Basil Pesto

Yield: 1 cup

Ingredients:
- 2 cloves of garlic, peeled
- 5 cups loosely packed basil leaves
- 5 Tbsp. olive oil
- 1/4 cup grated hard cheese, such as cheddar or parmesan
- 1/2 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:
- 1/2 cup granulated sugar
- 1/2 cup water
- 1 cup mint leaves

Directions:
1. Combine sugar and 1/2 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.

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.

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.

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.

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