



CSA Harvest Information



Herbs

Important Herb Information

- Please pick only the rows marked with brightly colored tape.
- Please pick so that you do not damage the plant:
 - Make sure the plants are not stripped of leaves
 - Snip between the shoots on a stem to promote future growth- For oregano, cut the top 6 inches (not to the ground)
 - Pick only the leaves of sages
 - Cut chive to 1 inch above the ground
- Wash and store herbs as you would lettuce - wrap herbs in paper towels and put in a zip-top bag in the refrigerator.
- Or store herbs as you would a flower bouquet - place the base of the stems in a container of water.
- Cooking Idea: tie 3 sprigs parsley, 3 sprigs thyme, and a bay leaf together with kitchen twine and add to a cooking liquid to add flavor.



Basil

We grow more basil (by a mile) than any other herb because of its popularity. Use basil in pesto or in a Caprese salad with tomatoes and fresh mozzarella. Add basil to cooked dishes at the last moment, as cooking can destroy the wonderful flavor of basil.



Chives

Use chives to add an oniony flavor (with a tiny hint of a garlicky flavor) without having to put big chunks in your dish. Chives are also good raw as a garnish over things like deviled eggs. The pretty purple flowers are edible, too!



Catmint

Cats are attracted to catmint leaves that have been bruised. They rub against it and roll around on it. If you have an older cat, be careful (the stimulation might be too much for it).



Cilantro

Cilantro is the leaves and stems of the coriander plant. Cilantro is common in Mexican and Thai food. The plant produces delicate, white flowers from the cilantro leaves that have the exact essence of cilantro with a sweet floral finish. When it goes to seed, use the seeds - they are the spice coriander!



Use the flowers as a cut flower or brew it in a tea. The tea is most commonly used to help soothe stress and help promote sleep and relaxation. They also can be used in recipes.



Dill looks a lot like fennel fronds, but it doesn't have the licorice flavor. Just smell to tell the difference! It is used in soups, stews, and for pickling. It is also great in chicken salad and Greek dishes.



We grow fennel for its fronds, not for its bulbs. The fronds look a lot like dill leaves and can be used similarly to dill leaves. The difference is that the fennel fronds will impart a licorice flavor. They are great with pasta, tomatoes, and shellfish.



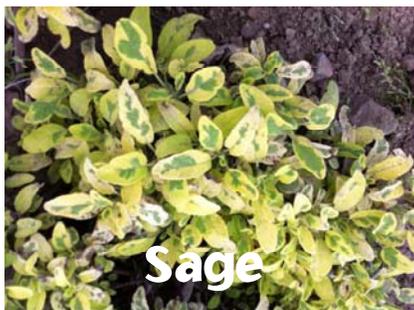
There are two main kinds of mint for culinary purposes: spearmint (left) and peppermint (right). Spearmint has a sharper flavor and more intense aroma, while peppermint tends to be more delicate and sweet. They can be used interchangeably, but peppermint is best for desserts and beverages.



Use oregano in pasta sauces, pizza, Greek dishes, and Mexican cuisine. A pinch of oregano elevates the flavors of garlic, lemon, and tomatoes. However, be careful - too much oregano can make dishes taste bitter.



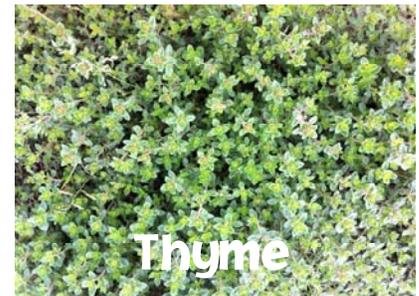
We grow flat and curly parsley. The curly parsley has a milder flavor than flat leaf parsley. The flat leaf parsley is considered more desirable for cooking, but they can be used interchangeably.



Sage has a downy coating on its leaves. Sage is best known for its use in sausage and stuffing. It has a strong flavor, so use it sparingly and taste it as you go. We grow three varieties of sage - all taste the same.



Tarragon is widely used in French cuisine. Its distinctive yet subtle herbal flavor is particularly well suited for use with fish and chicken. Tarragon is one of the herbs used to make *finest herbes*, a delicate herb blend used extensively in French cooking. Tarragon is delicious in salad dressings and in sauces.



We grow English thyme and lemon thyme (has lemon stripes). Lemon thyme delivers a soft herbal flavor along with a subtle essence of lemon. To use both, remove the leaves from the woody stem before eating. Pinch your fingers together and run them down the stem in the opposite direction from the way the leaves have grown.