

Using Fresh Herbs

Here are some recipes and ideas for using fresh herbs that you grow yourself or purchase. These tips have been gathered by the Russell's Herb Ladies – Sandy Baldwin & Marie Winter.

Herbal Tea

1 ½ quarts boiling water

1 quart tea (brewed strong)

1 cup lemon balm leaves

½ cup sugar (for simple syrup, boil 2 parts water & 1 part sugar for 5 mins. or until sugar completely dissolves)

1 cup water

2 cups borage or lemon verbena leaves

1 cup mint leaves

Juice of 6 lemons

Juice of 2 oranges

3 quarts ginger ale

Mint leaves (for garnish)

Pour boiling water over lemon balm. Steep 20 minutes. Strain onto borage (or lemon verbena) and mint leaves. Add juices, tea, and simple syrup (made of the sugar and water) Let stand overnight or at least 8 hours. Strain. Add ice and ginger ale before serving; garnish with fresh mint leaves, either per glass or in punch bowl.

Classic Pesto

3 packed cups of fresh basil leaves (stems removed)
2 large cloves fresh garlic
½ cup pine nuts, walnuts, almonds or a combination
¾ cup packed fresh chopped parsley
¾ cup freshly grated parmesan
½ cup olive oil
¼ cup melted butter
salt to taste

Combine everything in a blender or food processor on low, then change to medium speed. Arrange things so the blender blade will turn efficiently. Thoroughly work everything into a smooth paste. Serve as a dip, sauce, or toss with hot, drained pasta.

From *The New Moosewood Cookbook*, by Mollie Katzen

Great Herb Mixtures for rubs or accenting foods

From *Herb Cookery* by Alan Hooker

All mixtures below use fresh herbs, unless indicated as dried. Proportions are given so that mixtures may be made up ahead of time and stored. You may want to make a Bouquet Garni of fresh herb sprigs, tying them together with cooking string or inside a cheesecloth bag, to make it easy to remove the herbs when the food is cooked.

Traditional Bouquet Garni

2 sprigs parsley, 1 sprig marjoram, 1 sprig basil, 1 sprig thyme.

Soups

2 parts each: thyme or summer savory, parsley, chervil, basil, sweet marjoram, celery or lovage leaves.

1 part each: sage, rosemary, dried ground lemon peel

Vegetables

1 part each: marjoram, basil, chervil, parsley, chives

Pinch of: savory, thyme

Fish

1 part each: tarragon, basil, chervil, parsley

Chicken or Veal

4 parts each: marjoram, basil, chervil, parsley

1 part each: thyme, lemon verbena

Beef

1 part each: marjoram, basil, oregano, parsley, lovage or celery leaves

Large pinch of summer savory, thyme.

Salads

4 parts each: marjoram, basil, tarragon, parsley, chervil, celery, chives

1 part each: lemon thyme, summer savory, costmary

Eggs

3 parts parsley

1 part each: chervil, marjoram, tarragon, basil, chives

Tomatoes

1 part summer savory

4 parts each: thyme, parsley, marjoram, basil

Poultry stuffing

1 part each: marjoram, sage, basil, parsley, savory, celery leaves, dried ground lemon peel

Pork

1 part each: pineapple or regular sage, basil, marjoram, summer savory