black pepper** and drizzle generously with **Rapeseed Oil**. Roast in hot oven 200°C till golden and crisp, about 30 mins.



**Turkey Escalopes in a creamy sage and wine sauce** (see photo of **Rosemaried Potatoes**). Flatten **turkey breast steaks** to 3mm thick. Fry in oil with **sage leaves** 3 minutes each

side, add **white wine**, **juice of lemon**, **pepper** and reduce for 10 minutes. Stir in **Crème fraiche**.