

---

---

## **GROWING HERBS IN TEXAS**

Herbs are plants that are used as flavoring agents. The common herbs used in cooking are referred to as culinary herbs. Mild or savory herbs impart a delicate flavor to foods while the stronger or pungent herbs add zest to foods. A number of additional herbs are used for medicinal or ornamental purposes. This Click and Learn Course, however, deals mainly with culinary herbs used in cooking. These herbs are attractive and varied so their ornamental value is also important.

The leaves of most herbs are the part of the plant that is used although the seeds or roots of some herbs can also be used. Herbs are used in small quantities, so usually only a few plants are necessary to provide sufficient fresh and dried herbs for the entire season.

Herb gardening is becoming popular throughout Texas. New enthusiasm for “natural” foods has heightened this interest. In addition, herbs add flavor and zest to creative cookery. Most food recipes can be accentuated with proper use of culinary herbs.

### **Location**

The ornamental value of herbs enables them to be grown in flower beds, in rock gardens, as borders, or as corner plantings. Some herbs are annuals while others are perennial or come up year after year. One can locate annual herbs in annual flower gardens or vegetable gardens. Locate perennial herbs at the side of the garden where they won't interfere with next year's soil preparation.

Many gardeners establish a small herb garden near the home. Generally, a 6- to 10- foot square or rectangular area is sufficient. Circular or free-form designs can also be used.

Use the information contained in this course for proper spacing, and locate the tallest herbs to the back of the plot.

### **As the garden grows**

Care for the herb garden is similar to a vegetable or flower garden. Select a sunny, well-drained location. Apply a balanced fertilizer but avoid excessive use of nitrogen fertilizers. Consult the county Extension office for soil preparation, fertilization and other good garden cultural practices.

Water as necessary during dry periods. Generally, about 1 inch of water is needed per week, if not supplied by natural rainfall. A mulch helps conserve soil moisture and reduces weed growth as well. Mints prefer moist soil so they require more frequent watering.

## Establishing the herb garden

Establish annual and biennial herbs by planting seeds directly in the garden or starting seeds indoors for later transplanting to the garden. Save seed produced by the herb plants for next year's crop, or obtain seed from your local garden center or seed catalog.

To save your own seed, harvest the entire seed head after it has dried on the plant. Then allow seeds to dry in a protected location that is cool and dry. After the seeds are thoroughly dry, thresh the seed from the heads and discard the trash. Store in labeled jars in a dark, cool, dry location.

Some herb seeds such as dill, anise, caraway or coriander can be used for flavorings.

Perennial herbs can be propagated by cuttings or by division. Divide plants every 3 or 4 years in the early spring. Dig up the plants and cut into several sections. You can also cut 4 to 6 inch sections of the stem, and root these by placing the cuttings in moist sand in a shady area. In 4 to 8 weeks roots should form on these cuttings. Herbs such as sage, winter savory and thyme can be propagated by cuttings. Chives, lovage and tarragon can be propagated by dividing the roots or crowns. Apple mint forms runners or stems that run along the ground so these can be easily propagated by covering a portion of the runner and allowing it to form roots.

## Container Gardening

Most herbs are willing to grow in pots, so even apartment dwellers with a balcony, patio, or windowsill can enjoy growing them. The flexibility of containers means they can be repositioned to catch the sun, rearranged to make a focal point, or used to fill seasonal gaps in the patio garden. The plants are very easy to monitor.

All the containers need drainage holes and a layer of gravel, perlite or broken pottery in the bottom to prevent water logging. Fill the pot with a good potting mixture and plant the seedling. Clip or pick leaves often to encourage bushy new growth.

Many herbs will do well both indoors and outdoors if there's ample sunlight — just remember to bring them indoors when it starts to get cold.



## Harvesting

Leaves of many herbs such as parsley and chives can be harvested for fresh seasonings. On these plants, gradually remove some of the leaves as needed, but don't remove all the foliage at one time. These plants produce over a long period if they are well cared for. On rosemary and thyme, clip the tops when the plants are in full bloom. Usually, leaves and flowers are harvested together. Basil, fennel, mint, sage, summer savory, sweet marjoram, tarragon and winter savory are harvested just before the plants start to bloom. Chervil and parsley leaves can be cut and dried anytime. Harvest lovage leaves early during the first flush of growth.

## Drying

After harvesting, hang herbs in loosely tied bundles in a well-ventilated room. You can also spread the branches on a screen or cheesecloth, or spread herb leaves on flat trays when only the leaves are needed. To keep dust off the herbs, use a cloth or similar protective cover that allows moisture to pass through.

It is generally best to dry naturally in a cool, dark room rather than use artificial heat. Experts can use artificial heat, but you may lose flavor and quality by attempting this drying method.



THYME

## Storage

Dried Herbs: After the herbs are dried, they will keep flavor better if they are kept whole rather than crumbled. Seal the dried herbs in air tight containers and store in a dark, cool, dry location. Don't forget to label the jars! If stored properly, herbs have a shelf life of about one year before they lose strength or flavor.

Fresh Herbs: To store fresh herbs, tie a small bunch of herbs together tightly. Wrap in wet paper towels and tuck into a plastic bag, leaving the end open for air. The herbs will keep in the refrigerator for a few days. Or you can put a bunch of herbs in a small vase filled with water and keep them in the fresh air, but out of the sun.

Frozen Herbs: To prepare herbs for freezing, brush the soil away rather than washing. Tough stems should be removed; tender stems can be frozen. Herbs do not require blanching; except for basil which may turn black if not blanched. Simply place the herbs in a freezer bag and store in the freezer. Crumbled herbs can be frozen in ice cube trays (1 or 2 teaspoons of herbs per ice cube section). When the cubes freeze, pop them out of the tray and into a freezer bag. Shelf-life is about 6 months.

## Healthy Cooking with Fresh Herbs

Whether you plant them or pick them up at the grocery store or farmers' market, adding fresh herbs is a quick way to transform *ordinary* meals into *extraordinary* meals. Besides helping flavor foods when cutting back on salt, fat and sugar, herbs may offer additional benefits of their own. Researchers are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease.

## When Substituting Fresh Herbs for Dried Herbs

A general guideline when using fresh herbs in a recipe is to use 3 times as much as you would use of a dried herb. When substituting, you'll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, think potato salad with fresh instead of dried parsley!

## How to Wash Herbs

Wash herbs when you are ready to use them. Wash smaller amounts of herbs thoroughly under running water. Shake off moisture or spin dry in a salad spinner. Pat off any remaining moisture with clean paper towels.

If you're washing a larger amount of herbs at one time, treat them as you would salad greens. Place in a clean sink or deep bowl filled with cold water and swish around. Lift from the water and transfer to another bowl so dirt and grit remain in the water. Pour out the water and repeat the washing process in clean water until dirt and grit are gone and the water is clear.

Note: If you plan to harvest a large amount of herbs from a home garden, consider washing them down with a hose the day before to help remove any large particles of dirt or grit that might be on the leaves. Annual herbs can be harvested down to about four inches tall and they still will regrow for use later in the season. For perennial herbs, don't take off more than a third of the plant at any given time.

## How to Prepare Herbs for Cooking

For most recipes, unless otherwise directed, mince herbs into tiny pieces. Chop with a chef's knife on a cutting board or snip with kitchen scissors. To speed cutting with scissors, cut herbs coarsely into a small bowl or cup and snip back and forth with your scissors.

Some recipes may direct you to cut large leaves, such as basil, into thin strips. An easy way to do this is to stack several leaves (about 3 to 5), roll into a tight roll, then cut into thin (1/16 to 1/8 inch) strips with a sharp knife. While some recipes call for a sprig or sprigs of herbs, normally the part of the herb you harvest will be the leaves.

For herbs with sturdier stems, such as marjoram, oregano, rosemary, sage and thyme, you can strip off the leaves by running your fingers down the stem from top to bottom. With small-leaved plants such as thyme, you can use both leaves and stems for cooking early in the season. Later in the season, as the stems become tougher, use just the leaves.

For herbs with tender stems, such as parsley and cilantro, it's OK if you snip some of the stem in with the leaves when you're cutting these herbs. Be careful if using a food processor to cut herbs – it's easy to turn them to a paste rather than tiny pieces.



## When to Add Herbs During Food Preparation

Unlike dried herbs, fresh herbs are usually added toward the end in cooked dishes to preserve their flavor. Add the more delicate herbs – basil, chives, cilantro, dill leaves, parsley, marjoram and mint – a minute or two before the end of cooking or sprinkle them on the food before it's served. The less delicate herbs, such as dill seeds, oregano, rosemary, tarragon and thyme, can be added about the last 20 minutes of cooking. Obviously, for some foods, such as breads, batters, etc., you'll need to add herbs at the beginning of the cooking process.

Fresh herbs can be added to refrigerated cold foods several hours before serving. Allow time (at least a couple of hours, if possible) for cold foods with herbs to chill helps the flavors to blend.

## Herb / Food Combinations

Here are some ideas to help you start combining fresh herbs with your foods:

Basil – a natural snipped in with tomatoes; terrific in fresh pesto; other possibilities include pasta sauce, peas, zucchini

Chives – dips, potatoes, tomatoes

Cilantro – Mexican, Asian and Caribbean cooking; salsas, tomatoes

Dill – carrots, cottage cheese, fish, green beans, potatoes, tomatoes

Mint – carrots, fruit salads, parsley, peas, tabouli, tea

Oregano – peppers, tomatoes

Parsley – The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking. Natural for parsley include potato salad, tabouli

Rosemary – chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes

Sage – poultry seasoning, stuffings

Tarragon – chicken, eggs, fish

Thyme – eggs, lima beans, potatoes, poultry, summer squash, tomatoes

Winter Savory – dried bean dishes, stews



## INFORMATION ON SOME POPULAR GARDEN HERBS

### ***Annuals and Biennials:***

- ***Annuals*** grow from seed and complete their life cycle in one year. They will be killed by frost and must be started from seed each year.
- ***Biennials*** overwinter one season and produce seed the second season.

Herb: **Anise** (*Pimpinella anisum*)  
Height (inches): 20-24  
Description: Serrated leaves, small white flowers. Low spreading plant is a slow growing annual.  
Culture: Moderately rich soil. Likes full sun. Space 6 to 8 in a row with rows 12 to 14 inches apart.  
Harvest: When seeds turn brown, or use leaves while green as needed.  
Use: Seed - pastries, candy, cookies, beverages, meats, soups.  
Leaves - salad or garnish

Herb: **Basil** (*Ocimum basilicum*)  
Height (inches): 20-24  
Description: Leafy, light green foliage; flowers white or lavender. Fast growing annual.  
Culture: Start seed indoors in early April or seed in early spring. Space 12 inches. Prefers protected sunny location.  
Harvest: Harvest leaves when flowering begins. Cut plants 4 to 6 inches above ground.  
Use: Leaves - soups, stews, omelets, salads, meats, sauces



BASIL

Herb: **Borage** (*Borago officinalis*)  
Height (inches): 20-24  
Description: Coarse, rough, hairy leaves. Produces light blue flowers in drooping clusters.  
Culture: Seed directly in early spring. Space 12 inches apart. Seeds may be slow to germinate.  
Harvest: Harvest the young leaves and dry, or cook fresh like spinach.  
Use: Leaves - salads, greens. Flowers and leaf tips - pickles, soups, stews

Herb: **Caraway** (*Carum carvi*) BIENNIAL  
Height (Inches): 12-24  
Description: Carrot-like with small creamy white flowers  
Culture: Seed directly in spring and locate in full sun. Space 6 inches.  
Harvest: Harvest leaves when mature. Seeds will form midway through second season.  
Use: Leaves - garnish  
Seeds - breads, cakes, soups, sauces, salads

Herb: **Chervil** (*Anthriscus cerefolium*)  
Height (Inches): 18  
Description: Similar to parsley with light green lacy leaves. Flowers are small white clusters.  
Culture: Sow seed in moist, partially shaded location. Space 6 inches.  
Harvest: Harvest mature leaves and dry or use directly for garnishes.  
Use: Leaves - salads, soups, meats, poultry, garnishes

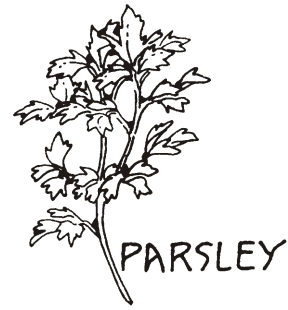
Herb: **Coriander** (*Coriandrum sativum*)  
Height (Inches): 36  
Description: Large, coarse plant with white flowers  
Culture: Sow seeds directly. Use full sun area and thin to 10 inches.  
Harvest: Harvest seeds when they begin to turn brown. Seeds are generally used crushed.  
Use: Seeds - pastries, sauces, pickles, liquors

Herb: **Dill** (*Anethum graveolens*)  
Height (Inches): 24-36  
Description: Tall plant with feathery green leaves. Open umbrella-shaped flower heads.  
Culture: Seed directly and thin to 12 inches. If seeds mature and fall, they will come up again next year.  
Harvest: Harvest mature seed heads before seeds drop. May use small leaves as well.  
Use: Springs of seed head or seeds - pickles, breads, sauces, meats, salads, vinegars.

Herb: **Fennel** (*Foeniculum vulgare*)  
Height (Inches): 36  
Description: Fine feathery leaves with broad, bulb-like leaf base  
Culture: Sow in early spring and thin to 12 inches.  
Harvest: Harvest either young sprigs and leaves or seeds.  
Use: Sprigs - soups  
Leaves - garnishes  
Seeds - soups, breads



Herb: **Parsley** (*Petroselinum crispum*)  
Height (Inches): 5-6  
Description: Curled or plain dark green leaves  
Culture: May be slow to germinate. Seed in early spring. Space 6 to 8 inches.  
Harvest: Harvest mature leaves as needed.  
Use: Leaves - garnishes



Herb: **Sweet Marjoram** (*Majorana hortensis*)  
Height (Inches): 12  
Description: Fine textured plant with white flowers  
Culture: Start seedlings in shade. Mature plants will grow in full sun. Space 8 to 10 inches.  
Harvest: Harvest mature leaves.  
Use: Leaves - salads, soups, dressings

Herb: **Summer Savory** (*Satureja hortensis*)  
Height (Inches): 18  
Description: Small, gray-green leaves with purple and white flowers.  
Culture: Plant tender annual after danger of frost. Space 6 to 9 inches.  
Harvest: Harvest mature leaves.  
Use: Leaves - salads, soups, dressings, poultry.

**Perennials:** They grow from seed the first year but grow year after year. Some can be propagated by several other means as well. A straw or leaf mulch through the winter may protect them from winter damage.

Herb: **Chives** (*Allium schoenoprasum*)  
Height (Inches): 12  
Description: Onion-type leaves with blue round flower head.  
Culture: Can be grown in containers or outdoors in spring. Divide to increase. Space 5 inches.  
Harvest: Clip leaves as needed.  
Use: Leaves - omelets, salads, soups, sauces, dips.



Herb: **Garlic Chives** (*Allium tuberosum*)  
Height (Inches): 12-16  
Description: Similar to chives  
Culture: Same as chives  
Harvest: Same as chives  
Use: Substitute for garlic flavor



Herb: **Peppermint** (*Mentha piperita*)  
Height (Inches): 18  
Description: Vigorous bush-type plant with purple flowers  
Culture: Prefers rich, moist soil. Space 8 to 10 inches.  
Harvest: Harvest young or mature leaves.  
Use: Leaves - soups, sauces, tea, jelly  
Sprigs - tea, sauces, summer drinks



Herb: **Spearmint** (*Mentha spicata*)  
Height (Inches): 18  
Description: Pointed, crinkled leaves  
Culture: Same as peppermint  
Harvest: Same as peppermint  
Use: Leaves - summer drinks, tea, mint sauce

Herb: **Lemon Balm** (*Melissa officinalis*)  
Height (Inches): 24  
Description: Crinkled, dull green leaves with white blossoms. Vigorous grower.  
Culture: Space 12 inches. Prefers full sun.  
Harvest: Harvest mature leaves.  
Use: Leaves - soups, meats, tea, summer drinks

Herb: **Lovage** (*Levisticum officinale*)  
Height (Inches): 24-36  
Description: Grows quiet tall.  
Culture: May start indoors and move to sunny location. Space 12 to 15 inches.  
Harvest: Harvest mature leaves.  
Use: Substitute for celery flower

Herb: **Oregano** (*Origanum vulgare*)  
Height (Inches): 24  
Description: Choose English strains. Produces pink flowers.  
Culture: Plant in rich soil. Space 8 to 10 inches. Start in protected location and move to full sun.  
Harvest: Harvest mature leaves.  
Use: Leaves - soups, meats (roasts), stews, salads

Herb: **Rosemary** (*Rosmarinus officinalis*)  
Height (Inches): 36  
Description: Dark green foliage with small blue flowers.  
Culture: Start cuttings in early spring. Space 24 inches.  
Harvest: Harvest mature leaves.  
Use: Leaves and sprigs - meats, sauces, soups.  
Dried leaves - sachets to hang in closets with garments.

Herb: **Sage** (*Salvia officinalis*)  
Height (Inches): 18  
Description: Shrub-like plant with gray-green leaves and purple flowers.  
Culture: Plant in well-drained location. Space 30 inches.  
Harvest: Harvest leaves before flowering.  
Use: Leaves - meats, poultry, tea, fish, dressing, stews.



Herb: **Tarragon** (*Artemisia dracunculus*)  
Height (Inches): 24  
Description: Select French tarragon. Fine, dark green leaves.  
Culture: Prefers well-drained soils. Space 12 inches.  
Harvest: Harvest mature leaves or sprigs.  
Use: Leaves - salads, sauces, eggs, vegetables, salad vinegars.

Herb: **Thyme** (*Thymus vulgaris*)  
Height (Inches): 8-12  
Description: Narrow, dark green leaves  
Culture: Start seeds indoors. Prefers full sun and well-drained soils. Space 10 to 12 inches.  
Harvest: Harvest leaves and flower clusters before first flower opens.  
Use: Leaves - soups, salads, dressings, omelets, gravies, breads, vegetables.

#### FOR MORE INFORMATION

For more information on planting an herb garden, check with your County Extension office, lawn and garden center and/or look for books at your local bookstore or library. They can help you determine the frost-free date after which you may plant herbs in your area and the recommended herbs to grow in your location.

[aggie-horticulture.tamu.edu](http://aggie-horticulture.tamu.edu) – Utilize this great website from Texas A&M University for research-based horticultural information and plant answers in addition to herbs.

[www.usna.usda.gov/Hardzone/ushzmap.html](http://www.usna.usda.gov/Hardzone/ushzmap.html) – Check the USDA Plant Hardiness Zone Map to learn which herbs grow best in your zone.

#### Sources:

*Growing Herbs in Texas*, Texas Cooperative Extension, Texas A&M University System  
*Healthy Cooking with Fresh Herbs*, University of Nebraska Cooperative Extension  
*Along the Garden Path*, Bill and Sylvia Varney, Fredericksburg Herb Farm, Fredericksburg, Texas

## HERBAL VINEGARS

Herbal vinegars are a favorite way to enjoy the flavors of the herbs year round. The bottles filled with flavored vinegar make welcome holiday presents. Select decorative, clear glass bottles from your favorite store or better yet; recycle used glass bottles from your kitchen!

Cut a branch of the herb the length of the inside of the bottle. Rinse the herb and let it air dry. Gently bruise the leaves of the herb. Insert the branch into the clean bottle. Heat plain, white vinegar almost to a boil and fill the bottle with the vinegar. You can also use wine or cider vinegar as a base. Cover the bottle, set it in a sunny window and allow the herbal vinegar to infuse for 2 weeks to a month. Try to remember to shake the vinegar daily. Store the herbal vinegar as is. As you use it in salad dressings, marinades, gravies and sauces, you can add more heated vinegar.

## HERBAL CHEESE SPREAD

8 oz. cream cheese, softened  
2 sprigs fresh parsley, chopped  
1 tsp. fresh chopped thyme  
1 tsp. fresh chopped rosemary  
1 garlic clove, mashed  
Freshly ground black pepper

Mix well and chill. Let stand for at least one hour before serving. Spread on crackers or toast.

## CHEESE BALLS

8 oz. cream cheese  
1 cup finely chopped herbs: Chives, parsley, rosemary, sage, thyme

Shape the cheese into plum size balls and then roll them in the chopped herbs. Serve with salads, as a spread or on hot vegetables.

## ROSE GERANIUM

## POUND CAKE

Use your favorite vanilla pound cake recipe. Instead of using a tube pan, bake in 2 medium loaf pans.

After greasing and flouring the pans, line them with rose geranium leaves. Carefully pour the batter into the pans. Bake as directed on the recipe.

After the cakes are baked and removed from the pan, you can serve as is or decorate the cake with a glaze made from geranium sugar and garnish with sugared rose geranium leaves.

## ROSE GERANIUM SUGAR

1 pound super fine sugar or powdered sugar  
Rose geranium leaves, washed and dried

Slightly bruise all of the leaves. Layer the sugar and leaves in an airtight container and cover tightly. Store for 24 hours. This sugar is good with fruit, in salad dressing, icing and tea.

## SUGARED GERANIUM LEAVES

Rose geranium leaves, washed and dried  
Super fine sugar  
Egg white

Use a soft brush to coat leaves on both sides with gently stirred egg white. Dip leaves in sugar. Brush with egg white and coat with sugar again. Place on a wire rack to dry. Place the rack in the bottom of a very low oven for 10 to 15 minutes with the door left ajar. Cool and store in an air tight container.

## HERBAL VINAIGRETTE

*One of the simplest dressings to make and one that is infinitely variable. Select herbs from those listed to vary the emphasis. Substitute a herbal oil or vinegar for extra pungency.*

3 tbsp. olive oil  
1 tbsp. wine vinegar  
¼ tsp. dry mustard  
Salt and black pepper  
1 clove garlic, minced

3 tbsp. fresh chopped herbs: Basil, Chervil, Chives, Dill Seed, Lemon Balm, Marjoram, Rosemary, Salad Burnet, Tarragon, Thyme

Mix all the ingredients together in a jar or bottle and shake well.

Makes about ½ cup.

## HERB SALAD

¾ cup loosely packed, torn fresh basil  
¾ cup loosely packed fresh parsley sprigs  
3 tbsp. fresh chervil leaves  
3 tbsp. chopped fresh chives  
2 tbsp. chopped fresh tarragon  
1 tsp. olive oil  
1 tsp. fresh lemon juice  
⅛ tsp. salt  
Dash of freshly ground pepper

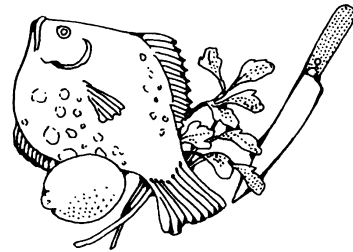
Combine first five ingredients in a bowl. Drizzle with oil and lemon juice, and sprinkle with salt and pepper. Toss lightly.



## GA RDEN PATCH RICE SALAD

2 ½ cups cold, cooked rice  
½ cup cold, cooked peas  
½ cup (2 oz.) drained, sliced olives  
⅓ cup sliced green onion  
⅓ cup chopped carrot  
2 tbsp. chopped parsley  
6 strips fried, crumbled bacon  
¾ cup sour cream  
⅓ cup nonfat dry milk  
2 tbsp. cider vinegar  
2 tsp. Dijon mustard  
1 tsp. garlic salt  
1 tsp. crushed basil leaves  
¼ tsp. white pepper  
Lettuce leaves

Place first 7 ingredients in medium bowl. Combine the rest of the ingredients until smooth. Stir the dressing into the rice mixture until coated. Chill and serve on lettuce leaves.



## HERB BROILED FISH

1 tbsp. Margarine  
1 tbsp. Chopped Parsley  
1 ½ tsp. Salt  
½ tsp. Oregano leaves, crumbled  
¼ tsp. Lemon Pepper  
1 tbsp. Lemon Juice  
1 ½ lbs. Fish steaks

In a small saucepan, melt the margarine. Add the parsley, salt, oregano, lemon pepper, and lemon juice. Brush over both sides of the fish. Place under a preheated hot broiler. Broil for 10 minutes or until the fish flakes easily when tested with a fork.

## CREAMY PESTO WITH PASTA

- 1 cup packed fresh basil leaves
- ½ cup nonfat dry milk
- ⅓ cup freshly grated Parmesan cheese
- ⅓ cup salad oil
- 2 tbsp. olive oil
- 1 egg
- 1 tbsp. Pine nuts, optional
- 1 garlic clove
- ¾ tsp. salt
- ¼ tsp. freshly ground pepper
- 8 oz. linguini pasta

Place all ingredients except pasta in blender container. Blend until smooth. Cook pasta according to package directions. Drain. Toss with sauce until coated. Serve immediately, sprinkled with additional Parmesan cheese.



BASIL

## HERB BUBBLE BREAD

- 2 cloves garlic, minced
- ¼ cup margarine, melted
- ½ tbsp. dried parsley
- ¼ tsp. dried thyme
- ¼ tsp. dried basil
- ⅛ tsp. dried rosemary
- ½ tsp. dried dill
- 1 cup grated Parmesan cheese
- 1 pkg. frozen white roll dough, thawed

Stir the garlic into the margarine. In a separate bowl, mix together the herbs and cheese. Dip each piece of dough into the garlic-butter mixture, then into the herb-cheese mixture. Place the pieces of dough in a greased loaf pan. Cover and let rise for about 1 hour, or until double in size. Bake in a 350° oven for 25 to 30 minutes. Remove from loaf pan and serve warm.

## HERBAL SALT SUBSTITUTE

- 2 tbsp. dried dill, finely chopped
- 1 tsp. dried oregano, finely crumbled
- 2 tbsp. onion powder
- 1 tsp. celery seed
- 2 tbsp. toasted sesame seed
- ¼ tsp. lemon pepper
- ½ tsp. paprika
- ½ tsp. garlic powder

Combine all ingredients in a small bowl and blend well. Put into a shaker with large holes. Store in a cool, dark place. Use on vegetables, salad or buttered bread.

## ROSEMARY LEMON CHICKEN

- 4 chicken breasts
- ½ cup lemon juice
- 1 tsp. lemon peel, finely grated
- 2 tbsp. honey
- 2 tbsp. vegetable oil
- 2 tbsp. fresh chopped rosemary leaves

Mix the ingredients and marinate the chicken breasts for 30 minutes to several hours. Cover and bake at 375° for 30 minutes. Can also be grilled outside.

## FINES HERB MIX

- 1 tbsp. dried thyme
- 1 tbsp. dried savory
- 1 tbsp. dried marjoram
- 1 tbsp. dried sage
- 1 tbsp. dried basil
- 1 tbsp. dried grated lemon peel

Mix all ingredients together. Store in an air tight container. Use ½ to 1 tsp. of the herb mix to season soups, stews, omelets, and salads.

## BASIL TOMATO PIE

- 2 cups flour
- ½ tsp. salt
- 2 tsp. baking powder
- ½ cup unsalted butter
- ⅓ cup milk
- 3 pounds ripe tomatoes, sliced
- 2 tbsp. finely chopped fresh chives
- ¼ cup finely chopped fresh basil
- ¾ tsp. salt
- 1 cup shredded extra-sharp Cheddar Cheese, divided
- ⅔ cup mayonnaise

Combine flour, salt and baking powder in food processor container. Process briefly. Add butter; process until crumbly. Add milk. Process until dough forms. Divide dough into halves. Roll on floured surface. Fit half the pastry into a 10-inch pie plate sprayed with non-stick cooking spray. Mix tomatoes, herbs, salt and ½ cup cheese in bowl. Spoon into prepared pie plate. Spread mayonnaise over tomato mixture. Spread with remaining ½ cup cheese. Top with remaining pastry, sealing edge and cutting vents. Bake at 350 degrees for 45-60 minutes or until browned and bubbly. Serves 6.

## HERB BISCUITS, QUICK-STYLE

- 4 tbsp. butter or margarine
- 2 tsp. onion, finely chopped
- 1 tsp. dried dill weed
- ½ tsp. dried chopped parsley
- 1 10-oz. tube refrigerated biscuits

Combine butter, onion and herbs in small saucepan. Melt over low heat. Cool slightly. Cut biscuits in half (they'll look like a ½ moon.) Dip each half in butter and place in a single layer on ungreased 9" square baking dish. Drizzle a little of remaining butter over biscuits. Bake 8 to 10 minutes at 450 degrees. Serves 8.

## CRUSTLESS ARTICHOKE AND MUSHROOM QUICHE

- Vegetable oil spray
- 1 tsp. olive oil
- 8 ounces slices button mushrooms
- 1 medium green bell pepper, chopped
- 1 14-ounce can artichoke hearts, rinsed, drained, and coarsely chopped
- 1½ tbsp. dried oregano, crumbled
- ⅛ tsp. cayenne
- Egg substitute equivalent to 6 eggs
- ¼ cup snipped fresh parsley
- 1 cup shredded fat free or low-fat sharp Cheddar cheese

Preheat oven to 350 degrees F. Lightly spray an 11x7x2-inch baking pan with vegetable oil spray.

Heat a large nonstick skillet over medium-high heat. Remove from heat and lightly spray with vegetable oil spray (be careful not to spray near a gas flame). Pour oil into a skillet and swirl coat bottom. Cook mushrooms and bell pepper for 5 minutes, or until bell pepper is tender crisp, stirring frequently.

To assemble, spoon mushroom mixture evenly into baking pan. Top with artichokes. Sprinkle with oregano and cayenne. Whisk together egg substitute and milk, then pour over all.

Bake for 30 minutes, or until just set in center (doesn't jiggle when gently shaken). Remove from oven.

Arrange tomatoes over quiche. Sprinkle (in order) with salt, parsley, and Cheddar. Let stand for 15 minutes to absorb flavors.

To serve, cut casserole in ½ lengthwise, then in fifths crosswise. Place 2 pieces on each plate. Serve warm, not hot for peak flavors. Serves 5.

## COTTAGE CHEESE HERB DIP

- 1 cup 1% cottage cheese
- 2 tbsp. lemon juice
- 2 tbsp. skim milk
- 2 tbsp. low-fat mayonnaise
- 2 tbsp. green onions, chopped
- ¼ cup parsley, coarsely chopped
- ½ tsp. basil or dill leaves
- Dash pepper

Mix ingredients in a blender, scraping sides of blender jar with a rubber scraper and reblending as required until mixture is smooth and creamy. Makes 1⅓ cups.

Serve with fresh vegetable sticks or low-fat crackers.



## HERB TOMATO AND POTATO SALAD

- 8 small red potatoes (1 pound)
- ½ cup chopped fresh basil leaves **or**  
3 tbsp. dried basil leaves
- ⅓ cup chopped fresh sage leaves **or**  
2 tbsp. dried sage leaves
- ½ cup fresh mint leaves **or**  
2 tbsp. dried mint leaves
- ½ cup olive or vegetable oil
- ½ cup white wine vinegar
- 5 roma (plum) tomatoes, cut in fourths
- 1 small onion, finely chopped (¼ cup)

Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan. Add potatoes. Cover and heat to boiling; reduce heat. Cook 20 to 25 minutes or until tender; drain. Cool; cut into ½ inch slices.

Gently mix potatoes and remaining ingredients. Cover and refrigerate about 2 hours, stirring occasionally, until chilled. Serves 6.

## HERB TOMATO TART

- 1 (17¼ ounce package) frozen puff pastry sheets, thawed
- 4 plum tomatoes, thinly sliced
- 1 teaspoon salt
- 1 (8 ounce) package shredded mozzarella cheese
- 1 (4 ounce) package crumbled feta cheese
- ¼ cup chopped onion
- 1 clove garlic, minced
- ¼ cup finely chopped minced fresh herbs \*
- 1 tablespoon olive oil

Roll 1 pastry sheet into a 14-inch square on a lightly floured surface; place on an ungreased baking sheet. Cut 4 (14- X 1-inch) strips from remaining pastry sheet, and place along edges on top of pastry square, forming a border. Reserve remaining pastry for another use.

Bake at 400° for 10 minutes or until golden. Transfer to a wire rack to cool.

Place tomato slices in a single layer on paper towels; sprinkle evenly with salt. Let stand 20 minutes.

Place baked pastry shell on baking sheet; sprinkle with mozzarella cheese, feta cheese, onion and garlic. Arrange tomato slices on a single layer on top. Sprinkle with herbs; drizzle with oil.

Bake at 400° for 15 minutes or until cheese melts; serve immediately. Serves 4.

\* For the mixed fresh herbs, you can use oregano, basil, chives, sage, tarragon, rosemary, thyme and dill. You can also substitute 1 tablespoon mixed dried herbs for fresh.





<b>Participant Satisfaction Survey</b>
--

## Culinary Herbs

Please complete this short evaluation form after completing the Culinary Herbs Click and Learn Course. Return to the Rockwall County Extension Office by:

- email – [ednichols@ag.tamu.edu](mailto:ednichols@ag.tamu.edu)
- FAX – 972-204-7669
- Mail – Emily Nichols, 1350 East Washington, Rockwall, Texas 75087
- Drop off at the Extension office

*In December, the participants who submit a completed satisfaction survey will be eligible for a drawing for a free cookbook of their choice (valued at \$25.00).*

---

Overall, how satisfied are you with the online method of receiving information?

- ☐ Not at all      ☐ Slightly      ☐ Somewhat      ☐ Mostly      ☐ Completely

How satisfied are you with the content of the Culinary Herbs Click and Learn Course?

1. Accuracy of information

- ☐ Not at all      ☐ Slightly      ☐ Somewhat      ☐ Mostly      ☐ Completely

3. Helpfulness of the information for you and your family

- ☐ Not at all      ☐ Slightly      ☐ Somewhat      ☐ Mostly      ☐ Completely

4. Length of the information given in the Click and Learn Course

- ☐ Not at all      ☐ Slightly      ☐ Somewhat      ☐ Mostly      ☐ Completely

5. Quality of course materials

- ☐ Not at all      ☐ Slightly      ☐ Somewhat      ☐ Mostly      ☐ Completely

What additional information in this subject area would be helpful to you?

Name and Address or Phone Number (so we can contact you after the drawing for prizes):