

Infused Water:

It is hard to even call infused water a recipe because it is so simple.

For best flavor, it takes at least 4 hours or overnight in the refrigerator to let the flavors of the fruit infuse into the water.

Recipes:

Cucumber Mint

Thinly slice one cucumber. Peel if it isn't organic! Add the sliced cucumbers to a ½ gallon glass jar, add 8 muddled fresh mint leaves, and fill with filtered water. Stir gently and place in refrigerator for at least 4 hours or overnight.

Watermelon Basil

Add about 2 cups of finely chopped fresh watermelon (without rind) to a gallon-size glass jar. Add 15 leaves of muddled basil and filtered water to fill. Store in refrigerator and allow at least 4 hours to infuse.

Herbed Bouquets:

Herb-filled bouquets are perfect to stimulate all of your senses. They look and smell amazing. Herbs also have fantastic vase life. Add dill, lavender, sage, mint and thyme to your bouquets. They are perfect fillers for bouquets and add fantastic fragrance.

You can find more recipes, tips and tricks using herbs in cook books. A few of our resources:

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use

Taste of Home

Red Fly Creations

Betty Crocker

Splendid Table

Be sure to visit the North Country Master Gardener Volunteers website

www.northcountrymgv.org/

and our blog

www.northcountrymgv.org/blog

Please remember to put the Master Gardener plant sale on your May 2020 Calendar.

[North Country Master Gardener Volunteers](#)

Serving Burnett, Sawyer and Washburn Counties

The Pleasure of Herbs

Herbs activate all of our senses, inviting us to touch, smell and taste them all. They are beautiful. Make our food come alive. Inspire new culinary adventures. They make us happy.

Herbs In Our Garden:

Basil

Cilantro

Dill

Garlic Chive

Lavender

Lemon Balm

Lemon Grass

Onion Chive

Oregano

Parsley

Peppermint

Rosemary

Sage

Thyme

Ways to use Herbs:

Use fresh cut leaves in..

Salads ~ Fruit Salads ~ Butters

Cooked Vegetable ~ Sugars ~ Salts

Stir Fry ~ Hot or Cold Water

Smoothies ~ Pesto's ~ Sour Cream

Soup ~ Teas ~ Marinades ~ Rubs ~ Sachets

* **Dry herbs all summer and use all winter by storing in plastic bags or glass jars.**

* **Make dried herbs into sachets for linens, drawers and gifts.**

* **Put freshly harvested herbs in ice cube trays with water. Freeze into cubes, take out as needed all winter long and use in casseroles, soups, stews, meats, vegetable dishes.**

Herbs are Part of Daily Living:

They are useful in..

Culinary ~ Medicinal ~ Healthy Nutrition

Herbs are full of vitamins, minerals, fat free, calorie free and full of flavor!

The Power of Peppermint:

Use a whole peppermint leaf in hot or cold water to help with an upset stomach or a quick pick me up instead of coffee or caffeine. Chew a few leaves to help freshen breath. It is also helps suppress cravings.

Create a fun dessert.. add chopped peppermint to brownies.

Herbed Butters:

How to Make:

Chop up herbs fine

Mix by hand with a fork or electric mixer

Shape into ball, square or brick

Wrap with plastic wrap

Seal and refrigerate to harden

Slice and set at room temperature for 30 minutes before use

Recipes:

Herb Butter ~ made with rosemary and sage
-use on baked potato, fried potato, grilled steak

Red Wine Butter ~ made with chives and parsley-use on Italian bread. Potatoes

Cilantro Lime Butter ~ use on corn on the cob and fish.

Rosemary Basil Sundried Tomato Butter ~ use on toast or a bagel.

Herbed Salt:

How To Make:

½ cup coarse salt

several leaves of the herb of your choice..
example: rosemary or lemon thyme

In a food processor or coffee grinder pulse salt and herbs until a fine consistency.

Pour mixture into a shallow baking dish and let dry 2 to 3 hours.

Transfer to a glass jar and screw on lid.

Recipes:

Tuscan Herb Salt: Rosemary, sage, thyme

Provence Herb Salt: Rosemary, thyme, basil marjoram, edible grade lavender and oregano

Use herbed salt on beef, pork, chicken, fish, wild game, all vegetables, dried beans, potatoes, eggs, bloody mary mix and popcorn.

Herbed Sugars:

How To Make:

Chop fresh herb fine with chefs knife.

Mix sugar and herb or herbs with hand held mixer.

1:1 ratio of herb : sugar

For lavender or more potent herbs ½: 1 part sugar.

experiment with ratios to find a flavor that suits you.

Enjoy the color of herb in sugar add the flowers (lavender flowers.. basil flowers)

Slow Method to Infuse:

chop up or simply de-stem herb and insert into sugar for several days or weeks in a cool, dark place.

No herb color will appear but sugar will be infused with essential oils for a nice aroma in hot or cold water, tea or other beverages.

Kitchen Herb Teas:

How To Make:

Hot tea directions

Boil water.

Add **fresh herbs** to a teapot. Amount depends on the strength of the **herb** and how strong you like your **tea** – approximately ¼ – ½ cup of leafy **herbs** per cup of water. Pour hot water over **herbs** and let steep for several minutes.

Herbs to try in your tea:

Basil, chamomile flowers, chives, dill, lemon balm, marjoram, mint, oregano, parsley, peppermint and other mints, rosemary, sage, thyme, verbena.