

CULINARY HERB GARDEN PRIMER

Mill Hollow Nursery- Jody Frimel

www.millhollownursery.com

- 1.) Understanding Herbs- Growing Cycles,
 - Annuals
 - Perennials
 - Tender Perennials
 - Biennials

- 2.) Planning your Garden- In-ground or Container, Amount to Grow
 - Basil: 2-3 plants (8 if making pesto)
 - Chives: 2 plants
 - Cilantro: 2-3 plants (more if you use it a lot)
 - Dill: 2 plants
 - Mint: 1 plant in a separate pot
 - Oregano: 1-2 plants (flavor is best dried, unlike other herbs)
 - Parsley: 1-2 plants
 - Rosemary: 1-2 plants
 - Sage: 2-3 plants
 - Tarragon: 1 plant (strong flavored herb)
 - Thyme: 2-3 plants (a combination of French Thyme and Lemon Thyme)

- 3.) Cooking with Herbs- Learn Herb Flavors, Fresh vs. Dry (1 t. dry=1 T. fresh), Harvest Tips

- 4.) Details for each Herb-
 1. Basil
 2. Cilantro
 3. Chives
 4. Dill
 5. Oregano
 6. Parsley
 7. Rosemary
 8. Sage
 9. Tarragon
 10. Thyme
 11. Comments on Edible Flowers

- 5.) Maintaining your Herbs- Organic Sprays for Pests: Rotenone/Pyrethrum. For fungus (powdery mildew): Use a spray of 2 T. baking soda or powdered sulfur with 2 T. insecticidal soap or Dawn dishsoap, in 1 gallon water.

- 6.) Favorite Herbal Recipes

MILL HOLLOW NURSERY: CULINARY HERB PRIMER RECIPES

These recipes are my family favorites, many of which came from Laurel Run Cooking School.

Summer Spaghetti Sauce

6 large ripe tomatoes, coarsely chopped (still warm from the sun if possible!)
1/2 small onion, minced
2 cloves garlic, minced
1/4 cup chopped basil (or more to taste)
2 tablespoons chopped parsley
1/2 cup sliced black olives
2 tablespoons red wine vinegar (or basil vinegar)
4 tablespoons olive oil
1 tablespoon capers (opt.)

Mix all ingredients together and set aside. (May refrigerate if desired; however let come to room temperature before serving.) Boil pasta according to directions. Drain; serve fresh tomato sauce over pasta. Sprinkle with Parmesan cheese if desired. Serves about 4.

Cilantro Lime Mayonnaise

1 cup light or regular mayonnaise
1/4 cup lime juice
8 sprigs cilantro
1 teaspoon ground chili powder (or more)
Blend all ingredients in a blender and serve with sandwiches.

OREGANO BUTTER

1/2 cup butter, softened
1/4 cup grated Parmesan cheese
1 Tbsp. fresh oregano, chopped or 1 tsp. dried
1 Tbsp. fresh parsley, chopped
1 teaspoon garlic powder or fresh garlic, minced
Mix all ingredients and refrigerate. Spread this butter on thick slices of bread and toast under the broiler or serve it over hot cheese ravioli for a meatless main dish.

CLAM LINGUINE

1 large onion
1 t. minced garlic
1/3 cup olive oil
3 cans minced clams (7 oz. each)
1/2 t. black pepper
3 T. finely chopped parsley
1 lb. Linguine

Sauté onion and garlic in olive oil; do not brown onion. Drain and reserve liquid from clams. Add half the liquid to onion and garlic. Simmer slowly about 1/2 hour. Add minced clams and remaining liquid, pepper and parsley. Stir to blend ingredients and cook about 5 minutes longer. Meanwhile, cook linguine in boiling water (salted) for 9 minutes or to desired tenderness. Drain. Pour clam sauce over pasta.

Roasted Mushrooms with Rosemary and Garlic

2 pounds large button mushrooms, about 1 1/2 inches in diameter
4 Tbsp. [1/2 stick] butter
3 cloves garlic finely minced
1 medium onion, finely chopped (3/4 cup)
2 tablespoons fresh rosemary, coarsely chopped, or 1 Tbsp. dried, crumbled
1/2 teaspoon salt
2 tsp. Worcestershire sauce
1/2 teaspoon ground pepper
fresh rosemary sprigs for garnish

Preheat the oven to 350 degrees. Cut stems off mushrooms flush with the caps, leaving caps whole. Reserve the mushroom stems for another use. Pile mushroom caps in a 12 x 7 1/2 x 2 baking dish. Set aside. In medium skillet, melt butter over medium heat. Sauté onion and garlic in butter until tender. Stir in Worcestershire sauce, rosemary, salt, and pepper. Pour over mushroom caps, tossing to coat. Bake at 350 degrees for 30-40 minutes. To serve, arrange mushrooms and sauce in a serving dish. Garnish with fresh rosemary if available. Serve with toothpick.

