

# Herbs

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

## Kid-Friendly Eating Tips

- Blend up basil with olive oil and cheese to make a pesto sauce for pasta or a sandwich spread.
- Add crushed mint to lemonade or steep it in boiled water to make tea.
- Oregano, lemon and a bit of honey make a delicious seasoning for meat.
- Grow a few potted herbs in your sunniest window, or on an easily-accessible outdoor space—have kids pick and garnish away!

## Cooking Tip

To avoid spoilage, wash fresh herbs right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.

## Tidbit

Herbs have the ability to add a huge amount of flavor, with a small application. Herbs are unique in that they derive from all parts of a plant: roots, stems/bark, leaves, flowers, fruits and seeds. Fresh or dried, they are guaranteed to liven up your meal.

## Storage Tips

- *To dry:* Wash, dry, then bunch together freshly clipped herbs with a rubber band. Do not bunch too tightly, as exposure to air is important. Next, hang bunches upside down in a dry, cool, dark space; herbs can also be dried lying on a rack or mesh screen. Drying times will vary.
- *To freeze:* Put in freezer grade bag, whole or chopped; do not blanch. You can also fill ice cubes trays with leaves and cover in olive oil, stock or water. Put cubes in a freezer grade plastic bag.

## RECIPES ✂

### Basil Pesto

**Yield:** 1 cup

**Ingredients:**

2 cloves of garlic, peeled  
5 cups loosely packed basil leaves  
5 Tbsp. olive oil  
¼ cup grated hard cheese, such as cheddar or parmesan  
¾ tsp. salt  
optional: the zest of one lemon

**Directions:**

1. Combine all ingredients in a food processor and process until finely chopped.
2. If desired, add hot water to the mixture to thin it out.

Source: Weston Nicoll, Chef-Owner of Café Shelburne.



### Mint Lemonade

**Yield:** 6 cups

**Ingredients:**

1 cup fresh-squeezed lemon juice  
4 cups cold water  
1 cup of mint syrup (see recipe below)

**Mint Syrup:**

½ cup granulated sugar  
½ cup water  
1 cup mint leaves

**Directions:**

1. Combine sugar and ½ cup of water and bring to a boil, stirring to incorporate the sugar.
2. Once sugar has melted, remove the pan from heat and add the mint leaves; allow to steep for 10-30 minutes.
3. Cool completely.
4. Combine all ingredients and serve over ice. Garnish with some mint leaves and fresh lemon slices.

Source: Weston Nicoll, Chef-Owner of Café Shelburne.



Basil Pesto

Sesame-Soy Dressing