

## Dales tearoom opens herb trail in Upper Wharfedale



A tearoom at the heart of the Yorkshire Dales has opened a herb trail around its kitchen garden. Visitors to West Winds Yorkshire Tearooms in Buckden, Upper Wharfedale, can experience the distinctive aromas of around 30 different cultivated herbs – and find out how to grow them too.

The tearoom trail includes many types of culinary herb including mints, rosemary, lovage, marjoram, thymes, parsley, fennel, tarragon and chamomile. Many of the herbs grown are used on the tearoom menu with rosemary and lovage finding their way into savoury pies, black peppermint and chamomile making a refreshing herbal tea, and a variety of herbs adding zing to fresh salads.

Some of the most interesting and distinctive plants on display include chocolate mint, pineapple mint, orange thyme and curry plant, all of which truly live up to their names.

Stephen Hounsham, who runs West Winds with his partner Lynn Thornborrow, said: “Herbs can turn cooking into cuisine and are so easy to grow. And with many of them happy to exist in pots, even the smallest garden can produce quite a range of plants that can brighten up many food dishes. Our herb garden has had a cold start this year but now seems to be making up for lost time.”

The best way to experience different herbs is to gently rub the leaves between thumb and forefinger and then sniff the result.

A number of wild herb plants are also grown in the West Winds garden, including feverfew (used for centuries as a remedy for headaches, arthritis and fevers), hedge woundwort (once used to try to heal wounds and swellings), St John’s wort (still used as an anti-depressant), salad burnet (the leaves can be added to salads), herb Robert (over the ages tried as a remedy for all sorts of internal complaints) and wild garlic (the pungent leaves can often be smelt in woodland after a sharp fall of rain in springtime).