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Borage

Grow borage in full sun for best results, though it will do fine in part shade. Like most herbs, it's not fussy about pH, but it needs fertile, well-drained but moisture-retentive soil.

Work in plenty of organic matter and, if your soil is hopelessly heavy, construct raised beds.

Sow seeds directly in early spring, about a week before the last expected frost - borage resents being transplanted. Leave the seeds uncovered (they need light to germinate), then thin seedlings to at least a foot apart.

Weed regularly, water during dry spells, and cut plants back in late summer if they start looking too leggy.

Clip off leaves as you need them for salads or tea. They have a refreshing, cucumber-like taste that blends especially well with eggs, either in salads or omelettes.

Use the edible flowers, fresh or candied, as garnishes for salads, drinks or pastries.

Propagate by seed. (Leave some of the flowers on the plants; they'll self-sow readily.) Store seed for up to three years in an airtight container in a cool, dark place.

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