

## HOW TO GROW BAY LAUREL !

Like wine, thyme and leeks, bay leaf is a base flavour of French cuisine, and an essential ingredient in any bouquet garni. French meat, fish and poultry dishes rely on its spicy, aromatic character.

### Timing

Bay laurel is frost-sensitive, and should be overwintered indoors.

### Growing

Thrives in containers, where it should be pruned, and may be trained to take on several growth forms. Height up to 18ft (5m)

### Harvest

Leaves should be picked young, dried in the shade, and can then be kept in dry-storage for up to one year.

### Seed info

Seed viability is limited, so sow fresh seeds promptly and do not let them dry out too much.

### Source:

Richters Herbs - [www.richters.com](http://www.richters.com)



As part of your garden this year, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank. Help us help all those in need.

Special thanks to McKenzie Seeds for their great growing information and their long-time support for Plant • Grow • Share A Row