

## Preserving your Herbs

Drying – tie in bunches, hang upside down in well ventilated place

- In oven on cookie sheet - lowest setting (150-200) 1 hour then turn off and leave herbs in oven for several hours or overnight

Freezing - wash and dry gently, strip leaves from stems, or chop

- Spread on cookie sheet and freeze
- Sprigs/flowers can be frozen in water in ice cube trays
- Put frozen herbs in containers or plastic bags
- Use in soups, casseroles, drinks
- Basil (large leaf herbs) rub with oil, freeze between wax paper

## Preserving in Vinegar, Salt, Oil

Vinegar – pour 3 cups of vinegar over at least 1-cup herbs into sterilized jar. Let stand 1 month in a dark cool place, such as a cabinet. Strain vinegar through coffee filter or cheesecloth. Pour into sterilized bottles (with new herb sprig, if desired)

Salt – layer large leafed herbs, like sage, in jar with coarse salt.  
Will keep for several months

Oil – place 1 cup of herbs and 1 cup of oil in container in 300 degree oven,  
Heat one hour, then cool one hour. Strain oil. Store in glass container in fridge.

## Herb Cooking

Bouquet Garni –

Fresh - tie herbs together then tie string end to pot handle

\* You may put in plastic bags and store in freezer for future use

Dry – tie herbs in cheesecloth or muslin store in plastic bag in cool dark place

Use chopped fresh herbs in:

White sauce – any

Mayonnaise – parsley, tarragon, basil, watercress, chives, tarragon

Butter – chives, chervil, lovage, parsley, mint, basil, tarragon or combo

Lemon juice makes garlic butter a bit less pungent

Jellies – use infusion of herbs in juice as base for jelly, then proceed as usual (pectin, sugar, etc.)

Teas- steep fresh (2Tbsp) or dried herbs (2tsp) in boiling water (1cup)

Wait a few minutes, then strain - mint, chamomile, marjoram