Fenugreek (Methi)

Trigonella foenum-graecum



Height: 30 – 40cm

Suitable for: Well drained soil in full sun.

Summary: Best known as aromatic seeds used in curry powder and spice mixes, and included on all Indian menus where ever you see the word *Methi*.

Fenugreek produces tasty greens with a fresh herby flavour. They are more interesting than spinach but not as peppery as rocket, and are rich in iron, vitamins, antioxidants and fibre. They can easily be grown on a cut and come again basis giving a supply of greens throughout the season. Surely a 'must have' new food to try!

More information:

Fenugreek can be easily grown to give a summer long source of aromatic tasty greens. This is an exotic eastern herb/vegetable which is pretty fool proof to grow in the UK. It has a fresh herby flavour with a touch of bitterness and is full of iron, vitamins, antioxidants and fibre. Basically really good for you whilst being tasty as well! Currently it is only available in local Asian grocers but, given its health benefits, quite likely to become a new 'Superfood' on our supermarket shelves some time soon.

Fenugreek is best known in the kitchen as the brown angular seeds used extensively in Indian, Pakistani and Persian cuisine. It is however really easy to grow and the resulting 'greens' are great to use throughout the summer months.

Seeds are best sown on well drained soil in a sunny spot. Rake lightly to cover and water well. The seeds germinate quickly to give a mat of clover like leaves up to 30 cm high. You can harvest these regularly on a 'cut and come again' basis, and maybe leave a small patch to form pretty white flowers that the bees really love. If space is limited then the fenugreek can be used to undersow an area of taller plants like sweetcorn or tomatoes — 2 crops in the space of one! An added bonus is that fenugreek roots are busy fixing nitrogen in the soil as it grows.

The fresh leaves are perfect for their traditional uses in curries, dhals and Eastern vegetarian dishes.

They are also an essential ingredient in Persian cookery where they are called *Shanbalileh* and used to flavour stews, soups and salads. Fenugreek leaves are also used in Turkish, Egyptian and East African dishes.

Stir Fry Carrots with Fenugreek

Serves 2–3
A quick and healthy side dish.



- 3 medium carrots — peeled and cubed
- Large bunch of fenugreek leaves
- 2 tbsp sunflower oil
- ½ tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp coriander
- ½ tsp chilli powder
- 1 tsp amchur — mango powder — if available
- Pinch of salt

Chop the fenugreek coarsely just before you need it. If you chop it up in advance it tends to be bitter.

In a wok, stir fry the mustard and cumin seeds, when they start to pop add the fenugreek and stir fry for about 5 minutes until the water evaporates. Add the carrots, spices and salt and continue to stir fry until

the carrots are cooked but still with a little bite.

This is a quick and tasty side dish to serve with virtually anything!