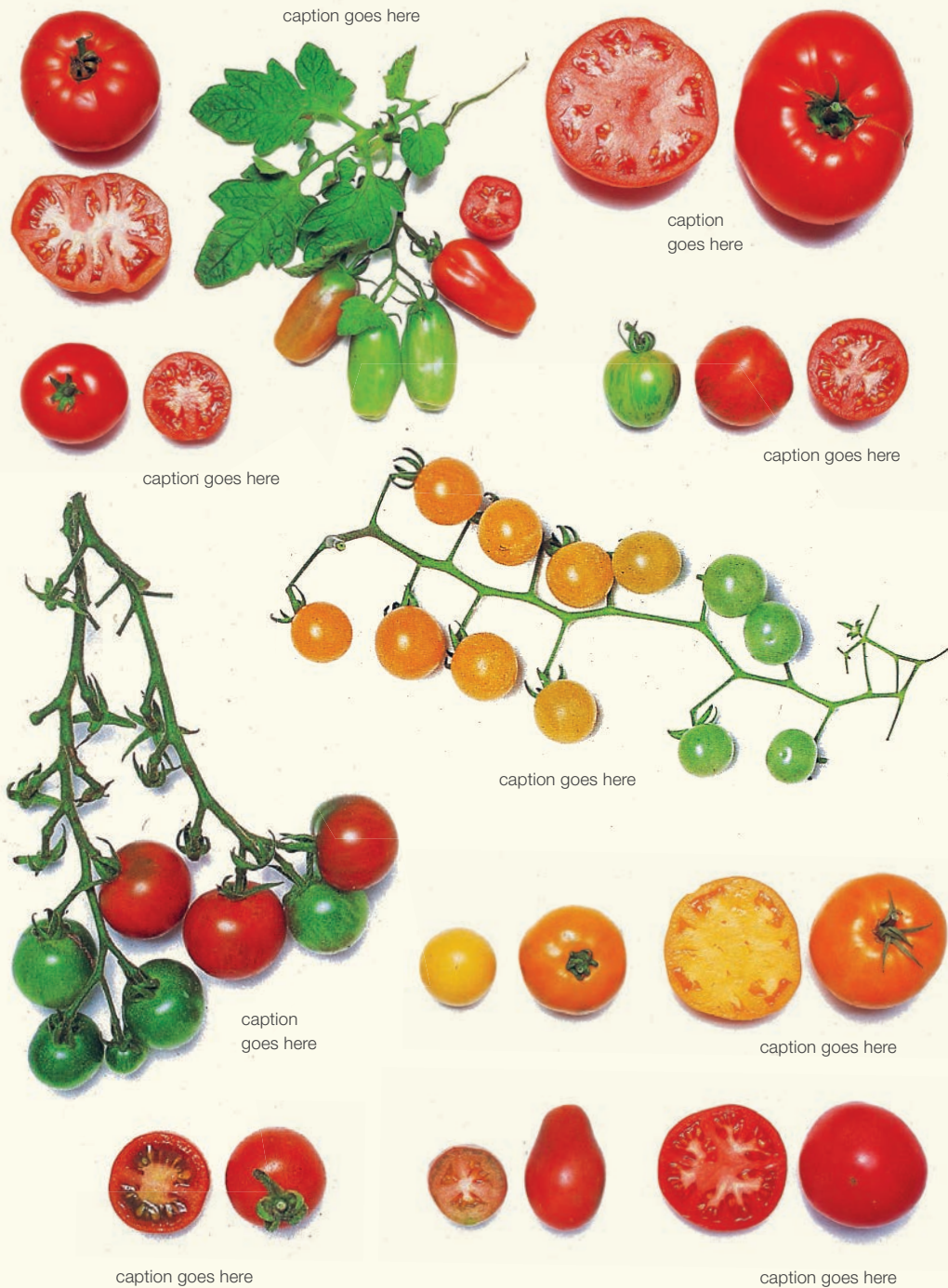




"The minute I finished  
reading this book  
I went outside and  
sowed some lettuce"  
*Alys Fowler*

the  
salad  
garden  
—  
joy  
larkcom



# TOMATO

## *Lycopersicon esculentum*

The tomato is a tender South American plant, which was introduced into Europe in the sixteenth century as an ornamental greenhouse climber. It has deservedly become one of the most universally grown vegetables. Tomatoes are beautiful, rich in vitamins and versatile in use, both cooked and raw.

### Types of tomato

Tomato fruits are wonderfully diverse in colour, shape and size. They can be red, pink, orange, yellow, red- and orange-striped, black, purple, green and even white. Size ranges from huge beefsteaks to the aptly named 'currant' tomatoes. They can be roughly classified on the basis of fruit shape and size, red and yellow forms being found in most types.

- **STANDARD** Smooth, round, medium-sized fruits of variable flavour.
- **BEEFSTEAK** Very large, smooth, fleshy, multilocular fruits (that is, several 'compartments' evident when sliced horizontally); mostly well flavoured.
- **MARMANDE** Large, flattish, irregular, often-ribbed shape, multilocular, fleshy, usually well flavoured, but some so-called 'improved' varieties though more evenly shaped are not necessarily as well flavoured as the old.
- **OXHEART** Medium-sized to large, conical, fleshy; some are exceptionally well flavoured.
- **PLUM-SHAPED** Small to medium-sized, rectangular and firm; generally late maturing; variable flavour, mostly used cooked. (On account of their shape and firmness the 'Roma' varieties in this group were originally selected for the Italian canning industry.)
- **CHERRY PLUM** Small, firm, distinctly flavoured form of plum tomato for eating raw, typified by 'Santa'.
- **PEAR-SHAPED** Smooth, small to medium-sized, 'waisted', mostly unremarkable flavour and texture.
- **CHERRY** Small, round fruits under 2.5cm/1in diameter, mostly sweet or distinctly flavoured.
- **CURRENT** Tiny fruits about 1cm/1/2in diameter; exceptionally rambling plants; hitherto not notably flavoured. The growth habit of tomatoes affects how they are cultivated.
- **TALL, 'INDETERMINATE' TYPES** The main shoot naturally grows up to 4m/12ft long in warm climates, with sideshoots developing into branches. These are grown as vertical 'cordons', which are trained up strings or tied to supports. Growth is kept within bounds by nipping out or 'stopping' the growing point and removing sideshoots. In a 'semi-determinate' sub-group, the main shoot naturally stops growing when about





## FLORENCE FENNEL

(Sweet fennel, Finocchio)  
*Foeniculum vulgare var. dulce*

Florence fennel is a beautiful annual with feathery, shimmering green foliage, growing about 45cm/18in high. It is cultivated for its swollen leaf bases, which overlap to form a crisp-textured, aniseed-flavoured ‘bulb’ just above ground level. (For herb fennel, see p. 80.)

Fennel does best in fertile, light, sandy soil, well drained and rich in organic matter, but will grow in heavier soil. A Mediterranean marsh plant, it needs plenty of moisture throughout growth and a warm climate. Sudden drops in temperature or dry spells can trigger premature bolting without it forming a decent bulb. This tendency is exacerbated by transplanting and early sowing. Some new varieties have improved bolting resistance – but are not infallible.

---

### Cultivation

Fennel should be grown fast. To minimize the risk of bolting, preferably sow in modules and delay sowing until mid-summer, unless you are using bolt-resistant varieties. Otherwise sow in seed trays, prick out the seedlings when they are very small, and transplant them at the four-to-five-leaf stage. Space plants 30–35cm/12–14in apart. For an early summer outdoor crop, sow in mid- to late spring using bolt-resistant varieties, at a soil temperature of at least 10°C/50°F. For a main summer crop, sow in early summer. For an autumn crop that can also be planted under cover, sow in late summer or even early autumn. Watch for slugs in the early stages (for control, see p. 126); keep plants watered and mulched. Occasional feeding with a seaweed-based fertilizer is beneficial.

In good growing conditions, fennel is ready eight to twelve weeks after sowing. When it reaches a usable size, cut bulbs just above ground level. Useful secondary shoots develop

which are tasty and decorative in salads.

Mature plants tolerate light frost, but plants that have previously been cut back survive lower temperatures.

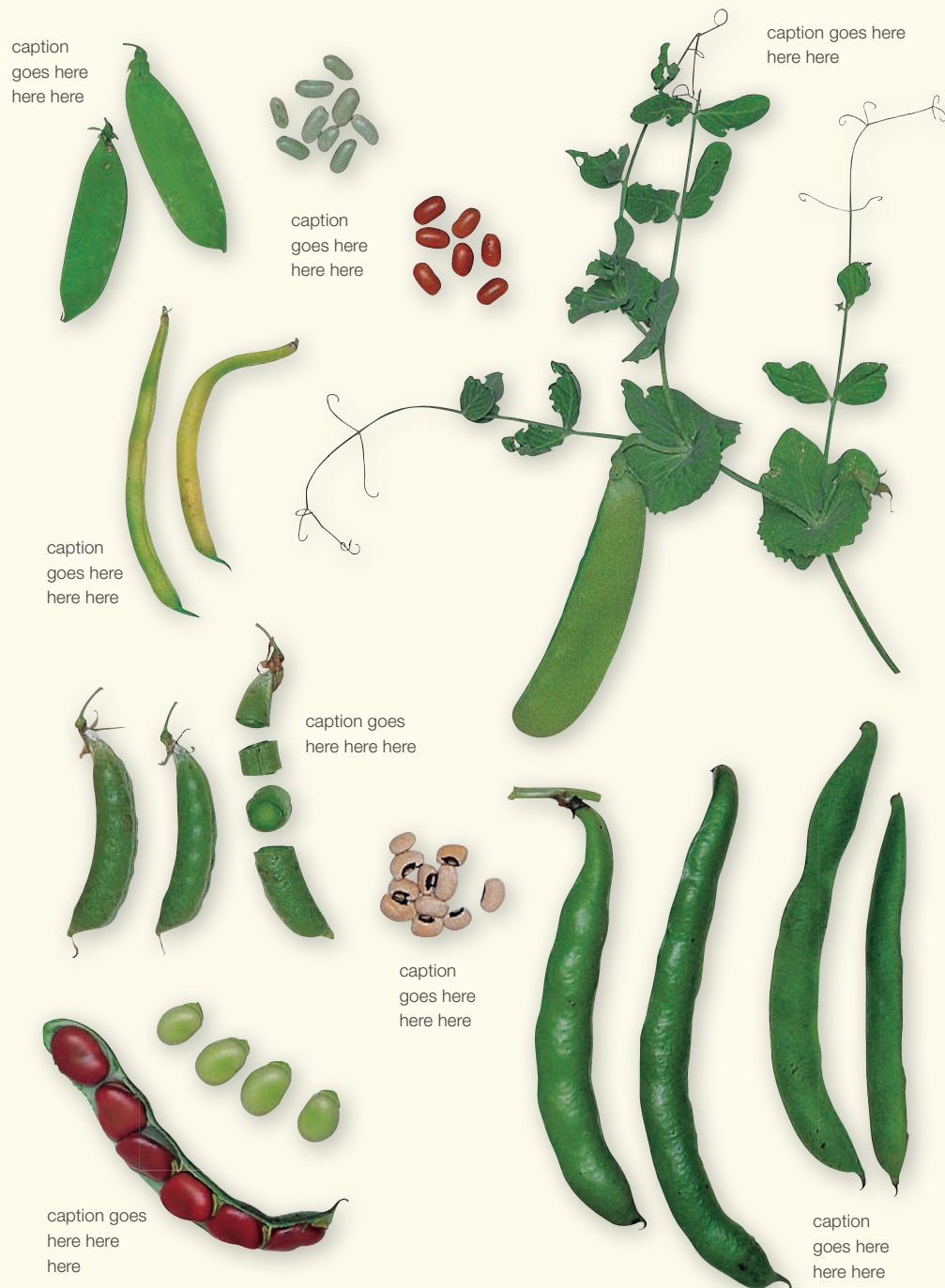
Late plantings under cover may not develop large succulent bulbs, but the leaf bases can be sliced finely into salad, and the tender ‘fern’ often lasts well into winter.

---

### Varieties

**STANDARD** ‘Perfection’, ‘Sirio’.

**BOLT RESISTANT** ‘Rudy’ F1, ‘Victoria’ F1, ‘Zefa Tardo’.



# PEAS AND BEANS

Peas and beans are among the most popular of vegetables, in the main used cooked. Indeed beans, that is French and runner beans (*Phaseolus* spp.), and broad beans (*Vicia faba*), must be cooked to destroy the toxins in raw beans. In salads, peas and beans are often used cooked and eaten cold. Peas and the pods of mangetout types are delicious raw. More unusual candidates for salads are the leafy tips of broad beans and the tips and tendrils of peas. All have a seductive flavour. For general cultivation of peas and beans, consult a general gardening book; see Further Reading, pp. 162–3. These brief notes highlight their potential use in salads.

## Peas (Garden Peas) *Pisum Sativum*

Young shelling peas are pleasant raw, the sweet, wrinkled-seeded varieties being preferable to the round-seeded rather starchy, hardy peas used for early sowings. Most tempting raw are the ‘mangetout’ or sugar peas, grown for their edible, parchment-free pods, and mostly eaten when the peas inside are still minuscule. They are sweet and refreshingly crisp. Types range from giant, flat-podded sickle-shaped varieties to the ‘Sugar Snap’ types. Uniquely, these are round in cross section, with the round young peas ‘welded’ to the outer skin. For flavour and texture they are hard to beat. Peas can also be sprouted, for young shoots harvested about 5cm/2in high. (See also Seed sprouting, p. 133). A delicacy in many parts of the world (notably China) are pea tendrils and ‘pea shoots’ – the top pairs of leaves at the tip of the stem. They are grown by sowing peas closely together and harvesting the shoots as they develop. More economical, and an excellent alternative, are the tendrils of ‘semi-leafless’ peas, ordinary varieties with leaves modified into wire-like tendrils. These

enable neighbouring plants to twine together, so virtually becoming self-supporting. Clumps look beautiful in a potager. Nip off the tendrils while they are still soft and pliable, and enjoy the most delicate pea flavour. The plants will still produce a crop of normal peas.

**VARIETIES:** Those currently available include ‘Markana’ and ‘Novella’

## Runner beans *Phaseolus coccineus*

Originally introduced to Europe from America as climbing ornamentals, these robustly flavoured beans made the British Isles their home. The flattish pods can be well over 23cm/9in long, but are most tender picked at half that length. They are excellent cooked and eaten cold, but the beans inside are normally too coarse for salads, unless used very small. Most runner beans grow over 3m/10ft tall, but there are some dwarf varieties, less productive than climbers, but pretty enough to grow in flower beds.

## French beans: (Kidney beans)

---

## Broad beans

### *Vicia faba*

These large, very hardy beans have a unique flavour. For salads, either pick ordinary varieties young, before the seeds develop their own tough skin, or use the smaller-seeded, more delicate varieties grown primarily for freezing, such as 'Jade', 'Lingo', 'Stereo' and 'Talia'. The shorter-podded green- or white-seeded 'Windsor' broad beans, sown in spring, are more refined and better-flavoured than the hardier, autumn-sown 'longpod' types. All must be eaten cooked.

Another treat lies in the leafy tips of the plants. Picked young and tender once the pods are developing, they can be steamed as greens or used raw in salads, though sparingly, as they are strongly flavoured. The tops of fodder bean plants, which I grow for green manure,

## HERBS

The deft use of herbs transforms a salad. Add a little chopped coriander or fenugreek to evoke the Orient; a few leaves of balm or lemon thyme for a hint of lemon; chervil or sweet cicely to create the subtle tones of aniseed. Or go for a more daring flavour with lovage, or a generous sprinkling of dill, or a little sage, tarragon or basil. Almost any culinary herb can find a role in salad making: experiment with what you have to hand. The only guiding principle should be that the stronger the herb, the more lightly it is used. The eminent twentieth-century gardening writer Eleanour Sinclair Rohde put this

neatly: 'It is just the suspicion of flavouring all through the salad that is required, not a salad entirely dominated by herbs.' She would mix a teaspoon of as many as twenty finely chopped herbs to sprinkle into a salad. For suggestions on the use of herbs with different salad plants and dishes, see pp. 144–6.

Do not overlook the decorative qualities of herbs in salads. Many have variegated and coloured forms, and many have leaves of outstanding beauty – the delicate tracery of salad burnet, sweet cicely, dill, and the bronze and green fennels, for example. Add these, freshly picked, for a last-minute garnish.

It is a truism that fresh herbs are infinitely better-flavoured than dried or preserved herbs. In temperate climates most culinary herbs die back in winter, but chervil, caraway, coriander and parsley are some that can be grown under cover for use fresh in winter. Others can be potted up in late summer and brought indoors. Basil, thyme, mint, winter savory and marjoram can be persuaded to provide pickings from a winter windowsill.

Although many herbs can be preserved and are useful in cooking, only a handful, such as some mints, retain their true flavour. Several of the more succulent herbs, such as chives, parsley and basil, can be deep-frozen as sprigs or chopped into ice-cube trays filled with water. Thaw the cubes in a strainer when you need to use the herb. Otherwise herbs are usually preserved by drying. Pick them at their peak, just before flowering, and dry them slowly in a cool oven, or hung indoors, covered with muslin to prevent them from becoming dusty. When they are completely dry, store them in airtight jars.



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



caption goes here



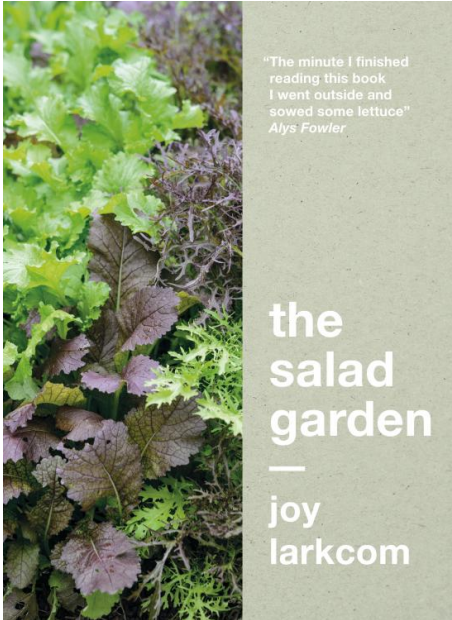
caption goes here





FRANCES LINCOLN LIMITED  
PUBLISHERS

**NEW TITLE INFORMATION**



**04 May 2017**

£16.99

£16.99

9780711238701

Paperback

PaperbackTrade paperback (US)

225 x 155 mm

288 pages

**BICs:** WMPF - Gardening: growing fruit & vegetables WMQF - Organic gardening WBVG - Salads

**THE SALAD GARDEN**

**By Joy Larkcom**

A guide to growing more than 200 salad plants, *The Salad Garden* covers all you need to know, from site preparation to harvesting, detailing special planting techniques, advice on the best varieties (for growing and for flavour) and plenty of tips and tricks for bountiful crops. Joy Larkcom also shows you how to create a beautiful potager garden, with tips such as training tomatoes up attractive spiral supports, planting for theatrical height and edible seed pods.

**Key Points:**

- The reissue will tie in with the resurging popularity of accessible, casual, organic approaches to gardening and growing vegetables. Joy champions potager gardening — a more relaxed, wildlife — friendly approach to vegetable growing.
- A fully revised and updated edition that will appeal to the growing number of gardeners with smaller spaces. Salads lend themselves perfectly to window boxes, containers and small raised beds.
- Those with smaller gardens often won't have space for separate vegetable growing plots, so a garden with flowers and beautiful vegetables and herbs growing happily together is the perfect solution.
- The new edition has a modern, simple approach which pays homage to the *The Organic Salad Garden*, using the original cut-out photography and showcasing the beautiful leaves and vegetables.

**Author Information**

Joy Larkcom is Britain's most respected vegetable garden maker and gardening writer. She has contributed to many magazines and newspapers, radio and TV programmes and has lectured all over the world. Her accolades include the Garden Writer of the Year award (three times); Lifetime Achievement Award from the Garden Writers' Guild in 2003, and the Veitch Memorial Medal for horticulture, the RHS's highest honour, in 1993. Her other titles for Frances Lincoln are *Oriental Vegetables* (ISBN 9780711236128), *Grow Your Own Vegetables* (ISBN 9780711219632) and *The Organic Salad Garden* (ISBN 9780711222045).

**Related Books**

Similar product	Grow Your Own Vegetables	Paperback	9780711219632	£9.99
Similar product	Just Vegetating - A Memoir	Hardback	9780711229358	£18.99

**Frances Lincoln Ltd.  
Publishers**

74-77 White Lion Street

London N1 9PF

Phone:02072849300 Fax:02074850490

sales@frances-lincoln.com

www.franceslincoln.com

An imprint of Quarto Publishing Group

UK