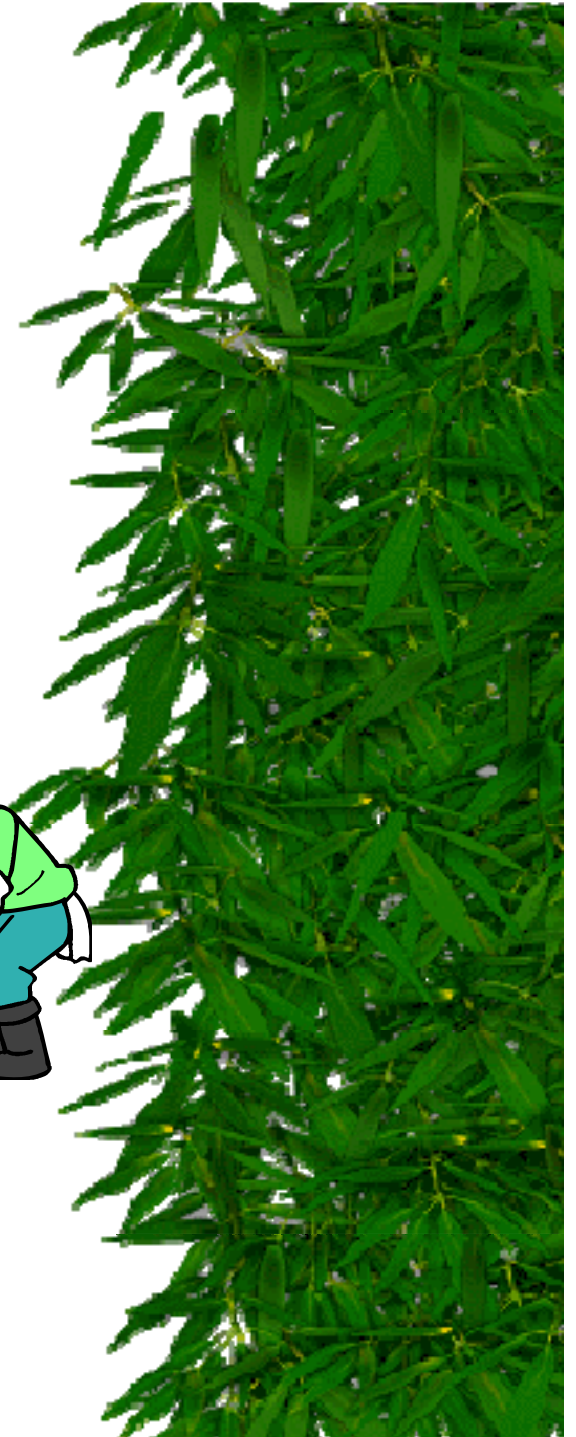


From Garden to Table: Harvesting Herbs for Healthy Eating

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Uses of Herbs

- ★ **Cooking**

- Not used for food, but garnishment
- Aromatic

- ★ **Medicine**

- ★ **Aromatherapy**

- ★ **Religious Ceremonies**

- ★ **Pest Control**

- ★ **Decoration**



Essential or Volatile Oils

- ★ **Aromas, tastes and pharmaceutical properties**
- ★ **Oil may be concentrated in leaves, flowers, seeds, roots or throughout whole plant**
- ★ **Greatly enhance flavor of food**
- ★ **Healthy alternative**



Growing Herbs

- ★ **Window sill to garden plot to multi-acre plots**
- ★ **Basic horticultural plant growing techniques**
- ★ **Need adequate light, water, soil nutrients**



Growing Herbs

- ★ Direct seeding—i.e. Dill
- ★ Transplanting—i.e. Basil
- ★ Annuals—i.e. Rosemary
- ★ Biennials—i.e. Parsley



Top 10 Herbs for Culinary Consideration

- 1. Anise Hyssop**
- 2. Basil**
- 3. Chamomile**
- 4. Chives**
- 5. Coriander,
Cilantro, Chinese
Parsley**
- 6. Dill**
- 7. Garlic**
- 8. Lavender**
- 9. Oregano**
- 10. Tarragon**



Anise Hyssop

Agastache foeniculum

- ★ Perennial
- ★ Used by American Indians as sweetener
- ★ Sunny locations
- ★ Foliage is harvested for culinary purposes
- ★ Purple flowers attract honeybees, butterflies, & hummingbirds



Basil

Ocimum basilicum

- ★ Cold sensitive
- ★ Transplant when soil has warmed to 68° to 3-inch depth
- ★ Full sun
- ★ Well-drained soil
- ★ Regular watering via drip hose or micro-irrigation
- ★ Discourage flowering by pinching
- ★ Harvest tender new shoots
- ★ Over 150 species!
 - Sweet basil, holy basil, red Ruben basil



Chamomile

Matricaria recutita

- ✦ Annual
- ✦ Flowers used in preparing sedative teas
- ✦ Least fussy herb to grow
- ✦ Tea which calmed Peter Rabbit down after eating Mr. McGregor's garden!



Chives

Allium schoenoprasum

- ★ Hardy perennial
- ★ Sow seed directly into site
- ★ Often used as border plant
- ★ Grown in pot or windowsill culture



Coriander, Cilantro, Chinese
Parsley
Coriandrum sativum

- ★ Coriander: **Grown for aromatic fruit (seeds)**
- ★ Grown for foliage—other common names
- ★ Sow directly into garden



Coriander, Cilantro, Chinese
Parsley
Coriandrum sativum

- ★ Popular in about every major cuisine—
Mexican, Chinese, South American,
Vietnamese
- ★ Aphrodisiac and love potion in Middle Ages
- ★ Used in traditional & Chinese medicine as a
carminative, diuretic, tonic, and stomachic



Dill

Anethum graveolens

- ★ Annual
- ★ Seeds, leaves, seeds with umbels are all utilized
- ★ Thrives in cool weather
- ★ Sow early in spring
- ★ If using greenery, not seed — select **slow-bolting cultivars**
 - ‘Tetra’ or ‘Dukat’



Garlic

Allium sativum

- ★ Fall-planted perennial
- ★ Harvest when foliage begins to “flag” or turn yellow (Lt. Aug./Early Sept.)
 - Let cure day or two
 - Shady place with good air circulation



Garlic

★ Storage

- Braid foliage together & hang in kitchen for convenience (& discourage vampires!)

★ Propagating:

- Use larger outside cloves of bulb
- Plant 3-inches below soil
- After Columbus Day in fall



Lavender

Lavandula angustifolia

- ★ Best to consider an annual
- ★ For over-winter success, plant in soil with excellent drainage
- ★ Direct seed by burying seed ¼" deep
- ★ Propagate by stem cuttings
- ★ In spring, shear plants back heavily to stimulate new growth



Lavender

- ★ Like other members of mint family, does not need high levels of fertility
- ★ Flowers last about a week & attract butterflies, hummingbirds, honeybees
- ★ Air-dried flowers can retain their aroma for several weeks
- ★ 'Hidcote' & "Munstead"



Oregano

Origanum vulgare

- ★ Perennial, depending on location in state
- ★ Flavor & aroma enhancement in Italian dishes
- ★ Sunny location with well-drained soil
- ★ Transplant outdoors when frost threats have passed
- ★ Add phosphorus & potassium at end of growing season



Tarragon

Artemisia dracunculus

- * French tarragon, **not Russian tarragon**, hardy in Fargo; in other areas if given winter protection
- * Grow in full sun or part shade
- * **French tarragon**
 - Cannot be purchased as seed, must be transplanted or divided
 - Distinct licorice scent
 - Grows 2' tall
- * **Russian tarragon**
 - No licorice scent
 - Grows 6' tall



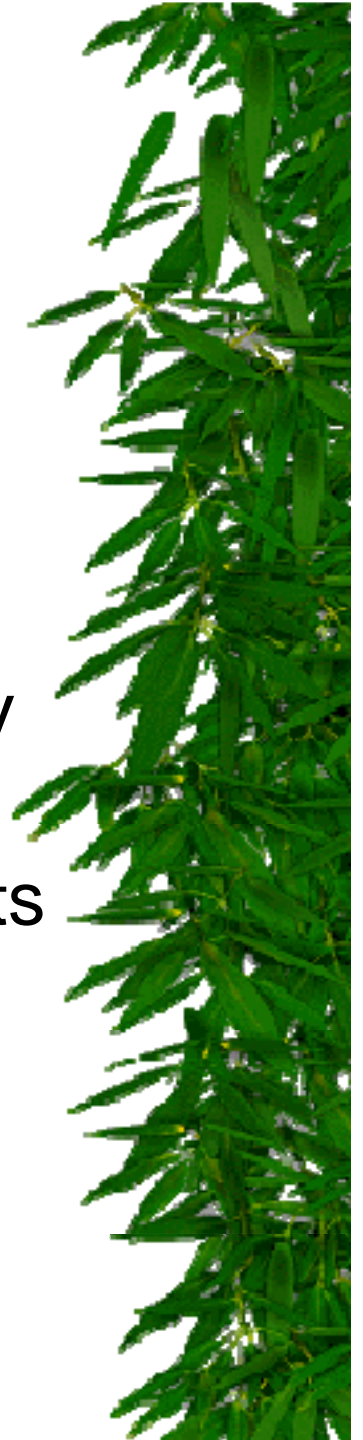
Harvesting Herbs

- ✦ Before heat of day
- ✦ After dew is off



Herbs Suitable for Container Gardening

- ★ Mint
 - ★ Basil
 - ★ Parsley
 - ★ Marjoram
 - ★ Chives
 - ★ Rosemary
- ★ Windowsills, pots
 - ★ Place pots in sunny window & care for them like houseplants





“Remember how easy it was to shop in the good old days before we had to worry about **Carbs?**”

Copyright 1990 HUMOR



Are Herbs Nutritious?

- ★ Add flavor but no caloric and little nutritional value.
- ★ May promote heart-healthy cooking.
 - Allows cutting down on the amount of fat and salt in recipes.



How Do You Use Herbs?

★ Fresh herbs:

- Rinse well.
- Use a pair of scissors or sharp knife to chop in tiny pieces.



★ Dried herbs:

- Crumble herbs or use a mortar and pestle to grind into a powder.



How Much Should You Use?

- ★ Don't overdo. Use for variety and accent.
- ★ General rule:
 - 2 tsp fresh = about $\frac{3}{4}$ tsp dried = $\frac{1}{4}$ tsp powdered



Categorizing Herbs by “Flavor Intensity”

- ★ Strong: bay, rosemary and sage
 - 1 tsp/6 servings
- ★ Moderate: basil, dill, mint, marjoram and oregano
 - 2 tsp/6 servings
- ★ Mild: chives, parsley
 - Can be used generously



To Experience Flavor of Herbs..

- ★ Chop or crush fresh herb finely.
- ★ Add a small amount to a tablespoon of softened butter or cream cheese.
- ★ Allow to stand one hour.
- ★ Spread on cracker or piece of bread.



What Herb Goes with What Food?

- ★ Be adventuresome... but don't use the same herb in multiple foods in the same meal.
- ★ **An example:**
 - Basil: tomatoes, pasta, rice, beef stew, pork, meat loaf, duck, fish, veal, green or vegetable salads, salad dressings, eggplant, potatoes, carrots, spinach, peas, eggs and cheese.



When Should You Add Herbs during Food Preparation?

★ Hot foods

- 40-60 minutes before the end of cooking.
- Flavor can be lost with extended cooking.

★ Cold dishes

- Add several hours ahead of time.



How Can You Preserve Herbs?

- ★ Air drying
- ★ Oven/dehydrator drying
- ★ Microwave drying
- ★ Freezing



Air Drying

- ★ Pick at peak just before they blossom, when dew is off in the morning or after sunset before dew forms.
- ★ Bunch and hang upside down in well-ventilated dark space for about two weeks.
- ★ Be sure they're completely dry or mold can form.



Oven/Dehydrator Drying

- ★ Optimum temperature: 100 degrees or lowest setting.
- ★ Set fan nearby for circulation.
- ★ Test hourly. Herbs should be brittle.
- ★ In dehydrator, follow manufacturer's directions.



Microwave Drying

- ★ Place a few bunches of herbs between microwave-safe paper toweling.
- ★ Microwave on high 1-3 minutes, testing every 30 seconds.
- ★ Continue until dry and brittle.



Freezing

- ★ Wash and pat dry.
- ★ Place in air-tight freezer bags and freeze.
- ★ Label with contents and date.

- ★ OR... place chopped herbs in ice cube tray sections, cover with water and freeze. Place in labeled bags. Use entire cube in soups and stews.



How Should Herbs be Stored? How Long?

- ✦ Store in airtight containers like jars or sealed bags.
- ✦ Place in convenient spot.
- ✦ For best flavor, use within a year.



Are Herb-flavored Oils Safe to Make?

- ★ **Botulism risk** when low-acid ingredients (like herbs) are placed in low-oxygen environment (like a sealed jar of oil).
- ★ Should only be safely prepared for “fresh use”
 - Refrigerate at all times and used within 3 days.

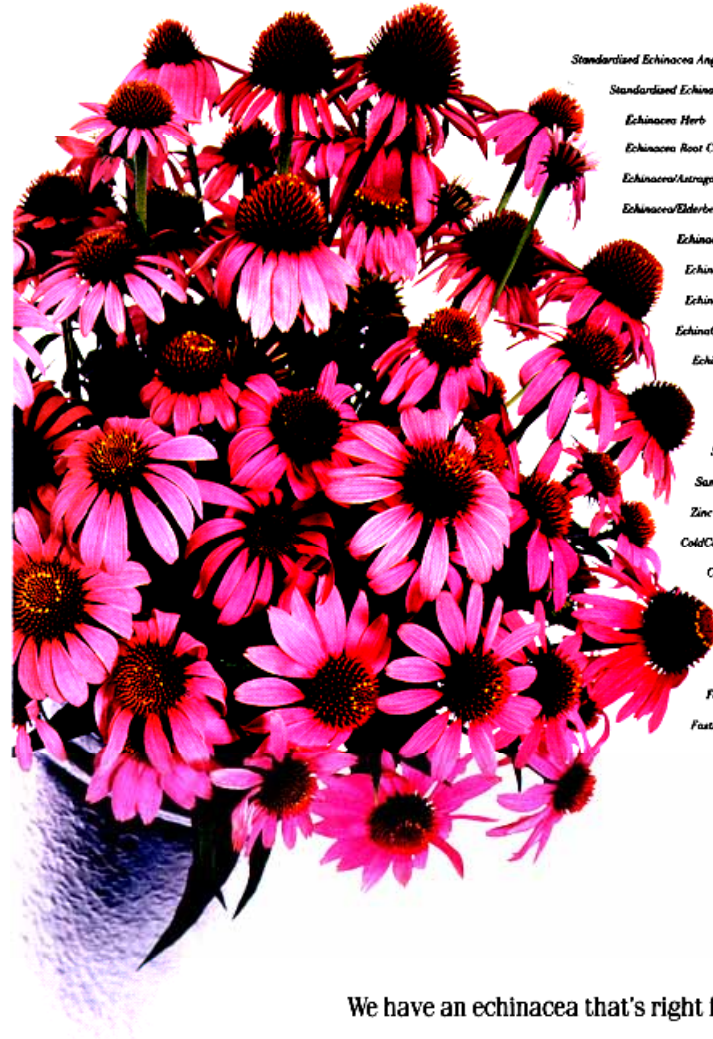


Do Culinary Herbs Acts like Herbal Supplements?

- ★ Most are different substances, used in different amounts.
- ★ Herbal supplements should be used with caution.
 - Not regulated as strictly as foods or drugs.



23 ways to make your immune system smile.



Standardized Echinacea Angustifolia

Standardized Echinacea/Olive Leaf

Echinacea Herb

Echinacea Root Complex

Echinacea/Astragalus/Reishi

Echinacea/Elderberry/Zinc

Echinacea/Esther-C®

Echinacea/Ginseng

Echinacea/Goldenseal

EchinaGuard® Liquid

EchinaGuard® Capsules

EchinaGuard® Flexi-Tab®

Organic Vegetarian Echinacea

Sambucol® for Kids

Sambucol® Immune System Formula

Zinc Lozenges with Echinacea

ColdCare® Daytime Energy

ColdCare® Nighttime Rest

ColdCare® Original

Therapeutic™ Cold Season Formula

FastActive® Echinacea Herb

FastActive® Echinacea/Goldenseal

FastActive® Echinacea Purpurea/Angustifolia

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Do Your Homework with Herbal Supplements

- ★ Discuss with your healthcare provider.
- ★ Check www.consumerlab.com for companies that have passed content and efficacy tests.
- ★ Look for USP or GMP designation on label.



Do Your Homework with Herbal Supplements

- ★ Use only as directed.
- ★ Stop if you note any side effects.
- ★ With culinary herbs, only precaution is to avoid if allergies toward the particular herb exists.





Thank You!

