

## EDIBLE GARDEN



### **CALAMANSI (LIME)**

Calamansi (*Citrofortunella microcarpa*) grows natively in the Philippines. Its trees bear small, orange-like fruits, dark green foliage and white flowers. Despite its outer appearance and citrus-y fragrance, the fruit is sour, although the peel is sweet.

Prized for its fruit and ornamental value, calamansi is ubiquitous in traditional Filipino cuisine. It is used in various condiments, beverages, dishes, marinades and preserves, or even as an ingredient in Malaysian and Indonesian cuisines.

## EDIBLE GARDEN



### CHILLI PEPPER (GREEN)

Like the red chilli shrub, this flowering plant belongs to the Solanaceae family. Green chillies (*Capsicum annum L.*) come in varieties – short and long, mild to intensely hot.

More than just adding spice and flavour to food, they are a rich source of vitamins and minerals. Zero in calories and cholesterol, green chillies also contain an impressive list of plant-derived chemical compounds known to have several health benefits including but not limited to improving immunity, reducing blood sugar and preventing constipation.

## EDIBLE GARDEN



### CURRY LEAF

The curry leaf (*Murraya koenigii*) is native to the Indian subcontinent and can even be found growing wild throughout the country. Their glossy, green, teardrop-shaped leaves are very aromatic and have a unique flavour on their own.

Curry leaves are a staple in Indian cuisine, commonly used as seasoning to add special flavour to dishes. Packed with carbohydrates, fibre, calcium, vitamin A, vitamin B, vitamin C and vitamin E, curry leaves improve heart function, fights infections and even enliven hair and skin vitality.

## EDIBLE GARDEN



### LEMONGRASS

*Cymbopogon citratus*, also known as lemongrass, is a tropical island plant native to the South Asian region. They are commonly used in Southeast Asian cuisines such as Thai and Vietnamese. The distinctive minty-citrus flavour of the plant pairs well with curries, shellfish and meat dishes – especially to mask its gamey scent.

Oils extracted from Lemongrass contain high amounts of Citronella, Geraniol and Citronellol. They are used in Ayurvedic applications and frequently infused in aromatherapy and household products such as soaps, candles, disinfectants and mosquito repellents.

## EDIBLE GARDEN



### MINT

Mint, also known as *Mentha* and a part of the *Lamiaceae* family is a class of perennial herbs known for its aromatic oils. Native in various regions of the world, the plant grows best in temperate climates that are cool and moist.

Mints are a highly versatile ingredient that can be used in sweet and savoury preparations such as ice creams, sorbets, beverages and added to meats and seafoods dishes. Its highly volatile oils are also used in cosmetics, aromatherapy, perfumery and even medicine!

## EDIBLE GARDEN



### THAI BASIL

Thai basil (*Ocimum basilicum thyrsofolium*), is a herbaceous plant native to Southeast Asia cultivated for its taste that is distinctive from its other basil variants. It has a spicier flavour reminiscent of anise and can withstand higher cooking temperatures as compared to sweet basil.

Thai basil is most frequently used in Thai, Vietnamese, Laotian and Cambodian cuisines. They are popularly added to stir-fries, Thai curries, Vietnamese pho and is an important ingredient in the popular Taiwanese dish, *sanbeiji* (three-cup chicken).