

SPRING HERBS

parsley, dill, thyme, & mint

Using herbs in your cooking is the easiest way to make simple dishes flavorful and satisfying. With the help of herbs, less butter, oil, and fat is necessary for added taste.

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BEST COOKING METHODS

- RAW, FINELY CHOPPED TO RELEASE AROMAS AND FLAVOR

RECIPE IDEAS

- PESTO
- DRESSING
- DRY RUB
- BREADING

STORAGE

- Wrap in papertowel and seal in a plastic bag to store in the fridge.
- Hang upside down in a place with air circulation to dry - use within 6-12 months.

TIPS

PARSLEY- can be blended with oil and nut for a pesto to coat pasta. Chop and add to dressing or directly into salad.

DILL- best added at the end of cooking a dish, or chop with lemon and add to creamy soups.

THYME- a great flavoring for hearty vegetable soups, or baked chicken.

MINT- puree with yogurt for a dipping sauce, or chop and add to water with lemon for a refreshing drink.

QUICK PICKLES

add almost any vegetable for pickling

- **3 1/2 c** water
- **1 1/4 c** white vinegar
- **1 tbsp** sugar
- **1 tbsp** sea salt
- **2** cloves garlic, whole
- **2** heads fresh dill
- **4 c** cucumber spears, or other vegetable

BOIL WATER, VINEGAR, SUGAR AND SALT IN LARGE POT. LET COOL COMPLETELY. COMBINE VEGETABLE, GARLIC, AND FRESH DILL IN A LARGE GLASS OR PLASTIC CONTAINER. POUR IN COOLED VINEGAR MIXTURE. SEAL CONTAINER WITH A LID, THEN REFRIGERATE FOR AT LEAST 3 DAYS. SAFE TO CONSUME FOR 6 WEEKS.

PARSLEY BUTTER SAUCE

add to potatoes, pasta, or salad

- **1/4 c** chopped parsley
- **1/4 lb** butter (1 stick)

MELT BUTTER, ADD PARSLEY.

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THYME MEAT RUB

use on chicken, fish, pork, or lamb

- **3 tbsp** thyme, chopped
- **3 tbsp** rosemary, chopped
- **3 tbsp** salt
- **3 tbsp** pepper
- **2** cloves of garlic, chopped

COMBINE ALL INGREDIENTS, RUB INTO MEAT BEFORE COOKING.