



The Good Herb

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

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Summertime Potato Salad

3 pounds small Yukon Gold, red and/or blue
skinned potatoes (your choice, or a mix of all!)
4 cups chicken or vegetable stock, (optional), to
boil potatoes in—or use water
3 Tablespoons fresh parsley
3 Tablespoons fresh French tarragon
2 T. chopped red onion
¼ cup chopped orange sweet pepper

Dressing:

2 Tablespoons fresh lemon juice
2 cloves minced garlic
1 teaspoon Dijon mustard
1-2 teaspoons sea salt (to taste)
½ t. pepper
½ cup light olive oil

Boil potatoes, leaving skin on, for 20- 30
minutes or until done. *If you choose to use
broth to boil the potatoes, you can add water if
the broth doesn't cover the potatoes.* Drain and
cool when cooking is completed.

While potatoes cool, chop up the parsley, French
tarragon, onion and sweet pepper. Slice up the
potatoes, leaving skin on, and stir in the herbs
and vegetables.

Mix together the dressing ingredients and whisk
until well blended. When potatoes have cooled,
add the dressing. Toss well. Serve immediately,
or refrigerate until ready to use.



Parsley

Parsley—ho –hum! That's the green stuff we put on
the edge of the plate to make it look pretty right?? Well yes, it
certainly works for that, but it really is a wonderful herb to
cook with too! Parsley comes in 2 basic forms—curly leaf and
flat leaf, which is also called Italian. Most people prefer the flat
leaf to cook with, and the curly leaf for garnish, but you really
can use either one for cooking. Parsley is a bi-ennial, which
means it has leaves the first year, and flowers the second year.
Often after it flowers it dies, which is always a disappointment
to those gardeners who are thrilled they got their parsley to
overwinter in the garden. Parsley is rich in vitamins C, B-12
and K, all helpful in boosting the immune system. It also is
known as a breath freshener, so makes a nice addition to
salads. Here are a couple of easy recipes using this most
basic of herbs.

Connie

Avocado Feta Dip

3 Roma tomatoes, chopped
2 avocados, pitted and chopped
1 small red onion, chopped fine
1 yellow sweet pepper, chopped fine
1 clove minced garlic
1 Tablespoon fresh parsley, finely minced
½ teaspoon dried marjoram
Pinch of salt and pepper to taste
2 teaspoons lime juice
1 Tablespoon light olive oil
1 Tablespoon white wine or herbal vinegar
4 ounces crumbled Feta cheese

In a medium size bowl, gently stir the first 5 ingredients
together. Mix together the parsley, marjoram, salt, pep-
per, olive oil and vinegar and stir into the vegetable blend.
Cover and refrigerate for 4-6 hours for the flavors to
blend. Before serving, gently stir in the Feta cheese.
Serve with sliced cucumbers or tortilla chips.