**Kruietuinprojek**

Die volgende tipes kruie is gewild en groei ook relatief maklik:

**Basiliekruid** – in kos, pastas, slaai en maak 'n mooi groen struik met wit blommetjies. Kry 'n perskleurige tipe wat lekker kontrasteer. Verkies volson en komposryke grond.

**Roosmaryn** – in kos, donker groen struik met klein blou blommetjies. (Stimulant vir ons wat so stadig is en kan help om gewig te verloor.) Verkies volson en komposryke grond. Spaanse tipe se takkies is reguit en mense gebruik dit om sosaties te maak.

**Laventel** – ruik lekker, maak potpourie, bak lavender shortbread koekies, in badwater en is kalmerend – gebruik in kruiekussing om mee te slaap. Verskillende blaarvorms, tipes grys-kleure en tipe blommetjie. Lekker verskeidenheid in die tuin. Verkies volson en komposryke grond.

**Tiemie** – klein grondbedekker tipe plantjie. Lekker in vleis disse. Verkies volson en komposryke grond. Verskillende geure en kleure blaartjies.

**Pietersielie** – is baie gewild maar moet in 'n pot of groente bedding geplant word en elke jaar nuut aangeplant word.

**Herb Garden Project**

The following herbs are popular and will grow easily:

* **Sweet Basil** – in food, pastas, salads and grows into a beautiful green shrub with small white flowers. Also get a peach coloured variant that makes a nice contrast. Prefers full sun and soil rich in compost.
* **Rosemary** – in food, dark green shrub with small blue flowers. (Stimulant for all us slow people and can help us to lose weight.) Prefers full sun and soil rich in compost. Spanish variant has straight twigs and people use it to make kebabs.
* **Lavender** – smells divine, makes potpourri. Bake lavender shortbread biscuits, use in bath water and it will calm you. Use in herbal pillow for wonderful night’s sleep. Different leaf shapes, grey to lilac and different flowers. Nice variety. Prefers full sun and soil rich in compost.
* **Thyme** – small ground cover type plant. Excellent in meat dishes. Prefers full sun and soil rich in compost. Different fragrances and leaf colours.
* **Parsley** – very popular but must be planted in a pot or own bed and must be newly planted every year.