

HERBS AND SPICES– What’s the Dill?

Many of us use the words “herb” and “spice” interchangeably, but there is actually a difference between them!

Herbs are obtained from the leaves of “herbaceous” or non-woody plants. Some common herbs are thyme, basil, rosemary, or mint.

Spices are obtained from roots, flowers, fruits, seeds, or bark of plants. Spices often are stronger in flavor in herbs, so used in smaller amounts in cooking. Some spices include cinnamon (from the bark of the cinnamon tree), ginger (from a root), cloves (from the flower bud), and nutmeg (from a seed).

Some plants are sources of both herbs *and* spices. Coriandrum sativum, whose leaves we commonly know as cilantro, also gives off seeds that are dried and used as what we call coriander. Dill seeds are also a spice, whereas dill weed from the leaves is an herb.

On the menu this month we use lots of herbs and spices; herb crusted salmon, Dijon dressing (which is made from the mustard seed– a spice!), Chicken paprikash (which uses paprika, another spice), and many many more. Try some of the spice blends listed below in your cooking at home!

Health Benefits

The addition of herbs and spices to any meal can help improve overall flavor, without the addition of salt. High intake of salt, or sodium, can contribute to the following conditions; hypertension, congestive heart failure, renal disease, and liver disease. Using herbs and spices is a great way to reduce salt and sodium intake while still eating food that is packed with flavor!

Mixed Herb Blend

¼ cup parsley flakes
2 tablespoons dried tarragon
1 tablespoon oregano
1 tablespoon dried dill
1 tablespoon celery flakes

Italian Blend

2 tablespoons dried basil
2 tablespoons dried marjoram
1 tablespoon garlic powder
1 tablespoon dried oregano
2 teaspoons thyme
2 teaspoons dried rosemary

Southwestern Blend

1 tablespoon chili powder
1 tablespoon ground cumin
1 tablespoon onion powder
1 teaspoon dried oregano
1 teaspoon garlic powder
½ teaspoon cinnamon



HAPPY HALLOWEEN!
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