



The Good Herb

A monthly newsletter with ideas for
using the bounty of the garden!

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Dill

Dill is an easy to grow annual herb, which almost always reseeds, so once you plant dill you'll always have it showing up somewhere in your garden in future years!! The variety I like to grow is called "Fernleaf Dill" and is a little shorter than some of the other varieties. Dill is grown for it's fragrant leaves, usually called "dill weed" when they have been dried. The difference between fresh and dried dill is like night and day! Use fresh dill with it's intense flavor and you won't ever want to go back to the dried!! You can also use the flower heads for pickles, or let the flower heads dry to get the dill seeds, which taste a bit like caraway. These seeds are a nice addition to breads. I like to use fresh dill when I'm grilling salmon, in soups, as a nice addition to flavor white or brown rice, and to sprinkle on roasted vegetables. Of course the traditional mix of dill, sour cream, and vinegar over *fresh from the garden* cucumbers is a summer favorite!!

Dill Sauce

1 cup mayonnaise
1 Tablespoon finely chopped fresh dill
1 teaspoon lemon juice
Salt and freshly ground pepper to taste.

Mix all ingredients together and place in a bowl in the refrigerator until ready to serve. This sauce is a nice compliment to fresh fried fish or crab cakes.

Dill and Apricot Mustard

Makes 3 cups

This is the best thing you can put on a sandwich!

¼ cup dry mustard powder
1 cup whole yellow mustard seed
1 cup coarsely chopped dried apricots
1 cup warm water
1¼ cups cider vinegar
1½ tablespoons sea salt
¾ cup coarsely chopped fresh dill leaves

Mix together mustard powder, mustard seed, apricots, water and vinegar in a mixing bowl. Cover and let sit at least 2 hours or overnight.

Transfer mustard to a food processor. Add salt and dill. Process until seeds begin to break down and mustard becomes spreadable. (Some seeds will remain whole.) Store in tightly sealed jars in the refrigerator up to 1 month; or freeze for longer storage.

Summer Vegetables with Dill Dressing

Serves 4-6

4 large carrots, julienned (thin, match-stick sized strips)
4 small yellow summer squash, cut in bite size pieces
2 cups fresh green beans, cut in bite size pieces
Bring a pot of water to a boil. Blanch the vegetables for 1 minute, drain, and pat dry. Put in a large bowl. Add:
3 green onions cut into bite size pieces

Dressing:

¼ cup white balsamic vinegar
1 Tablespoon Dijon mustard
1 teaspoon dried dill weed
1 teaspoon lemon juice
Toss well to coat the vegetables and serve either chilled or at room temperature.