

## HERBS

HERB Lore	FLAVOR	BENEFITS	USES	STORAGE Short/ Long
Anise Hyssop	Leaves and flowers have a licorice flavor.	Part of the mint family:	Tea-hot or iced Mix iced hyssop tea with lemonade Flowers as garnish, in desserts, baked goods, fresh fruit salads	Fresh  Frozen
<p style="text-align: center;">Basil</p> The “King of Herbs” there are over 150 varieties of basil. We grow 5: Genovese or Italian Cinnamon Lemon and Lime Thai or Anise			Pesto. Whole leaves in place of lettuce on summer sandwiches, layer with tomatoes, balsamic vinegar and olive oil, in cooked dishes should be added at the last minute: scrambles, summer soups, stir fries. Lemon, lime and Cinnamon in cookies, cake, and teas	Fresh  Frozen: plain or pesto in ice cubes. 1 cube=1 Tbsp  Dried-has a strong flavor that is good in breads.
<p style="text-align: center;">Borage</p> Stimulates courage, exhilarates and makes the mind glad	Young, tender leaves and flowers have a cucumber flavor		Blends well with dill, mint and garlic. Add to green or fruit salads, vegetables; Flowers can decorate cakes	Fresh

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Chervil Cleanses the blood in spring	Mix of parsley and licorice flavors	Cleanses the blood	Seasons fish, poultry, vegetables, salads, eggs. Excellent with carrots	Fresh Frozen
Chives/ Garlic chives (Chinese leeks)	Mild onion flavor for the round chives. Garlicky flavor for the Chinese leeks	High in vitamins A and C	Snip fresh chives into anything you like! Try them over baked or boiled potatoes, in salads, with any vegetable. Flowers can be sautéed in omelets or scrambles, or eaten raw in salads.	Fresh is best
French Tarragon A royal herb, the Romans named it <i>Dracunculus</i> because of its serpentine root structure.	This is one of the first herbs to arrive in spring. The flavor is a mix of anise, mint and pepper.		Snipped in salad dressings and sauces, over fish, in soups, with tomatoes, omelets, sprinkled over potatoes or other vegetables.	Fresh Frozen
Lavender A royal herb of England, Queen Elizabeth I always had lavender on the royal table.			With fresh fruits, in sugars for cookies, ice cream and tea.  Most often used in sachets or potpourris	Leaves and flowers  Fresh or Dried

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Lemon Grass	Citrusy		Fibrous grass is best removed, after cooking. Used in Asian and Thai dishes. Dried stems can be added to dried lemon and orange rinds for a citrusy tea or potpourri.	Fresh Frozen Dried
Lemon Balm	Lemon		Dried leaves and flowers make a lovely tea. Add fresh flowers to ice cubes for lemonade or iced tea. Add small fresh leaves to green salad and top with a mild vinaigrette	Fresh Dried
Lovage During the Middle Ages, known as “Love Parsley” for its reputed aphrodisiac qualities.	Strong mix of anise, celery and pepper. A little goes a long way.	Can be a salt substitute; digestive aid; aphrodisiac?	Perfect in soups and stews, pastas, Large hollow stems can be used as straws in bloody or virgin Mary’s.	Fresh Frozen
Marjoram In mythology is linked to love.	Strong and flowery		In the oregano family, marjoram is used in Mediterranean cooking in salads, egg dishes and rice.	Fresh Dried

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<p>Mint</p> <p>Used since Medieval times to sweeten kitchens and sick rooms &amp; cleanse tables. Known as a medicinal herb for digestive disorders</p>			<p>Fresh leaves can be snipped into lettuce or fruit salads, steeped in iced tea. Flowers can be frozen in ice cubes or used to decorate cakes or ice cream, added to vinegars and salad dressings. Dried leaves and flowers make great tea; plain or with black tea</p>	<p>Fresh</p> <p>Frozen</p> <p>Dried</p>
<p>Parsley: Italian or Flat and Curly</p> <p>You must be patient, when growing parsley from seed. The seed must go to hell and back, before it will germinate!</p>	Mild and subtle	<p>One cup of parsley contains more beta carotene than a carrot, almost twice as much iron as one serving of liver.</p>	<p>Parsley jazzes up green salads, is a must in Tabouli, great in all sauces and soups and wonderful raw.</p>	<p>Fresh</p> <p>Frozen</p>
<p>Purslane</p> <p>This is a common succulent pops up in gardens everywhere. Instead of pulling those weeds, put them in your salads.</p>	Crunchy, lemony green	<p>Rich source of vitamin E and Omega 3 fatty acids.</p>	<p>Best eaten raw in salads or added at the last minute to omelets, scrambles or soups.</p>	<p>Fresh</p>

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Sage In the Middle Ages, sage was considered a medicinal cure-all; even thought to impair wisdom and increase memory.	Savory and astringent with a hint of mint	Tea is soothing to sinus headaches, coughs and sore throats.	Use in moderation with vegetable dishes, stuffings, stews. The astringent qualities make a good match with fatty foods. Flowers add zing to salads and scrambles.	Fresh  Dried
Savory	Spicy, peppery with a hint of thyme	Aid digestion, especially of beans. A warm tea is good for nervous headache and beneficial for colds. Crushed can relieve the pain of bee stings.	Soups, stews and bean dishes. Can replace thyme in a pinch.	Fresh  Dried
Thyme Stands for courage.	Pungent, warming, spicy, with a slight medicinal flavor from thymol, an essential oil	Antiseptic qualities from thymol; used as a digestive drink.	Sprigs of fresh thyme can be tossed in whole or the leaves can be stripped from the stem and added to vegetable dishes, soups, stews, omelets. Rosemary Divock says "When in doubt, use thyme"	Fresh  Dried

To dry herbs, rinse clean and pat dry. Put herbs in a paper bag and set in the back seat of your car. Toss the bag every day and check herbs. When they are dry and crispy, put them in an air-tight jar. Only crush the herbs right before you use them. This will help retain their flavor.

*Growing and Using Herbs in the Midwest*, Rosemary Divock

*The Spice and Herb Bible*, Ian Hemphill