



herb savvy

Dill-icious! Herb of the Year

Recipes for ...

- » Dilly of a Cucumber Salad
- » Dilled Sweet Potato Soup

... and more!



www.frontiercoop.com

Why Buy Bulk Herbs?

If herbs are part of your lifestyle, why not use the very best? For unsurpassed quality, freshness and value, choose Frontier bulk herbs.

» Quality

Frontier bulk herbs are rigorously tested and continually inspected by the experts on our quality assurance team. Our quality program includes visits to our growers around the world, thorough inspection of every shipment, extensive chemical tests, controlled storage conditions and strict handling procedures. Our team makes sure that every Frontier product you buy delivers maximum potency.

» Freshness

As you measure out each Frontier bulk herb from its jar, notice its vivid color and full aroma; these tell you that the herb compounds are effective, vigorous and potent. With bulk herbs, you can see and smell the quality for yourself—before you buy.

» Value

Frontier bulk offers you top-quality herbs for a third or less of what it would cost to buy them prepackaged. And whether you need a pinch or a pound, bulk allows you to purchase the exact amount. So you can try that new herbal tea, tincture or cosmetic recipe without having to buy entire packages of each ingredient.



1-800-786-1388 www.frontiercoop.com

NEW LEAF PAPER® ENVIRONMENTAL BENEFITS STATEMENT <i>of using post-consumer waste fiber vs. virgin fiber</i>				
Frontier Natural Products Co-op saved the following resources by using New Leaf Sakura 100, manufactured with electricity that is offset with Green-e® certified renewable energy certificates, 100% post-consumer waste, and processed chlorine free.				
trees	water	energy	solid waste	greenhouse gases
15 fully grown	6,493 gallons	11 million Btu	726 pounds	1,416 pounds
Calculations based on research by Environmental Defense and other members of the Paper Task Force.				
©2007 New Leaf Paper www.newleafpaper.com				

M524926

Herb of the Year

Congratulations to dill, Herb of the Year for 2010! It's well-deserved recognition, dill having served for centuries with grace and distinction in gardens and kitchens around the world.

A delicate, feathery leafed annual that self-seeds, dill showcases an umbrella of chartreuse flowers. It can grow to three feet and attracts butterflies as it spreads almost as wide. A relative of parsley, it's in the *Umbelliferae* family.

Native to Russia, western Africa and the Mediterranean, dill ("to lull" in old Norse) was used by ancient Egyptians, Greeks and Romans. Like most herbs, dill has a history of curative use. In fact, it's mentioned in reference to both Hippocrates and Charlemagne for its cleansing and carminative properties.



Q&A

Should I use dill seed or dill weed? How much of each?

You can't go wrong with either, but, in general, use dill seed when you want a stronger seasoning and the more delicate dill weed when you want more subtle flavor. You might also choose the seed for dishes that require longer cooking and the weed for quick-cooking sauces, salads and dressings. Use dill to taste, but if you're unsure, start with about 1/4 to 2 teaspoons whole dill seed per 4 servings. You can use dill weed liberally, thanks to its subtle flavor.



When would I use the ground dill seed?

In many recipes, you can use the ground seed interchangeably with the whole seed. It works well in herb butters, sauces, and with fish. Go easy at first, maybe starting with about 1/8 to 1/4 teaspoon ground seed per 4 servings of your recipe. You can always add more!

Is dill used in any ethnic cuisine?

Yes, you'll find dill weed in tzatziki, a Greek cucumber salad, and dill oil in gravlax, the marinated herring of Scandinavia. In fact, cooks in Russia, France, and Scandinavia use dill liberally in salads, soups (especially borscht), sauces, spreads, open-faced sandwiches, and fish dishes. Arab cooks use dill seed (ain jaradeh or "cricket eye") in pickles and fattosh, and Thai and Vietnamese cooks use it with steamed fish and seafood curries. Iranians pair the spice with rice.

*To learn more about dill, visit
www.frontiercoop.com*

Dill in the Kitchen

Dill's claim to fame may be the pickle (did you know we Americans eat an average of nine pounds of pickles each every year?), and its spicy sweet, citrusy, yet gentle taste is distinctive. At the same time, it's a remarkably versatile seasoning.

Use it to transform any simple vegetable into a delightful side dish. Beets, cabbage, avocado, eggplant, parsnips, pumpkin and other squash, broccoli, cauliflower, turnips, limas, potatoes, green beans, and tomatoes will all shine with a sprinkling of dill. It even has a place in desserts and beverages; try it in pastries and apple pie, and as a soothing—and breath freshening—after-dinner tea!

Here are some other, almost-instant, ways to enjoy dill:

- Sprinkle on top of open-faced cream cheese or hummus sandwiches.
- Combine with plain yogurt and a drop of Dijon mustard for a sauce. Use for fish or vegetables (especially asparagus).
- Add to your standard potato (or egg or other) salad recipe (or even store-prepared side salads).
- Stir into softened butter to serve with breads or vegetables.
- Add to scrambled eggs, or use to top deviled eggs.
- Include in any salad dressing.
- Sprinkle in cottage cheese or cream cheese, sauces, and gravies.
- Use dill seed in place of caraway seed in any recipe.
- Fold into bread and cracker doughs.

Dilly of a Cucumber Salad

Funny how dill has such an affinity for cucumbers, but it's undeniable.

2 small cucumbers, thinly sliced	1/4 cup olive oil
1 medium zucchini, thinly sliced	2 teaspoons dill weed
1 radish, shaved into thin slices	sea salt
2 tablespoons balsamic vinegar	coarse black pepper
	2 ounces feta cheese

Toss cucumbers, zucchini, and radish together in a bowl. In a separate bowl, combine vinegar, olive oil and dill weed. Pour over vegetables and season with salt and pepper to taste. Sprinkle with feta and refrigerate until ready to serve.

Makes about 4 servings.



Dilled Sweet Potato Soup

Dill seed provides a snap of flavor in each bite of this robust soup.

1 tablespoon vegetable oil	2 tablespoons vegetable-flavored broth powder
1 large onion, sliced	1/2 teaspoon sea salt
1 clove garlic, minced	1 tablespoon dill seed
5 cups peeled, cubed sweet potatoes (about 3 medium potatoes)	1/4 teaspoon coarse grind black pepper
4 cups water	1 teaspoon dried parsley
	1 cup milk

Heat oil in a soup pot. Add the onions and garlic, and sauté until golden.

Add potatoes, water, broth powder, salt, dill seed, pepper, and parsley. Cover and bring to a boil, then reduce heat to simmer. Cook until potatoes are just tender, about 20 minutes.

Ladle 2 cups of the hot soup into a blender or food processor. Add the milk and purée. Pour back into the pot. Stir well over low heat for one minute.

Makes about 6 servings.