



March 2012

## The Good Herb

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

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### French Tarragon

French tarragon is one of my favorite herbs for cooking! This bushy, perennial herb prefers full sun and well drained soil. It also grows well in pots and containers. French tarragon has long, slender aromatic leaves that taste of anise. It is a wonderful addition to salads, vegetable dishes, fresh fruit, jams and jellies, chicken and fish.

Tarragon vinegar is made by infusing fresh cut tarragon in bottles of white wine vinegar. I like to leave mine 2-3 weeks in a cool dark spot before I strain it out to use in salad dressings. My favorite dressing blend is equal amounts of tarragon vinegar, light olive oil, and maple syrup. This is wonderful on a spinach or Riviera salad.

When buying plants, make sure you get French tarragon, not Russian Tarragon, which has no flavor. I suggest tasting a leaf before you buy a plant. It should taste like licorice - if not, don't buy it!!!

### **Plant List 2012**

**We've added a new page to our website with the order form for Herbs, Heirloom Tomato plants, and Scented Geranium choices for 2012. You can call, email, or mail me your plant orders. Plants are available anytime after May 1, and as always in Michigan the suggested planting time in the garden is mid to late May. (Yes, I know it's hard for gardeners this year with enjoying 70 degree days in March!!) Feel free to call/email with any questions you have. I look forward to seeing many of you at the newly remodeled Fulton Street Farm Market beginning Saturday, May 5!!!**

*Connie*

### **Tarragon Chicken Salad**

- 2 ½ cups cubed, cooked chicken breast
- 3 cups cooked wild rice
- 1 can (8 oz.) water chestnuts, drained and chopped fine
- 1/3 cup green onions, chopped fine
- 2/3 cup Hellmann's mayonnaise (reduced fat works as well as regular)
- 2 Tablespoon lemon juice
- 1 Tablespoon dried or 3 Tablespoons fresh French Tarragon, chopped fine
- 1/8 teaspoon black pepper
- 1 cup seedless red grapes, halved
- ½ cup cashew halves

In a large bowl, combine chicken, wild rice, water chestnuts, and green onions. Set aside. In a smaller bowl combine mayonnaise, lemon juice, tarragon, and pepper. Pour dressing over chicken mixture; toss to coat. Cover and refrigerate for 2-3 hours. Just before serving fold in grapes and sprinkle with cashews. This recipe makes 6 – 1 cup portions.

### **Pink Grapefruit and Tarragon Sorbet**

- 1 ½ cups water
- 1 cup sugar
- 4 – 8 inch tarragon sprigs, coarsely chopped
- 4 cups pink grapefruit juice

Combine sugar and water in a saucepan and cook over medium heat until sugar dissolves, stirring constantly. Add tarragon and bring to a boil. Remove pan from heat and stir in grapefruit juice. Pour into a bowl, cover and chill for at least 2 hours.

Strain out and discard tarragon and pour mixture into a 9 inch square metal baking pan. Cover and freeze until firm. Makes 10 - ½ c. servings.