

Harvest of the Month™

SPRING - HERBS



MANY VARIETIES OF HERBS CAN BE GROWN IN SAN DIEGO COUNTY! FRESH HERBS ARE RICH IN ANTIOXIDANTS AND ANTI-INFLAMMATORY AND IMMUNE SUPPORTIVE PROPERTIES. THEY ALSO ARE FULL OF VITAMINS A, C, AND K.

HEALTHY SERVING IDEAS



MAKE SAUCES AND DRESSINGS

ADD TO OILS OR BUTTERS FOR FLAVOR



ADD AS A TOPPER TO MEALS AND SALADS FOR FRESHNESS AND FLAVOR

FOOD WASTE PREVENTION

- FOR TENDER HERBS (BASIL, CILANTRO, PARSLEY), TRIM THE ENDS OF THE STEMS. FILL A GLASS WITH AN INCH OF WATER AND PLACE THE HERBS IN IT LIKE A BOUQUET. COVER LOOSELY WITH A PLASTIC BAG AND STORE IN FRIDGE UNTIL READY TO USE
- FOR HARD HERBS (ROSEMARY, THYME, OREGANO), ARRANGE THE HERBS IN A SINGLE LAYER ON A DAMP PAPER TOWEL. ROLL THEM UP AND PUT IN A PLASTIC BAG. STORE IN FRIDGE UNTIL READY TO USE



FUN FACTS

HERBS HAVE A VARIETY OF USES INCLUDING CULINARY, MEDICINAL, COSMETIC, AROMATIC, AND EVEN SPIRITUAL

HERB VARIETIES



PARSLEY

CLEAN AND PEPPERY TASTE, GREAT ADDITION TO ANY MEAL FOR FRESHNESS

MINT

SWEET AND COOLING TASTE. GREAT FOR SWEET AND SAVORY DISHES



BASIL

FRESH AND PEPPERY, CAN HAVE HINTS OF CITRUS OR SPICE. THERE ARE MANY VARIETIES WITH A RANGE OF FLAVORS



CILANTRO

FRESH, CITRUSY, EVEN SOAPY TASTE. GREAT FOR ANY SAVORY DISH



ROSEMARY

WOODSY, HERBAL FLAVOR WITH NOTES OF EVERGREEN, CITRUS, PINE, AND SAGE. GREAT FOR SWEET OR SAVORY



FUN FACTS

SOME PEOPLE BELIEVE THAT CILANTRO TASTES LIKE SOAP! THIS IS DUE TO OUR GENES. SOME PEOPLE HAVE A VARIATION IN THEIR GENES THAT ALLOWS THEM TO DETECT ALDEHYDES (A SOAPY FLAVORED COMPOUND) IN CILANTRO LEAVES! ONLY A SMALL PERCENT OF THE POPULATION HAVE THIS GENE.



DIY HERB GARDEN

MATERIALS

- HERBS OF YOUR CHOICE
- MILK CARTON
- COOKIE SHEET
- SCISSORS
- SOIL
- PENCIL AND PAPER
- PAINT

INSTRUCTIONS

1. CLEAN AN EMPTY MILK CARTON AND LET IT DRY
2. CUT THE TOP OFF OF THE CARTON, THEN FLIP IT OVER AND POKE SOME HOLES ON THE OTHER SIDE
3. PLACE THE TRAY UNDER THE CARTON
4. USE THIS TIME TO PAINT AND DECORATE THE CARTON IF WANTED
5. FILL THE CARTON WITH SOIL AND MAKE SMALL HOLE FOR THE HERBS TO GO
6. PLACE YOUR HERBS IN THE HOLES AND LABEL THEM
7. LIGHTLY WATER THE SOIL AND PLACE THE TRAY IN A WARM AND SUNNY SPOT
8. WATER AS NEEDED AND ENJOY YOUR HERB PLANTS!

ACTIVITY FROM: [HTTPS://WWW.PBS.ORG/PARENTS/CRAFTS-AND-EXPERIMENTS/GROW-AN-HERB-GARDEN](https://www.pbs.org/parents/crafts-and-experiments/grow-an-herb-garden)

3-HERB CHIMICHURRI SAUCE

INGREDIENTS

- 1 MEDIUM SHALLOT
- 2-4 CLOVES OF GARLIC
- 3 TBSP RED WINE VINEGAR
- 2 TBSP FRESH LEMON JUICE
- 1/4 TSP SALT
- 1/4 TSP RED PEPPER FLAKES
- FRESHLY GROUND PEPPER TO TASTE
- 1 CUP FIRMLY PACKED FLAT-LEAF PARSLEY
- 1/2 CUP CILANTRO LEAVES
- 1/2 TSP DRIED OREGANO OR 1 TBSP FRESH OREGANO LEAVES
- 1/2 CUP OLIVE OIL

INSTRUCTIONS

1. FINELY CHOP ALL OF THE INGREDIENTS AND ADD TO A MEDIUM BOWL
2. STIR IN THE RED WINE VINEGAR AND LEMON JUICE
3. WHISK IN THE OLIVE OIL
4. THE SAUCE WILL KEEP IN AN AIRTIGHT GLASS CONTAINER IN THE FRIDGE FOR UP TO 5 DAYS
5. SERVE ON GRILLED MEAT, USE AS A MARINADE, SPOON ONTO ROASTED VEGGIES, USE AS A DIP FOR CHIPS OR BREAD!



RECIPE FROM: [HTTPS://WWW.ELIZABETHRIDER.COM/CHIMICHURRI-SAUCE/](https://www.elizabethrider.com/chimichurri-sauce/)