



Michigan Restaurant & Lodging Association

E D U C A T I O N A L F O U N D A T I O N

MRLAEF

# Michigan Herb & Spice Guide

SPECIALTY HERBS AND SPICES GROWN IN MICHIGAN

M I H E A L T H Y F O O D . O R G

The Michigan Herb & Spice Guide was developed by the Michigan Restaurant & Lodging Association Educational Foundation with funds from the Michigan Department of Agricultural and Rural Development in accordance with the USDA Specialty Crop Block Grant Program.

The purpose of the Specialty Crop Block Grant Program (SCBGP) is to enhance the competitiveness of specialty crops. Specialty crops are defined as “fruits, vegetables, tree nuts, dried fruits, horticulture, and nursery crops (including floriculture).”

The agency, commission, or department responsible for agriculture within any of the 50 States, the District of Columbia, the Commonwealth of Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, and the Commonwealth of the Northern Mariana Islands is eligible to apply directly to the U.S. Department of Agriculture for grant funds. Organizations or individuals interested in the SCBGP should contact their state department of agriculture for more information.

<https://www.ams.usda.gov/services/grants/scbgp> &

<https://www.michigan.gov/mdard>

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CHAPTER 1:  
Meet the Herbs  
Grown in Michigan



# Anise

## LICORICE-LIKE FLAVOR



**Scientific Name of Herb:** *Pimpinella anisum*



**Flavor Profile:** Licorice, fennel



**Common Uses:** Ouzo, baked goods, ground meat, coffee drinks, root vegetables



**Pairs Best With:** Mint and melon



**Available:** Fresh seasonally and from specialty retailers



**Random Fact:** Can grow up to 3 ft tall and produces flowers and a small fruit known as anise seed.



# Basil Varieties

## SWEET BASIL



**Scientific Name of Herb:** *Ocimum basilicum*



**Flavor Profile:** Hints of mint, anise, black pepper



**Common Uses:** Fresh in salads and with tomatoes, cooked in Italian style dishes.



**Pairs Best With:** Oregano, savory, thyme when cooked, chives, dill, parsley when fresh



**Available:** Fresh in Michigan- all year



**Random Fact:** Fresh basil can be stored in water, like flowers but does not do well in the refrigerator. Basil comes in many different colors, sizes and flavor profiles.

## LEMON BASIL



**Scientific Name of Herb:** *Ocimum citriodorum*



**Flavor Profile:** Sweet, tangy lemon flavor



**Common Uses:** Stir fry, chicken, snap beans



**Pairs Best With:** Chives, mint, zucchini, green beans and asparagus



**Available:** Fresh seasonally and from the local farmer's market



**Random Fact:** Good source of vitamin K and beta-carotene

## L I M E   B A S I L



**Scientific Name of Herb:** *Ocimum americanum*



**Flavor Profile:** Citrus, zesty lime flavor



**Common Uses:** Stir fry, poultry and tomato sauces



**Pairs Best With:** Beans of all kinds and peppers



**Available:** Fresh seasonally and from the local farmer's market



**Random Fact:** Blossoms are a great garnish for fruit salad

## C I N N A M O N   B A S I L



**Scientific Name of Herb:** *Ocimum basilicum*



**Flavor Profile:** Spicy, fragrant aroma and flavor reminiscent of cinnamon



**Common Uses:** Tea, baked goods, salads, vinegars



**Pairs Best With:** Apples and pork



**Available:** Fresh seasonally and from specialty retailers



**Random Fact:** Very aromatic with red stem, green leaves and purple flowers

## T H A I   B A S I L



**Scientific Name of Herb:** *Ocimum basilicum*



**Flavor Profile:** Anise, licorice and clove



**Common Uses:** Infuse flavor in broths especially in Thai cooking



**Pairs Best With:** Coriander, chilies



**Available:** Fresh seasonally and from specialty retailers



**Random Fact:** Put a basil leaf in your pocket and money will come your way, so says ancient wisdom



# Borage



**Scientific Name of Herb:** Borago officinalis



**Flavor Profile:** Cucumber-like taste



**Common Uses:** Salads, chimichurri



**Pairs Best With:** Beans, peas and spinach



**Available:** Seasonally and from specialty retailers



**Random Fact:** Flower is sweet-honey like taste, used for decoration



# Caraway



**Scientific Name of Herb:** Carum carvi



**Flavor Profile:** Bittersweet sharpness with hint of citrus and pepper



**Common Uses:** Breads, meat dishes and sauerkraut



**Pairs Best With:** Garlic, pork, cabbage and potatoes



**Available:** Fresh seasonally and from specialty retailers



**Random Fact:** A rich source of antioxidants and lutein



# Chamomile

SWEET APPLE-SCENTED LEAVES :  
USUALLY GROWN AS AN ANNUAL



**Scientific Name of Herb:**

*Matricaria chamomilla*



**Flavor Profile:** Apple, honey like sweetness



**Common Uses:** Blossoms are great in salads or as tea

 **Pairs Best With:** Mint, basil and apple



**Available:** Fresh seasonally and from the local farmer's market



**Random Fact:** Chamomile tea is said to cure headaches and bruises

# Chervil



**Scientific Name of Herb:**

*Anthriscus cerefolium*



**Flavor Profile:**

Parsley/anise flavor



**Common Uses:**

Fish, soups and butter sauces

 **Pairs Best With:** Salmon, eggs and wild rice



**Available:** Fresh seasonally and from the local farmer's market



**Random Fact:** Chervil juice is used to make medicine for coughs and high blood pressure among other things.



# Chicory



**Scientific Name of Herb:** Cichorium intybus



**Flavor Profile:** Slightly bitter



**Common Uses:** Sautéed or boiled to remove the bitter taste.



**Pairs Best With:** Salad greens, fruit and cheese, pasta and mushrooms



**Available:** Fresh seasonally and from specialty retailers



**Random Fact:** Used to make a coffee like drink

# Chives

BLOSSOMS ARE A LOVELY PINK AND EDIBLE



**Scientific Name of Herb:** Allium schoenoprasum



**Flavor Profile:** Light onion with a hint of garlic



**Common Uses:** Soups, salads, vegetables and main dishes.



**Pairs Best With:** Eggs, potatoes, fish and seafood



**Available:** Fresh in Michigan all year



**Random Fact:** Heat destroys chives flavor



# Cilantro

LEAVES GIVE A FRESH, CLEAN TASTE TO DISHES



**Scientific Name of Herb:** Coriandrum sativum



**Flavor Profile:** Pungent, complex, citrusy flavor



**Common Uses:** Pico De Gallo, dipping sauces, Thai chicken or beef.



**Pairs Best With:** Garlic, onions, chiles, limes, basil and mint.  
Strawberries and cucumber work well also.



**Available:** Fresh in Michigan all year



**Random Fact:** Many people think it tastes like soap. This is a genetic issue.



# Corriander



**Scientific Name of Herb:** Coriandrum sativum



**Flavor Profile:** Tart and sweet with a floral aroma



**Common Uses:** Spanish, Mexican and Indian cuisine



**Pairs Best With:** Garlic, onion, limes, basil and mint



**Available:** Fresh seasonally and from the local farmer's market



**Random Fact:** The seeds of a cilantro plant

# Dill

FINE, FERN-LIKE LEAVES USED FRESH OR DRY. FLAVOR OF DILL PICKLES



**Scientific Name of Herb:**  
Anethum graveolens



**Flavor Profile:** Warm, grassy aroma and notes of anise and lemon



**Common Uses:** With eggs and pickles, seafood and salad dressings.



**Pairs Best With:** Potatoes, tomatoes, eggs, and onions. For other spices pair with basil, mint, cilantro, chives, parsley and tarragon.



**Available:** Fresh in Michigan all year



**Random Fact:** Both leaves and seeds are used in cooking



# Fennel



MILD LICORICE FLAVOR; SEEDS,  
LEAVES, STEMS AND BULB EDIBLE



**Scientific Name of Herb:** *Foeniculum vulgare*



**Flavor Profile:** Mild licorice flavor



**Common Uses:** With hot or cold vegetable dishes, Mediterranean foods



**Pairs Best With:** Dill, radish, beans, spinach and citrus



**Available:** Fresh in Michigan all year.



**Random Fact:** Fennel is used for various digestive problems like gas and bloating.

# French Sorrel



**Scientific Name of Herb:**  
*Rumex scutatus*



**Flavor Profile:**  
Citrus flavor



**Common Uses:** Salad green, soups or stews



**Pairs Best With:** Fish as a sauce



**Available:** Fresh seasonally and from specialty retailers



**Random Fact:** excellent source of potassium

# Ginger



**Scientific Name of Herb:**  
Zingiber officinale



**Flavor Profile:** Peppery and sweet



**Common Uses:** Asian dishes  
and baking



**Pairs Best With:** Apples, pears, lemon grass, mint and scallions



**Available:** Fresh all year.



**Random Fact:** Pickled  
ginger is often  
served with sushi



# Lavender



'HIDCOTE' AND 'MUNSTED' RELATIVELY  
HARDY: PRUNE IN SPRING



**Scientific Name of Herb:** Lavandula



**Flavor Profile:** Aromatic, slightly sweet or astringent to some.



**Common Uses:** Desserts, lavender sugar, tea, fish and French cooking  
and meat marinades.



**Pairs Best With:** Strawberries, blueberries, mint, oregano, rosemary,  
thyme, sage and savory



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Has natural anti-inflammatory tendencies.

# Lemon Balm

DRIED LEMONY LEAVES USED IN TEAS.  
SELF-SEEDS PROLIFICALLY



**Scientific Name of Herb:** *Melissa officinalis*



**Flavor Profile:** Bright lemon flavor and scent



**Common Uses:** In place of lemon peel in soups, sauces, vinegars, seafood and chicken.



**Pairs Best With:** Melons, tomatoes, apples, squash and broccoli or cauliflower.



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Extract and oil are used for flavoring.

# Lemon Thyme



**Scientific Name of Herb:**  
*Thymus citriodorus*



**Flavor Profile:** Bright lemon with a woody undertone



**Common Uses:** Marinades for chicken and fish, soups and stock.



**Pairs Best With:** Potatoes, tomatoes, green salads and fruits.



**Available:** Fresh seasonally and from the local farmer's market



**Random Fact:** A tiny shrub that remains ornamental all year



# Lovage



**Scientific Name of Herb:**  
Levisticum officinale



**Flavor Profile:**  
Similar to celery



**Common Uses:**  
Salads, soups, salsa



**Pairs Best With:**  
Oregano and garlic, salad greens



**Available:** Fresh seasonally and from specialty retailers



**Random Fact:** Can survive even in winter



# Marjoram



MILD. OREGANO-LIKE FLAVOR



**Scientific Name of Herb:** Origanum Majorana



**Flavor Profile:** Woodsy, citrusy, and floral



**Common Uses:** Salad dressing, meat dishes and sausage, tomato-based dishes.



**Pairs Best With:** Green beans, cheese, eggs, cauliflower, corn, poultry, pork and tomatoes.



**Available:** Fresh in Michigan seasonally and from specialty retailers



**Random Fact:** Used by the ancient Greeks medicinally, symbolically and in cooking.



# Mint Varieties

PEPPERMINT - LEAVES AND OIL  
EXTRACTS USED.



**Scientific Name of Herb:** *Mentha x piperita*



**Flavor Profile:** Clean, minty, cooling.



**Common Uses:** Tabbouleh, pesto, pizza



**Pairs Best With:** Basil, oregano, strawberries, melon and chocolate



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Peppermint plants around the house may repel rodents, flies, and ants. May be invasive.





SPEARMINT - LEAVES AND OIL USED AS FLAVORING.



**Scientific Name of Herb:** *Mentha spicata*



**Flavor Profile:** Sweet, smooth, minty



**Common Uses:** Meat, fish and vegetable dishes like sweet peas and as tea.



**Pairs Best With:** Sweet peas, strawberries, melon, lamb, and lime.



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Rampant, aggressive spreader



# Oregano

BOLD. SPAGHETTI SAUCE OR PIZZA SAUCE FLAVOR



**Scientific Name of Herb:** Origanum vulgare



**Flavor Profile:** Sharp with a warm pungent taste



**Common Uses:** With tomato-centric recipes, marinades for lamb, chicken and beef.



**Pairs Best With:** Tomatoes, garlic, basil, onion and thyme.



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Means Joy of the Mountain in Ancient Greek

# Parsley



**Scientific Name of Herb:**  
Petroselinum crispum



**Flavor Profile:** Clean, peppery, earthy



**Common Uses:** Tabbouleh, and as a garnish



**Pairs Best With:** Carrots, parsnips, tomato, duck and seafood



**Available:** Fresh all year



**Random Fact:** Has anti-inflammatory properties



# Rocket



**Scientific Name of Herb:**

*Eruca vesicaria* ssp. *sativa*



**Flavor Profile:** Tart, bitter and peppery



**Common Uses:** Salad mixtures and pasta



**Pairs Best With:** Peaches, pears, corn, cucumber, tomato and watermelon



**Available:** Michigan seasonally and from the local farmer's market



**Random Fact:**

Named rocket due to how quickly it grows



# Rosemary

VERY BOLD FLAVOR: FOR BEST RESULTS, USE FRESH LEAVES IN FOODS



**Scientific Name of Herb:** *Salvia Rosmarinus*



**Flavor Profile:** Slightly minty, peppery with a woody aftertaste



**Common Uses:** With chicken, beef, and fish



**Pairs Best With:** Grains, peas, squash, potatoes, spinach, oregano and parsley.



**Available:** Fresh in Michigan all year



**Random Fact:** Rosemary is an evergreen bush that can reach 2 to 6 feet in height.



# Sage



**Scientific Name of Herb:** *Salvia officinalis*



**Flavor Profile:** Pronounced herbal flavor with hints of mint and lemon



**Common Uses:** Poultry seasoning, pairs well with meat, pasta and fish



**Pairs Best With:** Root vegetable, apples, beans, cherries and asparagus



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Sage has been used to preserve meat by the ancient Greeks as it has antibacterial properties.

# Savory Varieties

## SUMMER SAVORY - MINTY THYME FLAVOR



**Scientific Name of Herb:** *Satureja hortensis*



**Flavor Profile:** Pungent piney flavor with peppery hints.



**Common Uses:** Herbs de Provence, grilled meat and sausages



**Pairs Best With:** Beans, vegetables, pork, and lamb.



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Used in food preparation for 2,000 years.

## WINTER SAVORY - LEAVES HAVE A PEPPERY, SPICY FLAVOR



**Scientific Name of Herb:** *Satureja montana*



**Flavor Profile:** Cross between mint and thyme with a piney element



**Common Uses:** Great as a rub for meat or in soups



**Pairs Best With:** Beans, potatoes, tomatoes, chicken and fish



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Used to treat bee stings.





# Tarragon

PEPPERY SCENT AND ANISE-LIKE FLAVOR



**Scientific Name of Herb:** *Artemisia dracunculus*



**Flavor Profile:** Pungent licorice taste



**Common Uses:** Sauces on salmon and chicken



**Pairs Best With:** Eggs, beans, asparagus and carrots



**Available:** Fresh in Michigan seasonally and from specialty retailers



**Random Fact:** Name comes from a Persian word meaning little dragon

# Thyme

MILD



**Scientific Name of Herb:** *Thymus vulgaris*



**Flavor Profile:** Earthy, floral and a bit peppery



**Common Uses:** Braised meat, vegetables, or fish



**Pairs Best With:** Cabbage, carrots, winter vegetables, basil, lavender, and oregano.



**Available:** Fresh in Michigan seasonally and from the local farmer's market



**Random Fact:** Thyme is said to help in the digestion of fatty foods





# Turmeric



**Scientific Name of Herb:** Curcuma longa



**Flavor Profile:** Pungent, bitter, mildly aromatic



**Common Uses:** Savory dishes like curries



**Pairs Best With:** Sweet potatoes, winter squash and carrots



**Available:** Fresh in Michigan seasonally and from specialty retailers



**Random Fact:** Member of the ginger family

# Winter Cress



**Scientific Name of Herb:** Barbarea



**Flavor Profile:** Strong broccoli flavor



**Common Uses:** Sautéed with bacon or in salad mixes.



**Pairs Best With:** Pork, venison, fish and root vegetables



**Available:** Fresh in Michigan seasonally and from specialty retailers



**Random Fact:** Used as anti-scurvy plant due to its high levels of vitamin C



Herb	Scientific Name	Flavor Profile
Anise	Pimpinella anisum	licorice, fennel
Sweet Basil	Ocimum basilicum	hint of mint and pepper
Lemon Basil	Ocimum citriodorum	sweet, tangy lemon
Lime Basil	Ocimum americanum	citrus, zesty lime
Cinnamon Basil	Ocimum basilicum	spicy, fragrant
Thai Basil	Ocimum basilicum	licorice, clove
Borage	Borago officinalis	cucumber-like flavor
Caraway	Carum carvi	bittersweet, citrus, pepper
Chamomile	Matricaria chamomilla	apple, honey
Chervil	Anthriscus cerefolium	faint licorice
Chicory	Cichorium intybus	rich and sweet with hint of bitter
Chives	Allium Schoenoprasum	delicate onion with hit of garlic
Cilantro	Coriandrum sativum	pungent, complex, citrusy
Corriander	Coriandrum sativum	tart, sweet, floral aroma
Dill	Anethum graveolens	warm, grassy, touch of lemon
Fennel	Foeniculum vulgare	mild licorice flavor
French Sorrel	Rumex scutatus	citrus flavor
Ginger	Zingiber officinale	peppery and sweet
Lavender	Lavandula	herbal, astringent, earthy
Lemon Balm	Melissa officinalis	bright lemon flavor and scent
Lemon Thyme	Thymus citriodorus	bright lemon
Lovage	Levisticum officinale	celery like
Marjoram	Origanum Majorana	woody, citrusy, floral
Peppermint	Mentha x piperita	clean, minty, cooling
Spearmint	Mentha spicata	sweet, minty
Oregano	Origanum vulgare	sharp, a warm pungent taste
Parsley	Petroselinum crispum	clean, earthy
Rocket	Eruca vesicaria ssp. sativa	tart, bitter, peppery
Rosemary	Salvia Rosmarinus	minty, peppery, woody aftertaste
Sage	Salvia officinalis	mint, eucalyptus, lemon
Summer Savory	Satureja hortensis	piney with hints of pepper
Winter Savory	Satureja montana	minty with a piney element
Tarragon	Artemisia dracunculus	licorice flavor
Thyme	Thymus vulgaris	earthy, floral
Turmeric	Curcuma longa	pungent, bitter, aromatic
Winter Cress	Barbarea	strong broccoli flavor



Chicken	Fish	Beef	Pork	Lamb	Eggs	Fruits	Vegetables
X	X	X	X	X		X	
X	X	X	X	X	X	X	X
X	X				X		X
X	X	X	X				X
X		X	X			X	X
X	X	X	X	X	X		X
X	X						X
		X	X				X
	X					X	X
X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X
X	X	X	X		X	X	X
		X	X		X	X	X
X	X				X		X
X	X		X	X		X	X
X	X	X	X		X		X
X	X	X	X			X	X
X	X			X		X	X
X			X	X	X	X	X
X	X			X		X	X
X	X	X	X		X		X
X	X	X	X	X	X		X
		X	X	X		X	X
		X	X	X		X	X
X		X		X	X		X
X	X	X	X	X	X	X	X
X	X			X	X		X
X		X	X	X	X		X
X			X	X	X	X	X
X			X	X			X
X	X			X	X		X
X	X	X			X	X	X
X		X	X	X	X		X
X	X	X	X	X	X		X

CHAPTER 2 :

# Michigan Herb & Spice Preservation Method

- Extend Shelf Life
- Drying Herbs
- Freezing
- Herbal Vinegar and salt

# Extend Shelf Life

When we purchase Herbs, they are sold in bunches or bundles. You open up your bundle of herbs and only need a small quantity for your recipe. What happens to the rest of the fresh herb bundle? Under proper refrigeration, you can extend the shelf life of your herb. There are two common ways to store herbs in the refrigerator: in a jar with water or wrapped in a damp paper towel. Herbs are fresh produce. These methods will only extend the usable shelf life.

## METHOD ONE: CALLED THE WET JAR METHOD OR THE BASIC WATER IN A JAR. LIKE FLOWERS IN A VASE.

- Select your fresh herb, rinse the herbs, but do not remove the leaves from the stem.
- Trim the ends of the herb stalk (as if they are flowers).
- Put an inch of cool water in the bottom of a mason jar or glass.
- Place your trimmed stalks into the water. Enough water to cover the bottom of the stems but not to cover the leaves.
- Place a plastic bag over of the leaves. Seal the plastic bag to the jar using a rubber band. The bag will help to protect the herbs from drying out.
- The water should be checked daily and refreshed if it becomes discolored.

## METHOD TWO: DAMP PAPER TOWELS

- Select your fresh herb, rinse the herb, but do not remove the leaves from the stem
- Lightly dampen the paper towel
- Loosely wrap the herb in the damp paper towel
- Place the rolled herb in a tightly sealed container
- Refrigerator
- Paper towel may need to be moistened if it starts to dry out.

Soft or Tender Herbs Jar Method	Hard or Woody Herbs Paper Towel Method
Basil	Chives
Cilantro	Oregano
Dill	Rosemary
Mint	Sage
Parsley	Thyme
Tarragon	

# Drying Herbs

Different herbs, different techniques to dry. Oregano, sage, and thyme can quickly be dried by hanging them in small bunches. Herbs, which have thick, succulent leaves, are better dried in a dehydrator, such as basil and parsley. If harvesting your own herbs cut them first thing in the morning while it is cool.

HANGING IN BUNCHES: AS MUCH AS THIS IDEA OF HANGING BUNCHES OF HERBS SEEMS VERY OLD-FASHIONED, IT IS STILL A VIABLE METHOD.

- Harvest or source fresh herbs
- Rinse the herbs under cool running water (never use soap)
- Lay them to wilt and dry in the sun
- Tie them in small bunches, rubber bands work well for this
- Hang to dry in a dark, well-ventilated place
- Once thoroughly dry, remove leaves from their stems
- Store in an airtight jar
- Label and date the jars. Dried herbs should be used within a year.

## HEAT DEHYDRATING - OVEN

- Harvest or source fresh herbs
- Rinse the herbs under cool running water (never use soap)
- Remove the leaves from the stems, discard leaves with spots or damage
- Line a pan with muslin, cheesecloth, or silicone mat to prevent the herb from sticking to the pan
- Lay the plucked leaves out in a single layer
- Set your oven to the lowest possible setting
- Place in oven for 30 minutes. If the herbs are not dry, continue to bake them in 5-minute intervals
- Herbs are dry when they crunch if touched
- Allow herbs to cool before storing. Store in an airtight jar.
- Label and date the jars. Dried herbs should be used within a year.

## ELECTRIC DEHYDRATOR

- Harvest or source fresh herbs
- Rinse the herbs under cool running water (never use soap)
- Remove the leaves from the stems, discard leaves with spots or damage
- Place leaves on the drying trays that came with the dehydrator.
- Lay the plucked leaves out in a single layer
- Follow your manufacturer instructions for settings as dehydrators vary greatly. We want a low temperature
- Airflow is key to the dehydrator working correctly
- Typically one to two hours is all that is needed to dry the herbs fully
- Herbs are dry when they crunch if touched
- Allow herbs to cool before storing. Store in an airtight jar.
- Label and date the jars. Dried herbs should be used within a year.

MICROWAVE DRYING: YOU DO NOT HAVE ROOM TO HANG HERBS TO DRY CORRECTLY, OR IF YOU LIVE IN A DAMP AREA, MICROWAVING IS A WAY TO PRESERVE QUICKLY.

- Harvest or source fresh herbs
- Rinse the herbs under cool running water (never use soap)
- Remove the leaves from the stems, discard leaves with spots or damage
- Spread individual leaves out onto a paper towel
- Cover with another layer of paper towel
- Microwave leaves for 30 seconds at a time.
- After every 30 second interval, rearranging the herbs
- Herbs are dry when they crunch if touched
- Allow herbs to cool before storing. Store in an airtight jar.
- Label and date the jars. Dried herbs should be used within a year.

Herbs for Freezing	Herbs for Drying
Basil	Basil
Cilantro	Dill
Chives	Fennel
Dill	Mint
Lemon balm	Oregano
Lemon verbena	Parsley
Mint	Rosemary
Oregano	Sage
Parsley	Savory
Rosemary	Scented geranium
Sage	Tarragon
Savory	Thyme
Sweet marjoram	
Tarragon	
Thyme	

# Freezing

Unlike many fresh produce items, herbs do not need to be blanched before freezing. Freezing is the best way to maintain the natural oils and full flavors of the herb. The herb will be limp after freezing, but the color and taste will be vibrant.

THERE ARE SEVERAL WAYS TO FREEZE YOUR HERBS. THE PROCESS IS THE SAME FOR ALL OPTIONS:

- Source fresh Herbs
- Rinse the herbs
- Remove any spots or damaged leaves

## COOKIE SHEET / TO FREEZER BAG

- Place the clean leaves in a single layer on a cookie sheet
- Place in the freezer for at least two hours
- Once completely frozen, transfer to a plastic bag
- Keep herbs frozen until ready to use.
- Remember to label the bag with herb name and date
- By freezing on a cookie sheet before placing it in the freezer bag you can easily access the quantity of herbs required.



## ICE CUBE TRAYS

- Rinse herbs
- Remove stems
- Chop up if necessary
- Pack tightly into ice-cube trays
- Add just enough water to cover
- Freeze until solid.
- Remove from ice-cube tray and place into a freezer bag
- keep frozen until you are ready to use the herb.
- Remember to label the bag with herb name and date
- Variances
  - You can mix herbs for a frozen herb blend.
  - You can puree your herbs in the food processor before freezing
  - Cover the puree of herbs with olive oil before freezing

# Herbal Vinegar and Salts

## HERBAL VINEGAR

**H**erbal vinegar is inexpensive and easy to make. And fresh culinary herbs make the best vinegar. Herbs that work well in vinegar are Basil, Chervil, Dill, Lemon Balm, Oregano, Rosemary, Sage, and Thyme. Select a quality vinegar that is not overly strong; we want to allow the Herbs to shine. White wine vinegar, red wine vinegar, rice vinegar, or champagne vinegar are ideal.

Before you start the process of making your vinegar, ensure you have a clean glass container with a secure lid in place and adequately store your vinegar. Avoid metal lids as vinegar is an acid and reacts with metal. A plastic barrier is recommended for protection if a metal lid is your only option.

### Making the Vinegar with FRESH Herbs

- Source fresh Herbs
- Rinse the herbs
- Remove any spots or damaged leaves
- Pat herbs dry
- To ensure the best flavor results, you will want to “Bruise” the herbs. Bruising is a culinary term for releasing natural oils; apply the back of a spoon against the herb leaf.
- Place a generous portion of the herb into your clean glass container. A relatively large amount is needed to provide a robust flavor in your vinegar.
- Fill the container with vinegar to cover the herbs.
- Refrigerator the vinegar until you are ready to enjoy.



## Making a Vinegar with DRY Herbs

- Source quality Herbs
- Place a generous portion of the herb into your clean glass container. A large amount of spices is needed to provide a robust flavor in your vinegar.
- Slowly heat your selected vinegar to a simmer.
- Remove for heat, and with the aid of a funnel, fill your container with vinegar ensuring the herbs are covered.
- Enjoy and remember to refrigerate.

Herb Vinegars can be used as salad dressings, marinades, and as part of our favorite drink.

## HERB BLENDED SALTS

Salt is and always has been one of the fastest and easiest ways to build flavor. However, large amounts of salt are not recommended by medical professionals. Making herb blended salt is an easy process, and can you can slowly decrease the amount of salt you use in your daily life by using herb-flavored salt rather than plain salt. Over time you might find you like the herb flavors, and the salt dependency will fade.

Recipe ratios vary from four parts herbs to one part salt to six parts herb to 1 part salt.

- Source fresh Herbs
- Rinse the herbs
- Remove any spots or damaged leaves
- Dry the herbs
- Chop the herbs into small pieces
- Add the chopped herbs and salt to a food processor to blend
- Store the blend in the refrigerator

Try a variety of herbs when making a blended herb salts:

- Rosemary and Lemon Thyme
- Parsley, oregano, basil, thyme, and dill



CHAPTER 3:

# Sourcing Herbs in Michigan

# Harvesting Herbs

- **Only pick herbs when they are dry.** Harvest when morning dew has evaporated, or at dusk.
- **Harvest culinary herbs just before the buds open.** Once they bloom, all the plant's energy goes into producing blooms, be sure to pinch any buds before they flower.
- **Harvest seeds before they turn from green to brown.** Seeds should be brittle, dry, and crushable, but not brown. Use a paper bag to collect and dry the seeds.
- **Always cut your herbs with sharp, clean scissors or clippers.** This prevents plant damage and promotes the growth of the plant.

**Basil** – Pinch or cut each stem just above the second set of leaves. Cut the tips of each branch weekly, or cut the entire plant to just above the second set of leaves monthly. Pinch off any flower spikes right away.

**Chives** – Gather leaves into a bunch and use sharp, clean scissors to cut them. Don't clip too close to the bulb or they won't regrow – leave at least ½ inch attached to the bulb above the soil. Cut from the outside of the bunch first. Chives produce edible flowers.

**Cilantro** – Trim the whole stem near ground level, but be careful never to cut the center stem. Cut the outer leaves first, so the inner leaves can keep growing. Only harvest 1/3 of your plant at a time.

**Mint** – Harvest leaves at any size by pinching off stems. For a large harvest, wait until just before the plant blooms, when the flavor is at its peak.

**Oregano** – Cut to just above the growth node or the base of a particular set of leaves so the plant can grow new branches from the cut area.

**Parsley** – Snip your harvest from the base of the plant to encourage more growth. Cut leaves from the outer portions first so your parsley can focus on growing new leaves from the center of the plant.

**Thyme** – Harvest just before the plant flowers by cutting off the top five or six inches of growth. Leave the tough, woody parts. It is best to harvest thyme in morning after the dew has dried.

# Community Markets

## UPPER PENINSULA

### Escanaba Farmers Market

<https://www.facebook.com/EscanabaFarmersMarket/>  
1501 Ludington St, Escanaba, MI 49829 (906) 789-8696

### Iron Mountain Farmers Market

<http://www.ironmountainfarmersmarket.com/>  
Iron Mountain St & E A St, Iron Mountain, MI 49801 (906) 774-9223

### Les Cheneaux Farmers & Artisan Market

Cedar St, Hessel MI 49745 (906) 322-7501

### Manistique Farmers Market

<http://manistiquefarmersmarket.org/>  
180 N Maple St, Manistique MI 49854 (906) 450-4240

### Marquette Farmers Market

<https://www.mqtfarmersmarket.com>  
112 S Third St, Marquette MI 49855 (906)228-9475 Ext 105

### Menominee Farmers Market

<http://www.menomineefarmersmarket.com/> corner 1st & 8th ave  
(906) 863-8718

## NORTH WEST

### Alpena Farmers Market

<https://alpenafarmersmarket.com/>  
1302 S State Ave, Alpena, MI 49707 (989) 255-9372

### Downtown Gaylord Farmers Market

<https://www.facebook.com/DowntownGaylordFarmersMarket162-198>  
198 S Court Ave, Gaylord, MI 49735

### Elberta Farmers Market

<https://www.facebook.com/ElbertaCommunityFarmersMarket/>  
Waterfront Park, Elberta, MI 49635 (707) 672-5118

### Empire Farmers Market

[https://mifma.org/farmers\\_markets/empire-farmers-market/](https://mifma.org/farmers_markets/empire-farmers-market/)  
10243 W Front St, Empire, MI 49630 (231) 256-9888

### Grayling Farmers Market

<https://mifma.org/>  
2141 I-75BL, Grayling, MI 49738 (989) 619-3539

### Interlochen Farmers Market

2112 M-137, Interlochen, MI 49643 (231) 378-4488

### Leelanau Farmers Market Suttons Bay

<https://leelanaufarmersmarkets.com/>  
702 N St Joseph St, Suttons Bay, MI 49682

### Sara Hardy Farmers Market

Cass St, Traverse City MI (231) 922-2050

### Village Farmers Market

<https://www.thevillaget.com/farmers-market/>  
806 Red Dr, Traverse City, MI 49684 (231) 620-3585

## EAST SIDE

### Caro Farmers Market

238 S State St, Caro, MI 48723 (989) 673-7671

### Cass City Farmers Market

6530 Main St, Cass City, MI 48726

### Downtown Saginaw Farmers Market

<http://www.saginawfarmersmarket.org/>  
203 S Washington Ave, Saginaw, MI 48607 (989) 758-2500

### Lapeer Farmers Market

<http://www.historicfarmersmarketoflapeer.com/>  
272 N Court St, Lapeer, MI 48446

### Midland Area Farmers Market

<http://mbami.org/farmersmarket/>  
825 E Main St, Midland, MI 48640 (989) 839-9901

### Northeast Michigan Regional Farm Market

<http://www.getitfresh.org/index.html>  
Old US Hwy 23, Au Sable Charter Twp, MI 48750 (989) 909-3193

### Northeast Michigan Regional Farm Market-Tawas

<http://getitfresh.org/index.html>  
815 W Lake St, Tawas City, MI 48763 (989) 909-3193

### Northern Farm Market LLC

74865 Van Dyke Rd, Bruce Township, MI 48065 (586) 531-2439

### Port Austin Farmers Market

<https://portautinarea.com/about-the-farmers-market/>  
17 W State St, Port Austin, MI 48467 (989) 551-8100

### Clarkston Farmers Market

<https://www.clarkstonareafarmersmarket.com/>  
6558 Waldon Rd, Village of Clarkston, MI 48346 (248) 505-6848

### Farmers Market- Rochester

<https://www.downtownrochestermi.com/farmers-market>  
202 E 3rd St, Rochester, MI 48307

### Flint Farmers Market

<https://www.flintfarmersmarket.com/>  
300 E 1st St, Flint, MI 48502 (810) 232-1399

### Mt Clemens Farmers Market

<https://www.mountclemensfarmersmarket.com/mount-clemens-farmers-market-events/>  
135 N River Rd, Mt Clemens, MI 48043 (586) 493-7600

### New Baltimore Farmers Market

<http://www.newbaltimorefarmersmarket.com/>  
50976 Washington St, New Baltimore, MI 48047 (586) 215-7484

### Oakland County Farmers Market

<https://www.oakgov.com/parks/parksandtrails/farmers-market/Pages/default.aspx>  
2350 Pontiac Lake Rd, Waterford Twp, MI 48328 (248) 858-5495

### Royal Oak Farmers Market

<https://www.romi.gov/1533/Farmers-Market>  
316 E Eleven Mile Rd, Royal Oak, MI 48067 (248) 246-3276

### The Frankenmuth Farmers Market

<https://www.frankenmuthfarmersmarket.org/>  
534 N Main St, Frankenmuth, MI 48734 (989) 607-9214

## MIDDLE OF THE MITTEN

### Ewart Farmers Market

[https://www.ewart.org/our\\_community/farmers\\_market.php](https://www.ewart.org/our_community/farmers_market.php)  
200 S Main St, Ewart, MI 49631 (231) 734-0185

### Ithaca Farmers Market

<https://www.ithacami.com/community/farmers-market/>  
102 S Pine River St, Ithaca, MI 48847 (989) 875-3200

### St. Louis Farmers Market

<https://www.gratiotfarmersmarkets.com/st-louis.html>  
300 N Mill St, St. Louis, MI 48880 (989) 620-0448

## CAPITOL AREA

### Allen Neighborhood Center

<http://allenneighborhoodcenter.org/>  
1611 E Kalamazoo St, Lansing, MI 48912 (517) 367-2468

### Dimondale Farmers Market

<https://www.facebook.com/Dimondale-Farmers-Market-59619558738/>  
136 N Bridge St, Dimondale, MI 48821 (517) 646-0230

### Eastern Ingham Farmers Market

<https://www.easterninghamfarmersmarket.org/>  
228 N. Putnam St. Williamston, MI 48895 (616) 916-9823

**Grand River Farmers Market**

<https://www.facebook.com/buylocalGrandRiver/>  
 Mechanic St, Jackson MI 48201 (517) 788-4355

**Holt Farmers Market**

<https://holtfarmersmarket.org/>  
 2150 N Cedar St, Holt, MI 48842 (517) 268-0024

**Owosso Farmers Market**

<http://downtownowossofarmersmarket.com/>  
 215 N Water St, Owosso, MI 48867 (989) 413-3728

**The East Lansing Farmers Market**

<https://www.cityofeastlansing.com/farmersmarket>  
 280 Valley Ct, East Lansing, MI 48823 (517) 319-6823

**ANN ARBOR AREA****Green Oak Farmers & Community Market**

<https://www.facebook.com/greenoakmarket>  
 11259 Grand River Ave, Brighton, MI 48116 (734) 658-0124

**Ann Arbor Farmers Market**

<https://www.a2gov.org/departments/Parks-Recreation/parks-places/farmers-market/Pages/default.aspx>  
 315 Detroit St, Ann Arbor, MI 48104 (734) 794-6255

**Westside Farmers Market**

<http://westsidefarmersmarket.com/>  
 2501 Jackson Rd, Ann Arbor, MI 48103

**Kerrytown Market Place**

<http://kerrytown.com/>  
 303-315 Detroit St, Ann Arbor, MI 48104

**Dixboro Farmers Market**

<http://www.dixborofarmersmarket.org/>  
 5221 Church Rd, Ann Arbor, MI 48105 (734) 707-1607

**Pittsfield Township Farmers Market**

<https://www.pittsfield-mi.gov/760/Farmers-Market>  
 6201 W Michigan Ave, Ann Arbor, MI 48108 (734) 822-2120

**Ypsilanti Farmers Market Depot Town**

<https://growinghope.net/programs/farmers-markets/ypsilanti/>  
 400-698 Rice St, Ypsilanti, MI 48198 (734) 786-8401

**Saline Farmers Market**

<http://www.cityofsaline.org/?module=Page&SID=farmers-market>  
 100 S. Ann Arbor St Parking Lot #4, Saline, MI 48176 (734) 681-0860

**Northville Farmers Market**

<https://www.northville.org/farmers-market-vendors>  
 195 W Main St, Northville, MI 48167 (248) 349-7640

**Walled Lake Farmers Market**

<https://www.facebook.com/WalledLakeFarmersMarket>  
 1239-1269 E West Maple Rd, Walled Lake, MI 48390 (248) 624-4847

**Farmington Farmers Market**

<https://www.farmingtonfarmersmarket.com/>  
 33113 Grand River Ave, Farmington, MI 48335 (248) 971-5882

**SOUTHEAST****Northwest Detroit Farmers Market**

<https://mifma.org/>  
 18445 Scarsdale St, Detroit, MI 48223 (313) 387-4732

**Shed 5 - Eastern Market**

<https://easternmarket.org/public/>  
 2810 Russell St, Detroit, MI 48207 (313) 833-9300

**E. Warren Farmers Market**

<https://ewarren.org/market/>  
 16835 E Warren Ave, Detroit, MI 48224 (313) 575-7014

**Islandview Farmers Market**

<https://genesishope.org/>  
 7200 Mack Ave, Detroit, MI 48214 (313) 571-0937

**Dearborn Farmers & Artisans Market**

<https://www.dearbornfarmersartisansmarket.com/>  
 22001 W Village Dr, Dearborn, MI 48124 (313) 943-3141

**GRAND RAPIDS AREA****Fulton Street Farmers Market**

<https://www.fultonstreetmarket.org/>  
 1145 Fulton St E, Grand Rapids, MI 49503 (616) 454-4118

**Kentwood Farmers Market**

[https://www.kentwood.us/city\\_services/city\\_departments/parks\\_and\\_recreation/farmers\\_market/index.php](https://www.kentwood.us/city_services/city_departments/parks_and_recreation/farmers_market/index.php)  
 4900 Breton Rd SE, Kentwood, MI 49508 (616) 656-5270

**Metro Health- U of M Farm Market**

<https://metrohealth.net/about/live-healthy/metro-health-farm-market/>  
 5900 Byron Center Ave SW, Wyoming, MI 49519 (616) 252-6097

**Ada Farmers Market**

<http://adafarmersmarket.com/>  
 7239 Thornapple River Dr SE, Ada, MI 49301 (616) 676-9191

**LAKE MICHIGAN SIDE****City of Muskegon Heights Farmers Market**

99 E Center St, Muskegon Heights, MI 49444

**Grand Haven Farmers Market**

<https://grandhavenchamber.org/play/farmers-markets/>  
 Chinook Pier, Grand Haven, MI 49417 (616) 842-4910

**Holland Farmers Market**

<http://www.hollandfarmersmarket.com/>  
 150 W 8th St, Holland, MI 49423 (616) 355-1138

**Ludington Farmers Market**

<https://www.ludingtonfarmersmarket.org/>  
 153-109 N James St, Ludington, MI 49431

**Muskegon Farmers Market**

<https://www.muskegonfarmersmarket.com/>  
 242 W Western Ave, Muskegon, MI 49440 (231) 722-3251

**South Haven Farmers Market**

<https://www.southhavenfarmmarket.com/>  
 539 Phoenix St, South Haven, MI 49090 (269) 206-0324

**SOUTHWEST****Kalamazoo Farmers Market**

<http://pfcmarkets.com/>  
 251 Mills St, Kalamazoo, MI 49048 (269) 342-5686

**Portage Farmers Market**

<https://www.portagemi.gov/643/Farmers-Market>  
 7900 S Westnedge Ave, Portage, MI 49002

**Schoolcraft Farmers Market**

342 N Grand St, Schoolcraft, MI 49087 (269) 679-4845

**Michigan Farmers Market Association**

<https://mifma.org/>  
 480 Wilson Rd #172, East Lansing, MI 48824 (517) 432-3381



CHAPTER 4:

# Recipes Featuring Michigan Herbs

# Carrot Salad With Lemon & Herbs

## INGREDIENTS

- 4 large carrots
- Zest of 1 lemon
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 3 tbsp chopped fresh parsley
- 1 Tbsp chopped fresh tarragon
- 1 tsp salt
- 1 tsp ground pepper

This recipe can be served hot or cold, as a side with fish, chicken or on fresh greens.

## DIRECTIONS

Scrub and peel, (optional) and grate the carrots, add lemon juice, zest, and olive oil, toss to combine and let sit for a couple of minutes and then add fresh herbs and salt and pepper.

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>4</b>
<b>Calories per serving</b>	<b>141</b>
<b>Total Fat</b>	<b>7.4g</b>
Saturated Fat	1.4g
<b>Cholesterol</b>	<b>0</b>
<b>Sodium</b>	<b>633mg</b>
<b>Total Carbohydrates</b>	<b>8.5g</b>
Dietary Fiber	2.4g
<b>Protein</b>	<b>.97g</b>

# Quinoa With Mushrooms & Watercress

## INGREDIENTS

2 tbsp extra-virgin olive oil	1 cup quinoa
8 oz mushrooms, washed and sliced	2 cups water (or broth)
½ tsp thyme, chopped fine	1/4 c grated Pecorino Romano cheese
¼ tsp rosemary, chopped fine	1 tbsp fresh lemon juice
¼ tsp salt	1 bunch (3 oz.) watercress, trimmed, washed and coarsely chopped
¼ tsp black pepper	
1 cup thinly sliced red onion	

## DIRECTIONS

Heat oil in a large pot over medium high heat. Add onions, cook for 2 minutes, then add the mushrooms, cook, stirring occasionally, until tender and golden brown. Add the quinoa, cook 2 or 3 minutes to toast the quinoa. Add the water, or broth, and stir well. Bring to a boil and then reduce the heat to medium low and cover for about 12-15 minutes. Remove from heat. Stir in cheese and lemon juice. Serve over the watercress or better yet toss the watercress with the quinoa. Great served warm or cold

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>6</b>
<b>Calories per serving</b>	<b>200</b>
<b>Total Fat</b>	<b>9.2g</b>
Saturated Fat	2.5g
<b>Cholesterol</b>	<b>10mg</b>
<b>Sodium</b>	<b>224mg</b>
<b>Total Carbohydrates</b>	<b>21.7g</b>
Dietary Fiber	3g
<b>Protein</b>	<b>8.8g</b>



# Rhubarb Salsa

## INGREDIENTS

3 cups of rhubarb washed and diced small. About 1 lb.	1/8 tsp red pepper flakes
3 tbsp honey	1/4 tsp salt
1/2 cup chopped chives	1/4 tsp black pepper
1/2 cup green onion, chopped	1/3 cup chopped parsley
1 clove of garlic, minced	1/4 cup lime basil, optional
1 tbsp lime juice	1/2 cup chopped cilantro
	1 jalapeno seeded and minced.

## DIRECTIONS

Bring a large pot of water to boil and blanch the rhubarb, drop in the water for about 1 minute. Drain. You want it just tender not mushy. Once drained place in a large bowl and drizzle honey over and stir. Let cool. Once cooled add the rest of the ingredients. Refrigerate any leftovers. This is fabulous with chicken, fish or on tacos. Adjust the heat to your preferred level by adding more jalapeno.

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>8</b>
<b>Calories per serving</b>	<b>39</b>
<b>Total Fat</b>	<b>0.2 g</b>
Saturated Fat	0g
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>7.9mg</b>
<b>Total Carbohydrates</b>	<b>9.7g</b>
Dietary Fiber	1.3g
<b>Protein</b>	<b>0.8g</b>

# Zucchini Pizza Boats

## INGREDIENTS

½ tbsp olive oil	½ cup red wine
½ cup diced yellow onion	28 oz can crushed tomatoes or 2 lb. peeled and crushed fresh
2 cloves garlic, minced	½ cup water
2 tsp dried marjoram	5 zucchinis
2 tsp dried oregano	1 cup Parmigiano Reggiano, grated
2 tsp dried thyme	Fresh basil, finely chopped
1 tsp dried rosemary	
½ tsp red pepper flakes	

## DIRECTIONS

Heat oil in a medium saucepan over medium heat. Add onions and sauté until translucent, 3-5 minutes. Add garlic, herbs, and red pepper flakes. Stir to combine and cook until fragrant. Add wine and cook until liquid is reduced by half, add tomatoes, and water and let simmer.

Pre-heat oven to 425 Degrees. Wash zucchini, halve lengthwise, scoop out seeds. Fill cavity with sauce, sprinkle on cheese. Bake 25-30 minutes or until the zucchini is tender. Sprinkle on basil.

Your favorite pizza toppings are welcome here! Pop in the broiler for extra bubbly top.

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>10</b>
<b>Calories per serving</b>	<b>161 kcal</b>
<b>Total Fat</b>	<b>4.6g</b>
Saturated Fat	2.1g
<b>Cholesterol</b>	<b>9mg</b>
<b>Sodium</b>	<b>433mg</b>
<b>Total Carbohydrates</b>	<b>25g</b>
Dietary Fiber	6.9g
<b>Protein</b>	<b>8.1g</b>

# Broccoli Frittata

## INGREDIENTS

4 cups of broccoli florets, washed and diced	¼ cup water
1 tbsp olive oil	10 egg
1 shallot, peeled and minced	¼ cup grated cheese
1 tsp turmeric	¼ cup water
1/8 tsp salt	1 tbsp fresh tarragon leaves or 1/2 tsp dried
1/8 tsp pepper	

## DIRECTIONS

Best with a 12-inch, oven proof, nonstick skillet. Heat oven to 350

Heat oil in the skillet over med-high heat. Add the shallot, broccoli, salt, pepper, and turmeric. Sauté about 8 minutes, stirring often, until the broccoli has taken on a little color.

Add ¼ cup of water to the pan and let the broccoli steam and the water evaporate.

While the broccoli cooks whisk the eggs, tarragon, cheese and ¼ cup water together. When the broccoli is tender, add the egg mixture and gently stir with a spatula until the eggs just start to cook, smooth the top and place in oven, bake 6-8 minutes, eggs should be fluffy. Remove from oven and let sit for 5 minutes before slicing.

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>8</b>
<b>Calories per serving</b>	<b>142</b>
<b>Total Fat</b>	<b>9.7 g</b>
Saturated Fat	3.1g
<b>Cholesterol</b>	<b>249mg</b>
<b>Sodium</b>	<b>165mg</b>
<b>Total Carbohydrates</b>	<b>4.1g</b>
Dietary Fiber	1.3g
<b>Protein</b>	<b>10.6g</b>

# Farro Fennel Salad

## INGREDIENTS

1 cup farro	1 head fennel washed and thinly sliced.
3 tbsp lemon juice	
1 tsp honey	1/3 cup fennel fronds- coarsely chopped
2 tbsp minced shallot	
1/8 tsp salt	1/2 cup lemon basil leaves
1/8 tsp pepper	1/2 head radicchio washed and coarsely chopped.
1/4 cup extra virgin olive oil	

## DIRECTIONS

In a medium saucepan, cover farro with 4 inches of water and bring to a boil. Reduce heat and simmer until tender 12-15 minutes. Drain and let cool.

In a bowl whisk together the lemon juice, honey, shallot, salt and pepper. Slowly add the oil, whisking constantly. Add the fennel and toss.

When ready to serve add the farro, lemon basil, fronds and radicchio, toss.

Alternatively - grill the fennel, fabulous!

Use lemon balm, basil or mint in place of lemon basil. Replace radicchio with lettuce, savoy cabbage or bok choy

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>8</b>
<b>Calories per serving</b>	<b>98</b>
<b>Total Fat</b>	<b>6.7g</b>
Saturated Fat	1g
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>55mg</b>
<b>Total Carbohydrates</b>	<b>8.8g</b>
Dietary Fiber	2g
<b>Protein</b>	<b>1.6g</b>

# Fresh Herbs With Radish & Pumpkin Seeds

## INGREDIENTS

3 Tbsp lemon juice  
1 tsp honey  
¼ tsp black pepper  
¼ tsp salt  
3 Tbsp olive oil  
2 lbs. carrots

5 large radishes, or more  
4 cups herbs, any mixture of fresh green herbs like parsley, basil, mint, dill, cilantro etc.  
½ cup chopped chives.  
1/2 cup toasted pumpkin seeds.

## DIRECTIONS

Wash and peel, (optional) the carrots, grate, or shave into long strips.

Wash the radishes, slice thinly.

Wash and dry the herbs- salad spinner works great for this. Tear into bite size pieces if necessary

Whisk lemon juice, honey, pepper, and salt until honey is dissolved, then slowly whisk in the olive oil.

Toss the carrots and radishes together with the dressing, then add the washed greens and chives.

Sprinkle on the pumpkin seeds

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>6</b>
<b>Calories per serving</b>	<b>189 kc</b>
<b>Total Fat</b>	<b>2.9</b>
Saturated Fat	1.8
<b>Cholesterol</b>	<b>0</b>
<b>Sodium</b>	<b>25mg</b>
<b>Total Carbohydrates</b>	<b>18g</b>
Dietary Fiber	5.3
<b>Protein</b>	<b>4.9g</b>

# Pork Loin With Belgian Endive & Beans

## INGREDIENTS

3 lbs Pork Loin	thoroughly washed and roughly
1 tbsp olive oil	chopped
1 tsp salt	1 15 oz can bean, drained
1 tsp anise seeds, crushed	2 cloves garlic, crushed or
2 tsp fennel seeds crushed	chopped
1 tsp red pepper flakes, crushed	1 tsp extra virgin olive oil
3 medium heads of Chicory,	

## DIRECTIONS

Preheat oven to 400 degrees.

Mix salt, anise, fennel, and red pepper. Rub pork with olive oil then with the herb mix. Place pork on a rimmed baking sheet (line with foil for easy clean up). Roast until internal temperature reaches 140 degrees. Let rest for 10 minutes before slicing, temperature will continue to rise.

Meanwhile, bring water to boil in a large pot. Boil the chicory for 5 to 10 minutes. Carefully drain.

Using a nonstick sauté pan heat 1 tsp oil over medium heat. Add garlic, cook about 30 seconds until fragrant. Add chicory and sauté briefly, add beans.

## NUTRITIONAL INFORMATION

<b>Servings</b>	<b>6</b>
<b>Calories per serving</b>	<b>644</b>
<b>Total Fat</b>	<b>37.1g</b>
Saturated Fat	12.6g
<b>Cholesterol</b>	<b>181mg</b>
<b>Sodium</b>	<b>575mg</b>
<b>Total Carbohydrates</b>	<b>11.4g</b>
Dietary Fiber	7g
<b>Protein</b>	<b>65.4g</b>

## CHAPTER 5 :

# Resources

### **Michigan State University Extension**

[https://www.canr.msu.edu/news/growing\\_and\\_using\\_herbs](https://www.canr.msu.edu/news/growing_and_using_herbs)

[https://www.canr.msu.edu/home\\_gardening/](https://www.canr.msu.edu/home_gardening/)

### **University of Minnesota Extension**

<https://extension.umn.edu/preserving-and-preparing/preserving-herbs-freezing-or-drying>

### **USDA National Agricultural Library**

<https://www.nal.usda.gov/fnic/herbal-information>

### **Michigan Department of Agriculture & Rural Development**

<https://www.michigan.gov/mdard/0,4610,7-125-1570---,00.html>

### **Mother Earth Living**

<https://www.motherearthliving.com/garden-projects/the-low-tech-art-of-drying-herbs>

### **Michigan Interactive**

<http://www.fishweb.com/recreation/gardening/garden/basil/index.html>



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

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