



Suppers Programs

WORKSHOPS AT TRENTON FARMERS MARKET

Cooking With Herbs

THE MINT FAMILY OF HERBS

Rich in aroma and essential oils; can store in a glass of water on the counter or in a bag in the refrigerator

- **Mint** → spearmint or peppermint both make great hot or cold teas; hot mint tea is good for belly pains; steep mint and honey in a few cupfuls of hot water, then chill; can add mints to fruit salads for desert; can blend into yogurt; is great with lamb.
 - Peppermint oil can relieve IBS, can reduce nausea.
- **Basil** → use to make pesto, can freeze and use later on pasta; toss fresh leaves into salad, tuck it between slices of tomato, or layer on mozzarella and drizzle w/ olive oil and salt, great in eggs.
- **Oregano** → stronger than marjoram; a staple in tomato sauces and stews, easy to grow.
- **Marjoram** → milder than oregano, and a little sweeter; great for tomato sauces, pizza, in Greek food, can add to cooked asparagus, summer squash.
- **Rosemary** → great for grilled meat, roasted or grilled vegetables, chicken, stews, bean dishes.
- **Sage** → use in sausage, or saute until crisp in butter and toss with pumpkin ravioli.
- **Thyme** → good dried or fresh, use in soups, salads, grilled vegetables.

THE CARROT FAMILY OF HERBS

- **Parsley** → rich source of B-12, Iron, Vitamin C, Vitamin A and Beta Carotene; chop handfuls and stir into mayonnaise; Can sprinkle on food to add color and aroma such as potatoes, fish, parsnips or rice.
- **Cilantro** → a great detoxifier for the body; stronger flavor; can use in salsa, Mexican or Asian foods, add to taco's, black bean soup, or make into a pesto and freeze; can make into an herb butter and freeze as well.
- **Mint** → spearmint or peppermint great in teas, and on fruit.
- **Dill** → Can use in cucumber salads, sandwiches, on fish dishes, dairy dishes, potatoes, salads, scrambled eggs; can use fronds and seeds.
- **Chervil** → has a little anise flavor, similar to tarragon; can use in omelet, add it to a butter and freeze; can add to carrots, peas.