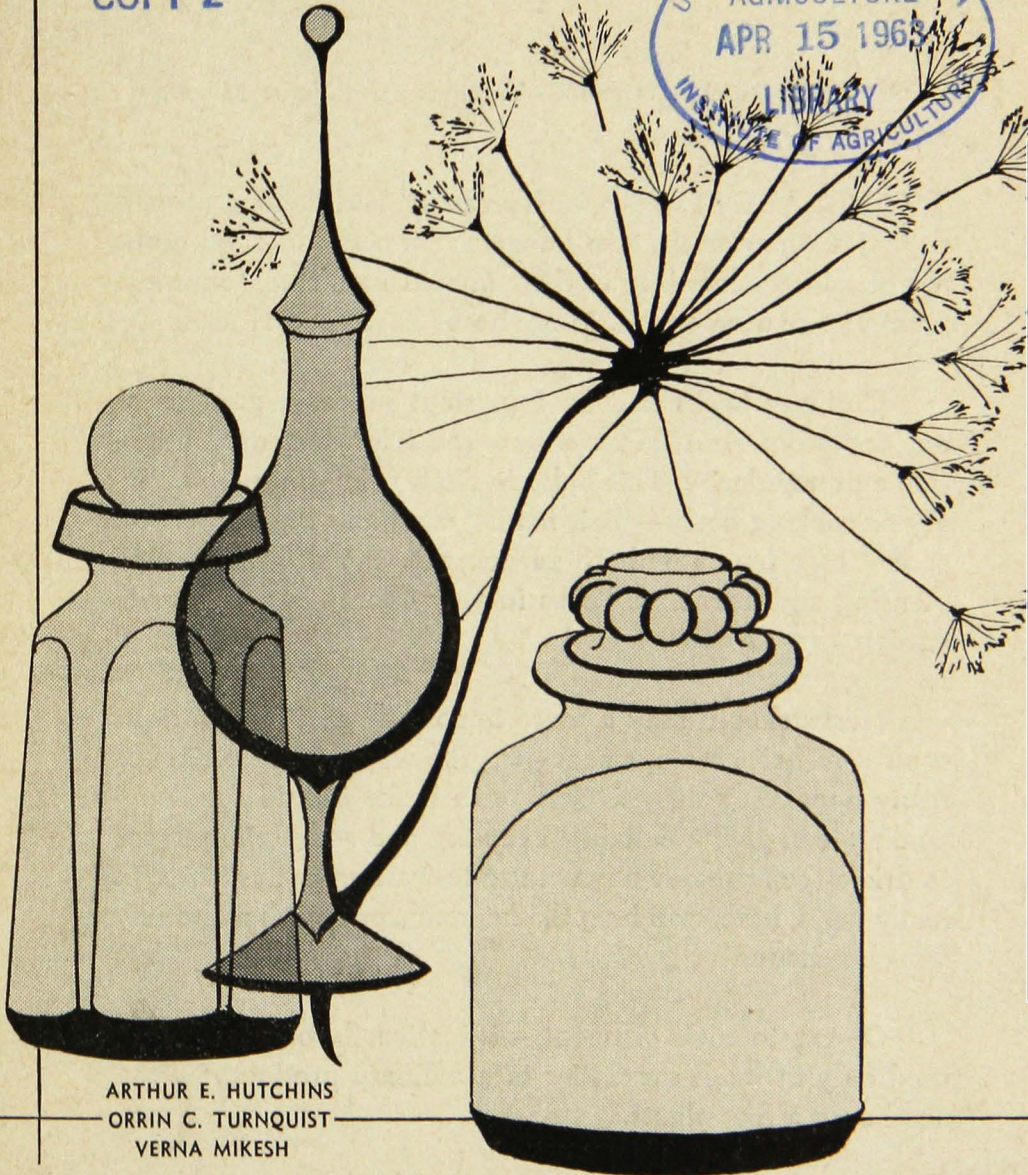




Culinary Herbs

COPY 2



ARTHUR E. HUTCHINS
ORRIN C. TURNQUIST
VERNA MIKESH

This archival publication may not reflect current scientific knowledge or recommendations.
Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>

UNIVERSITY OF MINNESOTA
Agricultural Extension Service
U. S. DEPARTMENT OF AGRICULTURE

Culinary Herbs

Arthur E. Hutchins, Orrin C. Turnquist, and Verna Mikesh

HERBS ARE PLANTS with aromatic and healing properties. Some herbs also have ornamental value. So herbs are classified according to their uses as medicinal, culinary, aromatic, or ornamental. Many herbs have several uses.

Culinary herbs had an important place in gardens of our ancestors. And they are now receiving increased attention and popularity. This bulletin deals primarily with culinary or cooking herbs—their habits, uses, and culture. If you cannot care for a real herb garden, you can still plant some pleasing and attractive herbs in your flower and vegetable garden.

Herbs should play a more important part in American cookery. Their employment opens the way to preparation of many appetizing dishes. Herbs can make insipid foods appealing, can give a delightful cooling and stimulating flavor to drinks, can provide a new taste to warmed-over dishes. In many ways, herbs can help the homemaker banish monotony from her menus.

Owing to their pungent, distinctive flavors, herbs are used only in small quantities in a culinary product. So you need only a few plants.

Arthur E. Hutchins is professor, Department of Horticulture; Orrin C. Turnquist is professor and extension horticulturist; and Verna Mikesh is assistant professor and extension nutritionist, University of Minnesota.

Know Your Herb Culture

Fortunately for the gardener, most herbs are easy to grow. They care for themselves and survive under adverse conditions—almost like weeds. But they are most attractive and give finest results if properly planted and cared for.

Good Conditions—Good Growth

Herbs grow best in a sunny location, although partial shade may produce a more luxuriant growth. Sunshine is needed to make most herbs rich in the volatile oils responsible for odors and flavors. So a west, south, or southwest slope is preferable.

Any good garden soil is satisfactory for most herbs. Many herbs seem to prefer a rather meager, poor soil. If soil is too rich, their growth is often rank and the oils poor in quality.

Only a few herbs—particularly those frequently cut such as parsley, chives, and basil—require application of manure or other plant foods. Water-loving herbs such as mints, cress, lovage, pennyroyal, and angelica should have a fairly moist location. Most other herbs do best on a rather dry, well drained soil.

Prepare the soil before planting to aid in deep root penetration. Loosen soil to a depth of from 18 to 24 inches. If you plant herbs in your vegetable garden, you can obtain fair results with usual plowing. Break up all clods. Pulverize the surface very finely, especially if you use seeds instead of transplants.

Herbs require little attention after becoming established. Cultivate only often enough to kill weeds and provide a fine dust mulch. Except for

moisture-loving herbs, watering is necessary only during severe drought. In general, herbs are remarkably free from insects and diseases. Only a few need fertilizing.

In this region, it is usually necessary to give perennial and biennial herbs a winter covering of straw, marsh hay, or leaves.

Methods of Propagating Vary

Tarragon, chives, pennyroyal, and the mints are always propagated by cuttings or divisions. Practically all other herbs may be propagated from seed. It is best to sow herbs early in flats or shallow boxes, transplant them into pots or flats when plants are small, and set them in the garden when outdoor growing conditions are favorable. This process provides a longer growing season.

Sow herbs shallow in the flats and cover them lightly with finely pulverized soil or sand. When herbs are seeded directly in the field, radishes are often sown with them to mark the row until herbs come up.

You can propagate most perennial herbs by cuttings of roots or tops. Top cuttings, a few inches long, usually root readily if placed in moist, shaded, light soil. As soon as they start growing, transplant them to the garden.

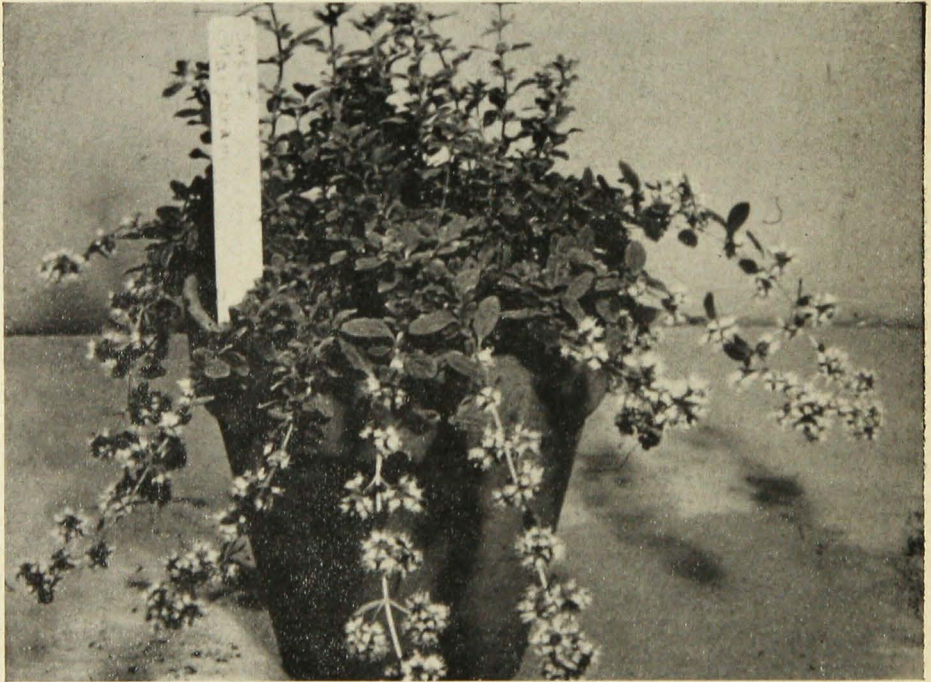
You may take up plants in fall and keep them in your house or greenhouse during the winter. Then make cuttings early enough in the spring so that they will be well rooted and ready for setting in the garden as soon as conditions are favorable. To be most successful, lift and transplant hardy perennial herbs every 3 or 4

years. If this cannot be done, a top-dressing of rich soil each fall helps keep them healthy and vigorous.

Such herbs as sage, thyme, and savory are often propagated by layers. Lay selected branches, still connected with the plant, on the ground. Peg branches down and cover joints with an inch of soil. Under favorable growing conditions, roots form in 3 or 4 weeks. Then sever the layered branches from the plant and plant

them whole or cut into as many pieces as there are rooted joints.

To divide mints thrust a sharp spade through the clump and transplant divided parts. If you divide other perennial herbs in the same manner, plants receive a severe check and are unsymmetrical. To divide chives, pull plants apart from the clump and plant them individually. To divide garlic, plant the cloves into which bulbs are divided.



Sweet Marjoram

Herbs for Every Garden

The most popular herbs have a place in every garden. Many herbs have ornamental uses in borders, flower gardens, and as house plants. Try different varieties for many attractive effects.

Sweet Basil

Sweet basil, a branched annual, is extremely hardy. Bush basil is a dwarf form. Basil has a clovelike flavor. Leaves and tips of shoots are used in mock turtle soup, stews, dressings, white sauces, milk gravies, and for flavoring salads. When dried, they are used for spicing sausages and roasts.

Start basil early from seed and transplant 12 inches apart in rows 18 inches apart. A light, medium fertile, dry soil in a sunny location is best.

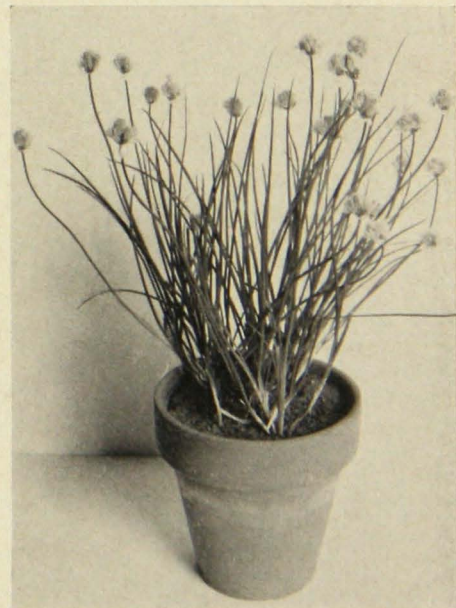


Sweet Basil

Borage

Borage is a coarse annual herb. It has clusters of pretty light-blue flowers which are candied, made into borage tea, and used for flavoring drinks. Young leaves and leafy tips are used in mixed salads, for garnishing, and in beverages.

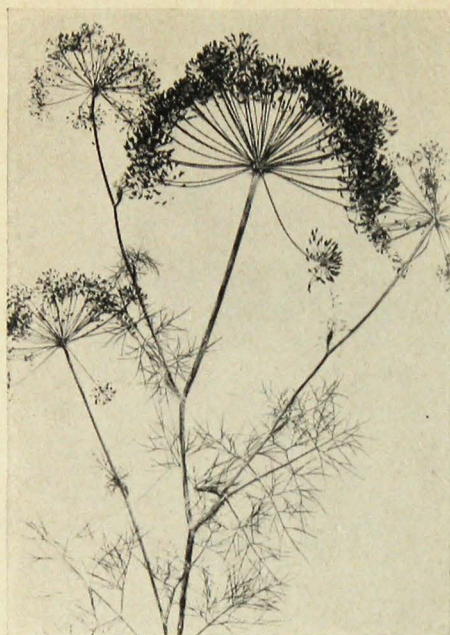
Sow borage in the open in the spring about one-fourth inch deep. Thin it to stand about 12 to 15 inches apart. Borage does best on a poor, light, dry soil in a sunny location. It often re-seeds itself.



Chive

Chive

The chive, a hardy perennial, is closely related to the common onion but is of much milder flavor. The



Dill

green leaves are used for seasoning everything from soup to cheese, with the exception of pastries and desserts.

Chive plants are attractive with slender, pencil-shaped leaves and rose-purple flowers. They are well adapted as border or specimen plants in the perennial or rock garden and may be used as winter house plants.

Chives grow in any good garden soil. A sunny location is preferred, but they do fairly well in partial shade. Give chives light application of manure or commercial fertilizer if they are cut heavily. To propagate, divide old clumps and set out individual plants in fall or early spring.

Garden Cress

Garden cress is an annual cool-weather plant. Leaves are usually used in salads and also for garnishing.

Seed garden cress very early in rows 12 to 15 inches apart. A cool rich soil is desirable. Thin plants as needed for use. If leaves are removed without injuring the crown, the plant continues to bear.

Leaves are ready for use in 6 or 8 weeks after planting. Successive plantings 10 days apart insure a continuous supply until hot weather—then plants quickly go to seed.

Dill

Dill is a hardy annual. Young leaves and stems of dill are often used for seasoning sauces and salads, for flavoring vinegar, and in pickles. Seeds are sometimes used in pastries, soups, and stews but most often in dill pickles.

Seed dill about one-fourth inch deep early in spring in a sunny location. If you want dill for use in dill pickles, plant it about 1 to 2 months before cucumbers will be ready.

Thin plants to stand 9 inches apart in rows 18 inches apart. Dill prefers sandy, medium fertile, well drained soil. Add water in dry periods.

Fennel

Fennel, a semihardy perennial, is cultivated as an annual. Two kinds are commonly grown in the garden—sweet fennel and Florence fennel. Sweet fennel is most popular and reaches a height of 3 to 4 feet. Florence fennel or Finocchio grows about 2 feet high and has thickened, overlapping leaf bases.

Fennel has a distinctive flavor that is attractive to many. Stems are often blanched and eaten like celery or endive. Carosella, a famous delicacy of Naples, is made from stems of sweet

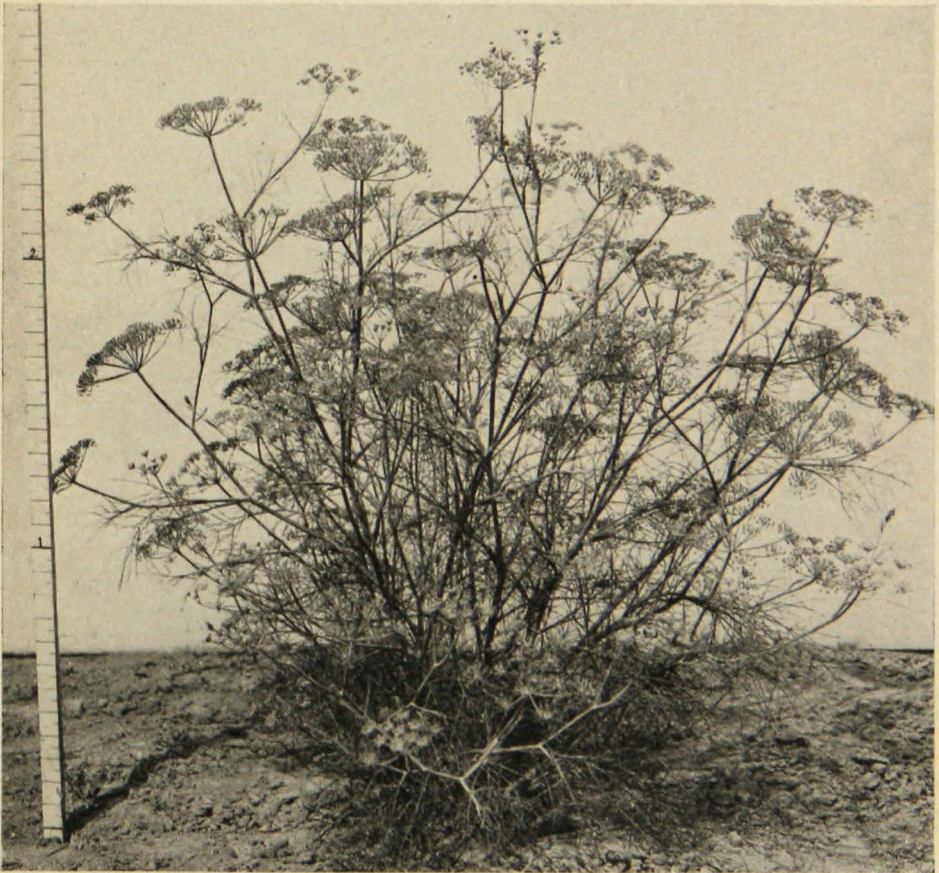
fennel cut before flowering and served with an oil or vinegar sauce.

Leaves are used for garnishing and in salads, soups, and puddings. They are especially good with fish dishes. Seeds are used in cakes, candies, and soups. The oil from seeds is used in liquors and soaps. Florence fennel is usually boiled and served with butter or cream sauce.

Fennel grows best on a sunny, poor to medium fertile, well drained soil that has plenty of lime. It is propagated from seed sown one-eighth to

one-fourth inch deep in open ground in early spring. Thin sweet fennel plants to stand about 18 inches apart in rows 24 inches apart. If plants are to be used like endive or celery, cut and use flower stalks when they are about to bloom.

Space Florence fennel plants 6 to 12 inches apart in the row. When the thickened overlapping leaf bases form a swelling (called apple) about the size of an egg, heap a little earth half-way up the base. Cutting can usually begin 10 days later.



Sweet Fennel

Horseradish

Horseradish is a hardy perennial herb. It is used chiefly as an early spring relish or condiment for serving with meats. For this purpose, roots are ground and preserved in vinegar and may also be mixed with mustard.

Horseradish grows best in a cool, humid climate in a deep, rich, mellow, moist soil. Plant root cuttings, one-fourth to one-half inch across and 4 to 8 inches long, slightly slanting with the tops 3 to 4 inches below the soil surface. Plant cuttings as early as possible in the spring, 1 foot apart in rows 3 feet apart. Give the bed a heavy coating of well rotted manure.

Mints

Mints are popular. Among the most commonly used perennial mints are:

field, corn, or Japanese mint; peppermint; pennyroyal; bergamont or lemon mint; spearmint; and white woolly mint.

Leaves and young shoots are valuable in flavoring soups, stews, sauces, jellies, and beverages. Oils extracted from them are used in flavoring candy and gum, in scenting soaps and perfumes, and in preparation of medicine.

Mints propagate readily by cuttings or divisions. In general, they do best in a moist rich loam in partial shade. They are usually planted in beds.

In autumn, cut the old growth close to the ground. In spring, sift rich soil over plants to give runners a chance to root. Transplant beds every 3 or 4 years. Clumps may be forced during the winter in the hotbed, greenhouse, or boxes in the house.

Parsley

Parsley, a biennial, usually is cultivated as an annual. Leaves are used for flavoring, garnishing, and in salads.

Parsley seed is slow to germinate. Sow seed about one-eighth inch deep under glass and transplant plants to the garden 6 inches apart in rows 12 to 18 inches apart. If seeded outdoors, sow some quick germinating crop such as radishes with parsley to mark the row. Parsley does well in a sunny location on an average garden soil, moderately fertile and well drained but retentive of moisture. If you use outer leaves as needed, plants produce throughout the season.

In the fall you may dig up and pot plants. When potting, take a considerable part of the root system with the soil surrounding it. Reduce the foliage by removing a part of the outside



Sage

leaves. Then handle the potted plant like any house plant.

Sage

Sage, a perennial, is usually treated as an annual in this region. Dried leaves are used chiefly for flavoring meat and poultry dressings, sausages, and cheeses. But the flavor is strong so use leaves sparingly.

With the exception of Holt's Mammoth variety which must be propagated by divisions or cuttings, sage is usually propagated by seed. Sow outdoors early in the spring about one-eighth inch deep. Thin plants to stand about 12 to 18 inches apart.

Sage prefers a rather spare, mellow, well drained garden loam.

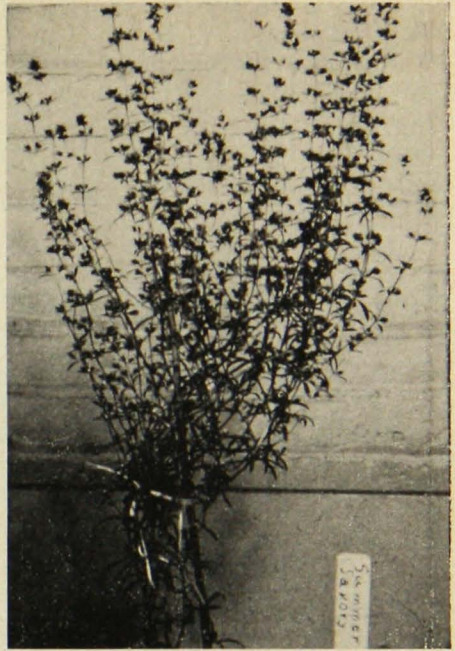
Summer Savory

Summer savory is a small bushy annual with little pink or white flowers. Leaves, young shoots, and flowers are used in salads, meat and poultry dressings, meat sauces, croquettes, and stews, or are cooked with fresh peas and beans.

Sow seeds about one-fourth inch deep in a sunny location in the spring. Thin plants to stand about 6 to 18 inches apart. They grow well in an average garden soil that is poor in fertility and fairly dry. Cut foliage to be stored as soon as blossoms appear and dry it in the shade.

Winter Savory

Winter savory, a fairly hardy perennial, is a good ornamental plant. Although inferior in flavor to summer savory, its culinary uses and general cultural requirements are the same.



Summer Savory

Winter savory may be propagated from seeds, cuttings, divisions, or layers. Since it does not transplant well, sow seeds where the plant is to remain.

Thymes

Thymes are small, fairly hardy perennials. They are often used for edgings and rockeries. Leaves are used for seasoning. The several cultivated forms are similar in culinary properties but vary in ornamental values. Leaves of young thyme shoots, green or dried, are used for seasoning soups, meat sauces, meat and poultry stuffings, sausages, cheeses, and gravies.

Common thyme is an erect bushy plant about 8 to 10 inches tall. It bears tiny, grayish leaves and lavender blossoms. Mother of thyme or creeping thyme makes a perfect mat

of green in the rock garden. There are several varieties of lemon-scented thyme such as Silver, Golden, and Variegated which are useful as herbs or for the flower garden proper.

Thymes are easily propagated by cuttings, divisions, layers, or seeds. Seeds are small and are merely

pressed gently into the surface of a well pulverized seedbed. They are usually sown indoors early in the spring. In early June, you may transplant plants to stand 6 to 12 inches apart in a sunny location. Soil should be medium fertile, light, and fairly dry.



Thyme

Harvesting, Curing, and Storing

At least a few herbs should be available for winter use. Most herbs are fairly easy to store and retain their aroma or flavor for a considerable time. Some kinds may be potted for winter and grown as house plants.

Cut foliage harvested for storage on a bright, dry day when plants are in full growth, vigorous, and full of sap, and just below flowering. Cut plants close to the ground, tie in bunches, and label. Hang them to dry in a cool, clean, dry, dustless, airy room such as an attic. Dry them as quickly as possible.

If desired, you may strip leaves off and dry them in trays. When dry enough to crumble, place leaves—whole or finely crumbled—in wide mouthed bottles or fruit jars. Then label and tightly cork or cover jars. Look at the jars daily for a few days. If any moisture is present, remove herbs and dry further.

Herbs must be thoroughly dry to keep well. Sweet basil, hoarhound, marjoram, sage, thyme, balm, savory,

tarragon, lavender, parsley, celery, dill, fennel, and mint are most commonly dried.

Allow herbs grown for seed to ripen and then harvest them just before seeds start dropping. Place seeds with other attached parts on a paper or cloth to dry. When they are dry enough, thresh out and remove dirt and refuse. Then spread clean seeds in thin layers on a cloth or paper until they are thoroughly cured. Store them in glass jars.

Conditions for harvesting, curing, and storing should be the same as those necessary for preserving foliage. Among herbs whose seeds are commonly used are angelica, anise, celery, sweet cicely, coriander, cumin, dill, fennel, lovage, poppy (maw), and sesame (bene).

Herbs that you may take up in the fall, pot, and use as house plants include bush basil, chives, pot marigold, sweet annual marjoram, mints, parsley, rose geranium, rosemary, and lemon verbena.

Culinary Uses

Success with culinary herbs depends largely on the cook. Herbs enhance the flavor of food—not disguise it. They add the subtle touch that makes seasoning an art. As in any art no hard-and-fast rules apply; it takes the imagination and creativity of the user to produce culinary masterpieces.

Sage, sometimes used to season stuffings for turkey and chicken, is more

generally used in dressings for pork, goose, and duck, and for seasoning sausage. Parsley or fennel alone or thyme, marjoram, and savory—alone or in combination—are best suited for veal, venison, most game, turkey, chicken, and fish. Basil and balm are often used in the same way. Horseradish sauce is good with baked ham. Soup stocks are improved by adding

sweet herbs, parsley, chives, and garlic.

Cress, parsley, and dill are good garnishes for fish dishes. Mint sauce or jelly is almost indispensable with lamb or mutton. Mint or tarragon adds to the quality of many fruit salads when sprinkled over them. Such herbs as chervil, chives, mint, parsley, peppergrass, watercress, sorrel, and tarragon may be added to salads for a pungent flavor.

To give an appetizing quality to many breads, rolls, cookies, cakes, drinks, candies, and pickles, add some of the various seeds to recipes you use. To many beverages you can add a sprig or leaf of woodruff, borage, costmary, lemon verbena, balm, mint, rose geranium, or anise. Leftover meat dishes may be improved greatly by liberal seasoning with sweet herbs. Basil is especially good for seasoning tomatoes.

Definitions and Hints to Guide You

Bouquet garni (boo-ka gar'-ne)—When a recipe calls for a bouquet garni, you must flavor the food with a combination of herbs. But no trace of herbs is to appear in the dish. To accomplish this, tie a few sprigs of fresh herbs together or place dried herbs with spices or other seasoning together in a cheesecloth bag. Put your bouquet into the pot about an hour before the food is finished cooking. Remove it after a final squeeze.

A usual combination for soups and stews is a bay leaf, a few thyme leaves, and parsley. Another may be parsley, celery leaves, onion, and fresh thyme; or parsley, marjoram, and onion.

Fines herbes (finz herbes)—This has two meanings. In one the herbs are mingled, finely chopped, and placed on food just before serving or cooked for a short time as in an omelet. The other meaning refers to the herbs that the French call "Les Fines Herbes"—sweet basil, chervil, sweet marjoram, thyme, rosemary, and tarragon.

Blending herbs—Most herbs can be used in various combinations with the exception of sage and tarragon. These have a distinctive, overpowering flavor of their own. But there are exceptions, of course. Many herb flavors are enhanced with a bit of lemon peel. Chives and parsley are outstanding blending herbs.

Herb butter—When finely chopped herbs are blended with butter and a bit of lemon juice, the result is herb butter. Use it on sandwiches, vegetables, and broiled steaks and chops, or between slices of reheated french bread. Suggested proportions are 2 tablespoons fresh herbs or 2 teaspoons dried herbs to $\frac{1}{2}$ cup butter. Cream herbs into the butter with a few drops of lemon juice. Cover and refrigerate.

How much to use—Since no two herbs are alike, and since each varies in strength, strict rules cannot be made. But here are some guides.

- $\frac{1}{8}$ teaspoon of fresh *powdered* herbs equals 1 teaspoon of fresh herbs.
- $\frac{1}{4}$ teaspoon of *dried* herbs is as potent in flavor as 1 teaspoon of fresh herbs.

In any case use discretion. Start with a small amount, allow that to blend thoroughly with the food, and then add more to meet individual taste. Herbs are like dynamite—too

little has no effect, too much is devastating.

When to add—Generally, herbs are added when salt and pepper are added to roasts, chops, steaks, and vegetables. To foods that cook for several hours, add herbs for the last hour of cooking. For vegetable juices and sauces that are to be served cold, steep the herbs at least an hour or, better still, overnight. For salad dressing let stand at least an hour at room temperature.

Care of dried herbs—Dried herbs start losing flavor in 3 to 6 months, depending upon their container. Always keep jars tightly covered in a dry place. Do not dip a wet spoon into jar. Keep in a convenient place as a reminder for frequent use.

A Few Recipes With Herbs

Omelet with herbs—A favorite French omelet is made by adding a mixture of minced parsley, thyme, and sweet marjoram to a plain omelet prepared in your usual way. Use 1 teaspoon fresh chopped herbs per egg, or $\frac{1}{3}$ teaspoon of mixed dried herbs for 4 eggs. Other herb combinations may be used, such as minced thyme, tarragon, chives, marjoram, and chervil; or minced thyme, basil, summer savory, and chives. Or you may add any of these herbs singly.

French dressing—This dressing, prepared according to your recipe, may be varied in many ways by adding bits of parsley, horseradish, tarragon leaves, and vinegars of distinct flavor. The French always rub the bowl in which the dressing is made with a clove of garlic.

Herb infusions or vinegars—Mint, tarragon, dill, sweet basil, sweet mar-

joram, or burnet are frequently used as infusions. Simply pick the fresh green leaves of the herb just before flowering. Wash and dry leaves slightly in indirect heat. Fill a jar with leaves and cover with a good grade of vinegar. Keep jar out of the air and allow it to stand 2 to 4 weeks. Then strain and bottle liquid. Use it according to its strength for flavoring.

Other herbs are sometimes treated in the same way.

Bread stuffing—Bread stuffings can often be improved or made distinctive by mixing in thoroughly $\frac{1}{4}$ teaspoon of summer savory—either singly or in combination. You may try other herbs previously mentioned for this purpose in similar quantities. They often give a pleasing effect.

Lemon mint — For each glass, squeeze the juice of 1 lemon over 6 to 7 crushed mint leaves. Sweeten to taste and add chopped ice and water to fill glass.

Seafood cocktail sauce—

$\frac{1}{4}$ cup tomato catsup
2 tablespoons mayonnaise
1 tablespoon lemon juice
2 drops Tabasco sauce
1 teaspoon prepared horseradish
 $\frac{1}{8}$ teaspoon salt
1 tablespoon chopped celery or
 $\frac{1}{8}$ teaspoon celery salt (optional)

Combine all ingredients. Chill. Pour over shellfish such as shrimp, lobster, or crab. Serve with lemon wedges. Add 1 tablespoon minced onion or $1\frac{1}{2}$ teaspoons minced green pepper if desired.

Herb sandwich—Rounds of bread spread with either watercress, tarragon, parsley, or chives, chopped fine-

ly and mixed with butter, make delicious sandwiches.

Canned tomato juice cocktail—

1 pint tomato juice
2 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon salt
Few grains cayenne
1 teaspoon sugar
Few drops onion juice (optional)
2 teaspoons each fresh or $\frac{1}{8}$ teaspoon each crushed dried tarragon and basil.

Heat tomato juice and herbs; add salt, cayenne, and sugar. Allow mixture to stand for at least an hour. Add juices, strain, and serve.

Candied mint leaves or borage flowers—Pick large leaves of spearmint, peppermint, or the flowers of borage. Dip the dry, clean leaves or flowers in whipped egg white to which $\frac{1}{2}$ teaspoon of water has been added. Coat immediately with granulated sugar and lay on waxed paper. Allow to dry thoroughly. These may be used immediately or they will keep for a considerable time.

Herb-flavored meats—

- Rub pork chops or steaks with a small amount of thyme or marjoram.
- Sprinkle pork roast with caraway seeds.
- Rub lamb with thyme, marjoram, or rosemary before roasting.
- Use a bit of crushed thyme with veal.
- Sprinkle hamburger with finely chopped dill leaves or fresh marjoram and chives.

Horseradish sauce—Whip $\frac{1}{4}$ cup of heavy cream stiff. Mix 3 tablespoons of grated horseradish, 1 tablespoon of vinegar, $\frac{1}{4}$ teaspoon of salt. Sprinkle this with cayenne or pepper. Then beat the mixture gradually into the whipped cream. This sauce is very good with baked ham.

Cabbage slaw with dill—Combine:

$\frac{1}{4}$ cup vinegar
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup water
1 teaspoon firmly packed, chopped fresh dill or $\frac{1}{2}$ teaspoon dill seed
1 teaspoon salt

Mix this with 2 quarts finely shredded cabbage just before serving.

Herb butters for vegetables—Combine 2 tablespoons melted butter with any one of the following and pour over hot cooked vegetables:

$\frac{1}{4}$ teaspoon ground basil—over parsnips, turnips, peas, potatoes, beets, green beans, or corn.

$\frac{1}{4}$ teaspoon crumbled rosemary, thyme, or sage—over onions, celery, lima beans, corn, peas, or snap beans.

$\frac{1}{4}$ teaspoon dry or 1 teaspoon freshly chopped mint leaves—over carrots or peas.

$\frac{1}{4}$ teaspoon thyme or marjoram—over boiled cabbage.

Caraway cookies—

$\frac{1}{2}$ cup butter
1 cup sugar
1 egg
1 tablespoon milk or cream
 $1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ teaspoons baking powder

½ teaspoon salt

1½ teaspoons caraway seeds

Cream butter and sugar, add egg and milk or cream. Blend in sifted dry ingredients and seeds. Wrap in wax paper and chill. Roll out very thin on floured pastry canvas. Cut in fancy shapes and bake on ungreased cookie sheets 5 to 8 minutes in a hot oven 375 to 400° F.

Herb burgers—

1 pound ground beef

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon dried marjoram

¼ teaspoon dried thyme

¼ cup minced celery

¼ cup minced onion

Combine ingredients; toss together lightly. With as little pressure as you can, form 4 patties about ¾ inch thick. If possible, refrigerate them a few hours to blend flavors. Preheat broiler. On a cold rack arrange patties; broil about 3 inches from heat turning once for 8 to 12 minutes or until of the desired rareness. Or you may cook patties in a frying pan.

Toasted herb bread—

1 loaf french bread

¾ cup soft butter

¼ teaspoon salt

¼ teaspoon dried savory

¼ teaspoon dried thyme

¼ teaspoon paprika

Dash cayenne

Heat oven to 375° F. Slice bread into thick slices. Blend butter with

rest of ingredients. Spread on slices of bread. Wrap in foil or place in a paper bag. Heat for 20 minutes.

Sage biscuits—

2 cups sifted enriched flour

1 tablespoon baking powder

1 teaspoon salt

½ teaspoon crumbled sage *or*

1 teaspoon finely chopped fresh sage

⅓ cup shortening

⅔ to ¾ cup milk

Sift dry ingredients into a bowl; add sage. Cut in shortening. Add milk all at once stirring only enough to moisten. Turn dough on to a lightly floured board and knead 20 strokes. Roll ½ inch thick; cut and bake at 425 to 450° F. for 12 minutes. Good with baked chicken or roast pork.

Caraway tea bread—

1½ cups sifted enriched all-purpose flour

1 teaspoon baking powder

½ teaspoon soda

½ teaspoon salt

2 eggs

1 cup sugar

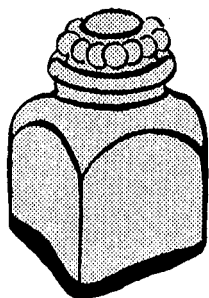
1 cup cultured sour cream

1 teaspoon vanilla

2 teaspoons caraway seeds

Sift together dry ingredients. Beat eggs and sugar together until very thick. Add vanilla and caraway seeds. Add dry ingredients and sour cream alternately. Pour into a greased and floured loaf bread pan. Bake at 350° F. for 1 hour. Cool, slice, and serve buttered.

Contents



Introduction 2

Know your herb
culture 3

Herbs for every
garden 5

Harvesting, curing,
and storing 11

Culinary uses 11

