

Dudi



Fenugreek



1

Fenugreek seeds and leaves are both eaten, and the plant is sometimes grown as a green manure to improve soil

1

Another name for dudi is 'bottle gourd' because of its shape

2

There are two types of seed, one large and one small. Leave the pods on the plant to turn dry and yellow if you want to harvest the seed

2

Dudi seeds are quite large and flat. Sow them in small pots indoors in April to get them started

3

Allow plants to reach about 25 cm in height before starting to harvest. Remove flower buds if you want to keep the leaves growing for longer

3

Dudi vines need strong support to bear the weight of the gourds as they climb

4

Use the leaves soon after picking as they wilt quickly. Fenugreek is eaten as a leafy vegetable similar to spinach, and also used as flavouring, especially in curries

4

Harvest fruit when small, or leave longer to mature. Similar flavour to courgettes, but flesh stays crunchy after cooking

Chickpea



Haloon



1

Haloon is an Indian variety of garden cress.
Another name for it is halam

1

Chick peas are commonly used when dried, but they are also eaten fresh, when they are more like garden peas

2

Seeds are small and can be either brown or black. They have a mustardy flavour and are sometimes used as a flavouring

2

The seeds are quite large, round and light brown. You can grow plants from seeds sold for sprouting and eating

3

Haloon can grow all year round indoors on a windowsill. Outdoor crops grow well between March and September

3

Plants grow up to about 50 cm tall, and benefit from some sticks or net as light support

4

Young leaves can be used in salads, soon after harvest. Older leaves are better cooked, and are sometimes mixed with spinach

4

Harvest pods when still green, usually from August onwards. Each pod contains one or two peas. Cook the peas lightly on their own or use in curries

Coriander



Shark fin melon



1

This is a fruit used as a vegetable.
The name comes from its use in
broth, where it has a similar texture
to traditional shark fin soup

1

Coriander originates in Southern
Europe and is widely grown
throughout Asia
and the Middle East

2

Seeds look similar to other
melons, cucumbers or pumpkins,
which are all in the same family

2

Coriander seed is small
and round. It is used as a spicy
flavouring in many recipes including
curries. Some people think
the taste has a hint of orange.

3

The plants sprawl along the ground
as they grow. They need a lot of
space, so leave about 2 metres
between each one when planting

3

Coriander grows well in a sunny
position. Early and late sowings are
more successful for leaf production.
Water well in dry conditions.

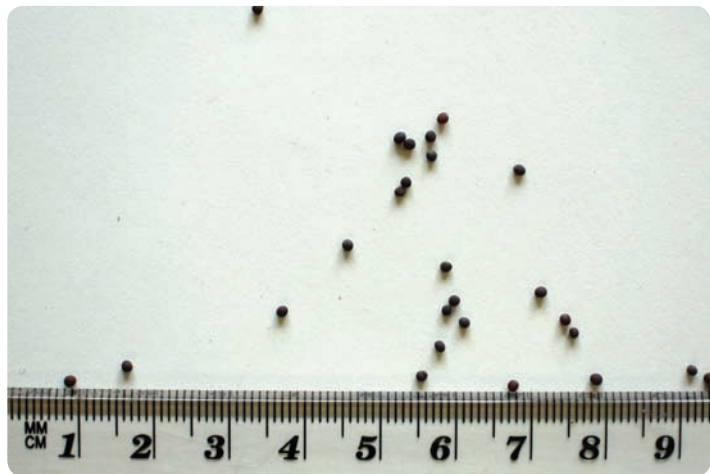
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Shark fin melons are
ready to harvest towards the end
of September, when the skin feels
hard. They will store for up to
six months

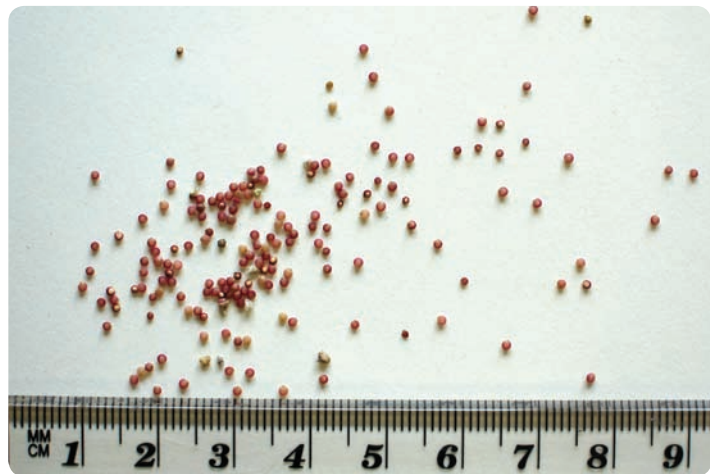
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Harvest the leaves for cooking and
use quickly as they taste best when
fresh and don't store well.

Mustard greens



Calaloo



1

Calaloo is a type of amaranth.
There are many types,
with different coloured leaves

1

Mustard greens have a hot,
peppery flavour. This is stronger
when leaves are older,
and when eaten raw

2

Calaloo seed is very small
and shiny and can be
black, red or white

2

Seeds are small and round.
They start growing within
a few days of sowing

3

Plants grow quickly and
can reach about 1 metre tall.
Removing the flower buds
encourages leaf production

3

There are many different types
of mustard grown for their
leafy greens. Some grow
up to 70 cm tall

4

Leaves and stems are used
in soups, stews and curries.
Young leaves are tasty as
a vegetable, similar to spinach

4

Leaves are used raw in
salads or lightly cooked and
sometimes mixed with other, milder
tasting greens. Flavour is better
before the plants start to flower

Taro



Sweet potato



1

Sweet potato has a smooth skin, which is usually red. They grow underground, and are not related to other potatoes, despite the name

1

Underground tubers can be yellow, brown or almost purple and may have hairy growths on them

2

Sweet potato is not grown from seed, but from 'slips'. These are cuttings from the shoots on the eyes of the tubers

2

Taro is grown from small tubers or from stem cuttings. It is not grown from seed

3

The vines of sweet potato sprawl along the ground and can reach 2 m long. Small, ivy shaped leaves can be green, but some are bronze, golden or multi-coloured

3

Taro plants have large leaves and are sometimes called elephant's ears, after the shape and size of the leaves. They need warm, humid conditions to grow well

4

The flesh inside sweet potatoes can be white, pink or orange. It can be boiled, baked or fried, and is used in both savoury and sweet dishes

4

The tubers are starchy, with a sweet, nutty flavour. They are often roasted, baked or boiled. They must not be eaten raw

Kidney beans



Turmeric



1

Turmeric needs hot, humid conditions for the underground roots to grow well

1

The dried seeds of kidney beans are called red peas in some countries and used in dishes with rice and coconut

2

Brownish grey on the outside, these roots are bright orange inside. New plants are normally produced from root cuttings of older plants

2

The seeds are quite large, and are red and shiny

3

In tropical conditions plants can reach 1 metre tall, with large, bright green leaves

3

There are two main types of these beans. They either grow as small bushes or are climbing plants that need support

4

Turmeric is mostly dried and ground for use as an aromatic spice in curries and other dishes. It is sometimes eaten raw when fresh

4

Whole pods can be eaten when the beans are still green and tender. When dried the seeds store very well but must be boiled for at least 30 min before eating