



# Herbs

## What are they?

Herbs are a versatile addition to your cooking experience. Have fun experimenting with all the different varieties you will be offered throughout the season. You will see parsley, not the curly kind you may be used to, but the flat variety. Dill and dill heads are perfect for making pickles. Cilantro is similar to parsley, but it has a stronger smell and flavor. Try it in your Mexican and Indian dishes. Mint will add a lovely smell to any dish you add it to. Anise hyssop can be infused to create a medicinal tea. Basil is a summer staple. Eat it fresh or add it to your dishes. No matter what, you can't go wrong with these fun, fresh herbs. Try something new this year, put some herbs in your box and experiment!

## Storage Tips

There are multiple ways to store your herbs. As noted in your Harvie storage guide, to keep and use them fresh, arrange bouquet style and store in the fridge in a jar with water. Cover with plastic. Herbs can be easily dried and stored in jars. They can also be frozen whole in an airtight bag or container to be used later in soups or cooked dishes. Or, cut them up, place pieces in ice cube trays, cover with water and freeze. Pop one or two cubes out to use in soups or sauces.

## Usage Tips

The possibilities are endless for using fresh herbs. Many of them can be eaten raw or simply added to whatever dish you are making. See the rest of this e-book for more specific uses and recipes.

A Vegetable E-booklet





# Types of Fresh Herbs

**Fresh herbs can take your meal to the next level. Don't miss out on the different varieties we will offer throughout the season.**

**Parsley:** The parsley that we grow on the farm is the flat, Italian variety. It is perhaps the most versatile herb of all. You can use it as the base in a tabbouleh salad, in pesto, add it to your sauces, rice, eggs, or eat it fresh. The possibilities are endless.

**Cilantro:** It is commonly used in Mexican and Indian dishes. It has a strong, distinctive smell and taste that add a nice flavor to so many side dishes such as rice, beans, salads, and pastas.

**Mint:** Eat fresh from the garden or add to your salads and other dishes. We grow spearmint and chocolate mint at Willow Haven.

**Basil:** Another amazing herb that you can chop to make pesto and add to your sauces. You can use it whole as a pizza topping or as the star ingredient in a Caprese salad.

**Dill:** Be sure to soak in the aroma of your fresh dill before using it. It is especially tasty in eggs, cooked or hard-boiled. You will want to use it to make your own dill pickles, for sure. It is also a lovely addition to fish dishes.

**Anise Hyssop:** A unique member of the mint family where both flowers and leaves are edible. The leaves have a mild licorice/anise flavor and can be added to pasta dishes and salads. The leaves and flowers can be dried or used fresh to make herbal tea that may help to relieve congestion.

# RECIPES

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## Tomato Basil Pasta Salad

### INGREDIENTS

- 1/4+ c. extra virgin olive oil
- 2 large or 4 small tomatoes (Romas are great, but any tomato works)  
salt and pepper to taste
- 1/2 lb. fettuccine, cooked to package directions
- 1/4+ c. fresh basil, sliced thinly
- 1-2 cloves garlic, crushed
- 1-2 c. shredded mozzarella (or any white cheese)

adapted from [www.kitchenstewardship.com](http://www.kitchenstewardship.com)

### INSTRUCTIONS

1. Warm the olive oil over medium heat in a heavy skillet. Chop the tomatoes and add to the warm oil, reserving about 1/4 to put on the top fresh. Add salt and pepper to taste
2. Mince/crush the garlic. Add cut basil and garlic to the tomatoes. Turn off the heat.
3. Mix the pasta with the tomato mixture, Add shredded cheese immediately and stir well so that it melts. I.
4. Top with fresh tomatoes and additional fresh basil for added flavor. Sometimes an extra generous drizzle of olive oil makes it just right.

## Anise Hyssop Uses

adapted from [www.healthygreenkitchen.com](http://www.healthygreenkitchen.com)

**Anise Hyssop tea: To make a basic anise hyssop tea, steep 2-3 T of bruised fresh leaves in 2 cups of boiled water for 5 minutes or so, strain, and drink hot or iced.**

**The leaves can also be added to baked goods, including fruit tart and pie crusts. Add it to any baked goods that work well with a black licorice flavor, such as cookies or breads. Lemon pairs well with anise hyssop.**

**Add some chopped anise hyssop leaves to your salads. They make a wonderful addition.**

# RECIPES

## Baby Carrots with Dill

adapted from [thekitchn.com](http://thekitchn.com)

### INGREDIENTS

3 tablespoons unsalted butter  
1 bunch baby carrots, green tops removed with 1/2 in of the stem intact  
1/4 cup homemade chicken stock or canned low-sodium chicken broth  
1 tablespoon sherry vinegar  
1 teaspoon light brown sugar  
1/2 teaspoon kosher or fine sea salt  
1/4 teaspoon freshly ground pepper  
1 tablespoon chopped fresh dill

### INSTRUCTIONS

1. In a large sauté pan, melt the butter over medium heat and swirl to coat the pan. Add the carrots and stir to coat. Add the stock, vinegar, sugar, salt, and pepper, and bring to a simmer. Reduce the heat to low, cover, and braise until the carrots are crisp-tender, about 10 minutes.
2. Uncover the pan, increase the heat to medium-high, and cook, stirring frequently, until the sauce thickens to a syrup consistency and the carrots are tender, 3 to 5 minutes. Taste and adjust the seasoning. Remove the pan from the heat and toss in the dill. Serve immediately.

## Creamy Cilantro Sunflower Seed Dressing

adapted from [www.minimalistbaker.com](http://www.minimalistbaker.com)

### INGREDIENTS

1/4 cup raw unsalted sunflower seeds  
3 Tbsp lemon juice (~1 large lemon)  
1/4 cup loosely packed cilantro leaves  
2 small cloves garlic  
1/4 tsp sea salt  
1/3 cup water

### INSTRUCTIONS

1. If you do not have a powerful blender, soak seeds in hot water for at least 30 mins, then drain.
2. To a small blender, add all ingredients. Blend on high until creamy and smooth.
3. Taste and adjust as needed (keeping in mind it will dilute the flavor and the dressing will thicken once in the refrigerator).
4. Leftover dressing will keep in a sealed container in the refrigerator for up to 4-5 days. Not freezer friendly.

# RECIPES

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## Tabbouleh

Adapted from [www.cookieandkate.com](http://www.cookieandkate.com)

### INGREDIENTS

- $\frac{1}{2}$  cup bulgur
- 1 cup diced cucumber (1 small-to-medium)
- 1 cup diced tomato\* (1 large)
- 1 teaspoon fine sea salt, divided
- 3 medium bunches parsley
- $\frac{1}{3}$  cup chopped fresh mint (optional but recommended—  
chop in food processor with the parsley)
- $\frac{1}{3}$  cup thinly sliced green onion
- $\frac{1}{3}$  cup extra-virgin olive oil
- 3 to 4 tablespoons lemon juice, to taste
- 1 medium clove garlic, pressed or minced

### INSTRUCTIONS

1. Cook or soak bulgur until tender. Drain off excess water, set aside to cool.
2. Meanwhile, combine the diced cucumber and tomato in a medium bowl with  $\frac{1}{2}$  teaspoon salt. Stir, let mixture rest until you're ready to mix the salad.
3. To prepare parsley, cut off thick stems. Then, finely chop parsley and remaining stems—you can do this by hand, or in a food processor.
4. Add cooled bulgur, chopped fresh mint, and green onion to bowl of parsley. Strain off and discard the cucumber and tomato juice that has accumulated in the bottom of the bowl. Add the strained cucumber and tomato to bowl.
5. In a small measuring cup or bowl, whisk together olive oil, 3 T lemon juice, garlic, and remaining  $\frac{1}{2}$  tsp salt. Pour into the salad and stir to combine. Taste, and adjust if necessary—add another tablespoon of lemon juice for zing, or salt for more overall flavor.
6. If you have the time, let salad rest for 15 min before serving to let the flavors mingle. Otherwise, you can serve it immediately or chill it for later. Tabbouleh will keep well in the refrigerator, covered, for up to 4 days