

DILL



Anethum graveolens

[uh-NAY-thum grav-ee-OH-lens]

Family: Asteraceae

Names: Dilly, Aneton, Garden dill; aneth (French); Dill, Indische Dille, Gurkenkraut (German); aneto (Italian); énelo, anega (Spanish); surva, sowa (Indian); adas cina (Indonesian); phak si (Lao); enduru (Sinhalese); Koper ogrodowy (Polish); dille, iundische dil (Dutch); aneto puzzolente (Italian); endro, aneto (Portuguese); dill (Swedish); ukrop (Russian); shih lo (Chinese); diru (Japanese); shibith (Arabic); sowa (Hindi); satapushpi (Sanskrit); Anithos (Greek)

Description: An erect hardy annual of the parsley family. The leaves are thin, wispy and fern like. The glossy stem is usually single reaching up to 3 ft. Yellow flowers are borne in umbels. The plant yields two different herbs: dill seed (the fruit of the plant) and dill weed, the top eight inches of the leaves. The seed is hard, light brown, winged and oval, with one side flat, the other convex. There are three ridges on the convex side and three vittae, or oil channels; the flat side bears two ridges. The seed is about .14in long.

The leaves and seeds get their slightly bitter, pungent flavor and aroma from carvone, which is also found in caraway and is used to flavor *kummel*. The flavor of the leaves is a mixture of anise, parsley, and celery with a distinctive green bite on the sides of the tongue. The aroma is a clean combination of mint, citrus, and fennel with a touch of sea air. The seeds taste predominantly of caraway and anise. *Anethum sowa*, Indian dill, resembles the European plant, but the seeds are longer and narrower, the ridges are paler, and they taste slightly different.

Cultivation: An annual that germinates in 21-25 days. Needs light to germinate. Space 10-12 inches. Soil temperature 60-70F and should be moderately rich with a pH of 5-7 in full sun. Dill does not like transplanting so sow directly into garden. Drill seeds in rows at one-to-three-foot spacings. Cover seeds to a depth of one-eighth to one-quarter inch. Seeds may need some light to germinate. Five to 10 pounds of seed should sow an acre. Highest yields of dill weed have been observed with rows spaced at ten inches, with plants thinned to four-inch spacings. Plantings can be staggered at one-to-two-week intervals to provide a continuous supply of fresh dill throughout the growing season. It does not do well in the heat stress of southern climates. Will self sow in the garden. Since the standard variety of dill grows 3 or 4 feet high, gardeners with limited space may prefer Dill Bouquet which reaches only about 2 feet in height. Another variety, Indian dill (*Anethum sowa*) is grown widely in Japan and India as an essential ingredient in curry powder, but it has a slightly bitter tang that does not please most American palates. Water and feed regularly. When dill is not fertilized, it begins to turn yellow. Once the plants reach about two feet in height, it has

been recommended that overhead irrigation be abandoned because it could increase chances of powdery mildew infestations. Because of its sensitivity to wind damage appropriate windbreaks are suggested in high-wind production areas.

Once the plants reach a height of 6 inches you can begin to harvest some of the foliage. Seed heads develop about 12 weeks after the sprouting. Cut the seed heads after the first seeds have turned brown. Hang them upside-down in a dry, well-ventilated space and let the seed drop on a tray or in a bag. Seed yields vary widely from 500-1400 per acre. The best way to preserve the sharp flavor of fresh dill is to freeze the leaves immediately after harvesting. Dill weed should be carefully spread to dry at a temperature of 90F without temperature regulation; dill turns an undesirable brown color. Chopped fresh dill can be frozen in ice trays, covered with water or fresh sprigs can be frozen in plastic bags. Add fresh dill toward the end of cooking; sprinkle it on after the dish is finished.

History: Its generic name, *Anethum*, is the Latin version of the Greek word for dill; the English word "dill" may be related to the Saxon *dillan*, "to lull or soothe", and with good reason. Dill water has soothed babies' colic for ages in England, Europe, and Turkey. Adults took dill wine as people today take bicarbonate preparations. The Romans chewed dill seeds to promote digestion, and they hung dill garlands in their dining halls, believing the herb would prevent stomach upset. It was also strewn on the floors of banquet halls so that its fragrance would counteract the heavy food smells. The Romans believed that dill had fortifying qualities and so they covered the food given to gladiators with the herb. Brides in Flanders wore sprigs of dill on their wedding dresses to ensure a happy marriage. It was also an old German custom for the bride to carry dill. Dill was valued as much as money by the ancients. Greeks who could afford it flaunted their wealth by burning dill-scented oil. Charlemagne insisted that crystal vials of "Dille Oil" be placed at banquets to stop the

disquieting hiccups of guests who ate or drank too much. In the 17th century, Nicolas Culpeper listed dill as a "tonic that strengthens the brain". The Puritans were known to place dill seeds in their Bibles to discreetly chew so that their stomachs would not rumble during the long church services. The Roman gladiators rubbed dill into their skin before a fight. St. Hildegarde of Bingen praised dill for its ability to suppress sexual impulses.

Constituents: Essential oils include carvone, anethofuran, alpha-phellandrene, limonene, phellandrine, coumarins, glycoside in seeds; leaves also contain vitamin C, minerals.

Nutritional Profile: One teaspoon (2.1 g) dill seed has 6 calories. It provides 0.3 g protein, 0.3 g fat, 1.2 g carbohydrates, 32 mg calcium, 0.3 mg iron and 1 IU vitamin A. One teaspoon (1 g) dried dill weed has 3 calories. It provides 0.2 g protein, a trace of fat, 0.6 g carbohydrates, 18 mg calcium and 0.5 mg iron.

Properties: carminative, stimulant, stomachic, alterative, nervine, promotes milk flow, antispasmodic, emmenagogue, diuretic, galactagogue,

Energetics: spicy, warm

Meridians/Organs affected: stomach, spleen, liver

Medicinal use: Carvone is a carminative. Limonene and phellandrene--an irritant found in oil of dill and many other essential oils--are photosensitizers. Dill seed improves digestion and appetite and sweetens the breath. The oil kills bacteria and relieves flatulence. It is frequently used in Ayurvedic and Unani medicines for indigestion, fevers, ulcers, uterine pains and kidney and eye problems. Ethiopians chew the leaves along with fennel to treat headaches and gonorrhea. In Vietnam it is used to treat intestinal diseases. Contemporary herbalists recommend chewing the seeds for bad breath and drinking dill tea both as a digestive aid and to stimulate milk production

in nursing mothers. The herb helps relax the smooth muscles of the digestive tract. One study shows it's also an antifoaming agent, meaning it helps prevent the formation of intestinal gas bubbles.

Historically, injured knights were said to have placed burned dill seeds on their open wounds to speed healing. A mixture of dill, dried honey and butter was once prescribed to treat madness.

Dosage:

Infusion: pour a cup of boiling water onto 1-2 tsp of the gently crushed seeds and let infuse for 10-15 minutes. For the treatment of flatulence take a cup before meals

Tincture: take 1-2 ml 3 times a day

REMEDIES:

As a breath freshener, chew 1/2 to 1 teaspoon of seeds. As a digestive aid, take an infusion or tincture (1/2 to 1 teaspoon up to three times a day). For colic or gas in children under age 2, give small amounts of a weak infusion. For older children and people over 65, start with low-strength preparations and increase strength if necessary. To discourage urinary tract infections, tie some dill seeds in a cheesecloth bag and add it to your bath. The dill infusion can also be taken in a dose of one tablespoon to cure hiccups and insomnia. An infusion made from the flowers or seeds is recommended as a treatment for insomnia, headaches and earache.

Aromatherapy:

Dosha effect: P K-, V_o

Energy: cooling/neutral

PD taste: pungent

Extraction Method: steam distillation or the seeds or the whole plant.

Characteristics: a colorless to pale yellow liquid, seed oil is light and fresh, warm-spicy and reminiscent of caraway and spearmint

Weed oil is a colorless or pale yellow liquid which is powerful and fresh, sweet-spicy, peppery and aromatic, reminiscent of elemi oil, spearmint oil, and citrus oils with a sweet nutmeg-like undertone

Mixes well with: fennel, tarragon, oregano, elemi, mint, nutmeg, basil, marjoram, anise, parsley, angelica

BLENDS:

Restful Sleep: 4 drops dill, 4 drops celery, 4 drops cedarwood, 3 drops petitgrain

Comfortable Travel: 5 drops bois de rose, 4 drops ginger, 4 drops dill, 4 drops caraway, 3 drops chamomile

Calming: 45 drops allspice, 25 drops dill, 25 drops orange, 25 drops Peru balsam, 15 drops fennel, 15 drops cinnamon....in 4 fluid ounces pure water....for a mist spray

Flower Essence: Positive qualities: experiencing and absorbing the fullness of life, especially its sensory aspects. Used when overwhelmed due to overstimulation, hypersensitivity to environment or to outer activity, sensory congestion. Through the Dill flower, the soul learns not only to discriminate and regulate sense experience, but even more importantly to allow the sense life itself to become a vehicle for enlightenment. Dill flower essence assists the soul in transforming sensory overwhelm into an ability to perceive the sense world as a manifestation of spiritual archetypes.

Ritual Use: Gender: hot; Planet - Mercury; Element - Fire; Basic Powers are protection and love. Use in love sachets. Tie up dried seed heads as protection. Hang in cradle to protect children. Also use in protection sachets and incenses. Add a half-handful of dill seeds to your bath water to attract women to you. Brides in Flanders wore sprigs of dill on their wedding dresses to ensure a happy marriage. It was also an old German custom for the bride to carry dill.

Language of Flowers: to lull, good spirits

Cosmetic Uses:

Dill Aftershave: ¼ cup dill seed, 1 Tbsp honey, 2 ½ cups bottled water, 1 Tbsp distilled witch hazel. Place the dill seed, honey and water in a small saucepan and bring to a boil. Simmer for

about 20 minutes. Allow to cool in the pan, and then add the witch hazel. Strain the cooled mixture into a bottle and refrigerate.

Other uses: Carvone is also an insecticide that increases the effectiveness of the garden insecticide parathion. Studies show that only 8% of fruit flies exposed to parathion alone die, but 99% die when exposed to the same amount of parathion plus carvone. Dill is said to have properties which strengthen the fingernails. The weed oil is used as a fragrance component in detergents, cosmetics, perfumes and especially soaps. Both oils are used extensively in alcoholic and soft drinks

Toxicity: Handling dill plants may cause contact dermatitis or make your skin more sensitive to sunlight. Both reactions are most likely to occur among food workers who handle dill.

Culinary Uses: Although necessary for good pickles there are many more ways dill can be used. The Swedish make a dilly bread and use copious amounts of fresh dill to pickle salmon (gravlax) in a brine of salad oil, sugar, salt, whole white peppercorns, red onion and Cognac. In Finland they make a buttermilk soup with fresh dill and in Denmark; most open-faced sandwiches are garnished with a sprig of dill. The French use a sprinkling on cakes and breads, but dill is particularly delicious in rye bread used in the same way as caraway. It is occasionally included in fennel and gooseberry sauce and goes well with yoghurt and sour cream. Sometimes it occurs in apple pie. Both seeds and leaves are used in Sri Lankan cookery, mostly in fish and minced meat dishes. The immature flower heads are eaten in salads. Dill may be used as a substitute for fennel although its flavor is more delicate.

Dill is tasty with eggs and poached fish, especially salmon. Add fresh dill to pasta or marinate chicken for 30 minutes in plain yogurt and lots of fresh dill before grilling. Use fresh dill in potato salad, coleslaw, fresh beets,

muffins and hollandaise sauce. The flowers are lightly pungent and sharp-tasting.

Recipes:

Cold Carrot and Tomato Soup with Fresh Dill

3 lb fresh, ripe tomatoes
3 Tbsp unsalted butter
2 onions, coarsely chopped
2 shallots, coarsely chopped
6 carrots, coarsely shredded
2 russet potatoes, peeled and coarsely chopped
4 cups rich chicken stock
3 Tbsp minced fresh dill
Salt and freshly ground black pepper, to taste
Sour cream
Fresh dill sprigs, for garnish

Blanch tomatoes in boiling water for 1 minute to loosen skins. Peel and coarsely chop. In a large sauce pan, melt butter over medium heat. Add onions, shallots, and carrots. Sauté for 5 minutes. Add potatoes and chicken stock; simmer, covered, for 10 minutes. Add tomatoes and continue to cook, stirring occasionally to prevent sticking, for 15 minutes.

Puree in batches in a food processor or blender. Return to saucepan and add dill, salt, and pepper. Simmer for 5 minutes. Chill for several hours. Serve cold with a dollop of sour cream and a sprig of fresh dill. (Kitchen Herbs)

Gravlax with Dill, Fennel, and Mint

1/4 cup kosher or coarse salt
1/4 cup sugar
1 tsp ground white pepper
2 matching salmon fillets, about 2 pounds each, with pin bones removed but skin left on
1/3 cup minced fresh dill leaves
1/3 cup minced fennel leaves
1/3 cup minced fresh spearmint leaves

Combine the salt, sugar and white pepper in a small bowl. Cut each salmon fillet into three equal portions and match them, side by side. Cover the skinless side of one pair with the dill, another pair with the fennel and

the third pair with the mint. Sprinkle the salt mixture evenly over all the salmon pieces. Cover three of the pieces with their matching pieces, skinless sides together. Wrap each pair tightly with plastic wrap. Place each wrapped salmon pair in a separate dish or casserole, cover with a flat board or pan, and weigh down with a brick or several large cans of food. Refrigerate. Every 12 hours, turn the fillets. They are ready after 48 hours. To serve, scrape the herb mix off each piece and thinly slice at an angle with a long, sharp knife. Serve with thin rye or wheat bread and sliced cucumbers. If desired, garnish with tiny sprigs of fresh herbs. (The Herbal Palate)

Dilled Potato Salad

8 medium red potatoes
¼ cup onion, coarsely chopped
¼ cup celery, coarsely chopped
¼ cup walnuts, coarsely chopped
1 hard-boiled egg, coarsely chopped 1 cup mayonnaise
1/8 cup dill flowers, coarsely chopped
Salt and pepper to taste

Boil potatoes until tender. Cool and dice into 1-inch cubes. Toss potatoes with all other ingredients in a large bowl. Refrigerate for at least 1 hour to allow the flavors to meld. (Edible Flowers from Garden to Palate)

Joyce Wagner's Oriental Dill Salad

2 packages Ramen noodles (beef, Oriental or chicken) DO NOT COOK NOODLES
1 pound cabbage, finely chopped 1/3 cup red onion, finely chopped
1 sweet red pepper, finely chopped 1/2 to 1 cup sunflower meats
1/4 cup toasted slivered almonds
2 Tbsp dried dill weed
2 Tbsp fresh parsley, chopped

Break up the uncooked noodles and place in a large resealable plastic bag. Add remainder of ingredients. Close bag and refrigerate. Just before serving, add the following dressing:

3/4 to 1 cup oil
1/3 cup white distilled vinegar, or an herbal vinegar

1/2 cup sugar

Seasoning packets from the noodles packages

Toss salad and dressing together in the bag. (The Best of Thymes)

Dill Pasta with Crab and Mascarpone

Pasta

8.5 oz strong white flour

½ tsp salt

2 heaped Tbsp dill, chopped

2 large eggs

Sauce

1 oz butter

12 oz crabmeat

8 oz mascarpone cheese

Salt, pepper

1 tbsp dill, freshly chopped for garnish

For the pasta, place the flour, salt and dill in a food processor and process briefly. Add the eggs and process until it resembles moist breadcrumbs. Using your hand, combine this into a ball, knead very briefly and chill, wrapped in saran wrap, in the fridge for half an hour. Using your pasta machine, roll out to the penultimate setting and cut into tagliatelle. Boil for no more than 1 minute, then toss with the butter. Add the crabmeat, mascarpone and plenty of salt and pepper. Mix well together, and then reheat over a low heat for 2-3 minutes, until everything is piping hot. At the very end, toss in the remaining dill, then serve in warmed bowls. The pasta can be frozen. Cook without defrosting, for an extra minute. (Feasting on Herbs)

Dill Pesto

1 cup fresh dill

1/2 cup fresh parsley

1/4 cup Parmesan cheese

1/4 cup almonds or walnuts

2 cloves garlic

1/2 cup oil

1/2 tsp salt

1 cup grated Swiss cheese

Combine dill and next 6 ingredients in a food processor or blender. Process until coarsely pureed. Add cheese and process until

mixed. Add extra oil if consistency is too thick. (Today's Herbal Kitchen)

Dilled Ricotta Torte

1 cup whole almonds, unblanched
1½ cups fine dry bread crumbs, preferably whole wheat
½ cup unsalted butter, softened
Salt
¾ pound natural cream cheese, softened
1 cup ricotta cheese
2 eggs
2 Tbsp half-and-half
1/3 cup snipped dill leaves
½ tsp freshly grated nutmeg
1 tsp grated lemon peel
Dill sprigs

Make a medium-fine meal of the almonds in the blender or food processor. Transfer them to a bowl and blend in first the bread crumbs and then the softened butter. Season with about ¼ tsp salt. Press the mixture on the bottom of a 9½ inch springform baking pan and about 1¼ inches up the sides

Preheat the oven to 350F. With an electric mixer on medium speed or with the food processor combine the cream cheese, ricotta, eggs, cream, dill, nutmeg, and grated lemon peel. Blend the mixture very well and season with salt.

Pour the mixture carefully into the prepared shell and bake for 1 hour and 10 minutes. Cool the torte to room temperature on a rack. Remove the springform ring and garnish the torte with dill sprigs. The torte may also be served chilled. If you make it in advance, remove it from the refrigerator about 30 minutes before serving, and remove the springform ring. (Herbs in the Kitchen)

Surety Dills

12 cups cider vinegar
6 quarts water
3 cups sea salt
1 Tbsp mustard seed
2 Tbsp dry minced onion
1 Tbsp garlic powder
20 dill blossoms
20 bay leaves

Horseradish root, chopped
20-30 cloves garlic
20 whole peppercorns
100 small pickling cucumbers

Bring the vinegar, water, salt, mustard seed, onion and garlic powder to a boil. At the bottom of each clean, hot, quart-sized jar place 2 dill blossoms, 2 bay leaves, 2-3 cloves garlic, a small piece of horseradish root and 2 peppercorns. Pack in approximately 10 cucumbers. Cover completely with the boiling vinegar. Leave ½ inch headspace. Process in a boiling water bath for 20 minutes. Let mature for at least two weeks before serving. (A Kitchen Witch's Cookbook)

Baked Broccoli with Dill Seed and Sour Cream

1 lb broccoli, cooked or 1 small cauliflower, cooked
2 tsp dill seed
Salt and pepper
1 cup sour cream
1 cup breadcrumbs
Green dill for garnish

Place cooked broccoli (or cauliflower) in an ovenproof dish. Sprinkle with dill seed, dust with salt and pepper, cover with sour cream, and top with breadcrumbs. Bake in a moderate oven until crumbs are brown. Garnish with a few sprays of green dill. (What Herb is That?)

Dilled Chicken Pot Pie

Filling:
3 Tbsp butter
½ cup finely diced celery
½ cup finely diced onion
1 small bay leaf
3 Tbsp flour
1½ cups chicken stock
1½ cups milk or cream
Dash or two of Tabasco sauce
Salt and freshly ground black pepper to taste
1½ to 2 cups shredded or diced cooked chicken meat
¾ pound diced cooked potatoes
½ pound diced cooked carrots

4-6 ounces cooked green peas, or use green beans cut in 1-inch pieces
½ cup chopped dill

Melt the butter over low heat in a large saucepan. Add the celery, onion, and bay leaf, cover, and cook about 10 minutes, or until the vegetables are soft. Sprinkle the flour over the vegetables, stir well to incorporate, and then cook for about 5 minutes. Stir in the chicken stock and the milk or cream. Cook the sauce over low heat for 15 minutes, stirring occasionally. Remove the bay leaf and add the Tabasco, salt and pepper. Stir in the chicken, potatoes, carrots, peas or beans and dill. Keep the filling warm while you make the biscuit dough.

Biscuits:

1 cup sifted all purpose flour
1½ tsp baking powder
¼ tsp salt
3 Tbsp cold butter or vegetable shortening, or a combination
½ cup milk
3 Tbsp chopped dill

Preheat the oven to 425F. Sift the flour, baking powder, and salt together into a bowl. Make a well in the mixture and cut the fat into the dry ingredients. Add the milk and dill and stir the mixture with a fork for about a minute or until the dough leaves the sides of the bowl. Transfer the chicken and vegetable mixture to a 3 quart ovenproof casserole. Drop the dough over the filling with a large spoon, spacing it evenly to make six biscuits. Bake for 20-25 minutes, or until the biscuits are lightly browned and the pie is bubbling. Serve hot. (The Herb Companion Cooks)

Dill Chive Bread

2½ cups flour
1 package yeast
¼ cup warm water
2 Tbsp sugar
1 Tbsp chopped fresh chives
2 Tbsp chopped fresh dill
1 tsp salt
¼ tsp baking soda
1 cup cottage cheeses

1 egg, lightly beaten
1 Tbsp butter

Dissolve the yeast in the warm water. Combine the yeast, sugar, herbs, salt and baking soda with 1 cup of the flour. Heat the cottage cheese with the butter until it is lukewarm. Add it to the yeast mixture. Add the beaten egg and stir well. Beat in the remaining flour to make stiff dough. Cover and let stand in a warm place until doubled in bulk. Stir down and place in a buttered loaf pan. Let rise again. Bake at 350 degrees for 45 minutes. While still hot, brush with melted butter and sprinkle with dill seeds. Cool in pan for 15 minutes. (Country Herb Cooking)

Dill Cornbread with Sausage

2 Tbsp butter
3 medium onions, thinly sliced
½ lb hot Italian sausage
2 cups unbleached all-purpose flour
1 cup yellow cornmeal
¼ cup sugar
½ tsp baking soda
2 eggs
¼ cup vegetable oil
1 ¾ cup plain low-fat yogurt
¼ cup snipped dill weed
Salt and freshly ground pepper

Preheat the oven to 400F and grease a 10-inch round baking dish, at least 1 ½ inches deep. Melt the butter in a medium-size skillet, and sauté the onions until they are soft and golden. Remove the casings from the sausage. Slice the sausage about ¼-inch thick, and bake in a shallow pan for 15 minutes. Drain off the fat, turn the oven down to 350F, and spread the sausage in the baking dish. Combine the flour, cornmeal, sugar, and baking soda in a large bowl. In a small bowl, beat 1 egg and combine with the oil, 1 cup of the yogurt and the dill. Blend into the dry ingredients until everything is just mixed. Pour over the sausage slices. Spread the onions on top of the batter. Combine the rest of the yogurt, the other egg, and a dash of salt and pepper, and pour over the onion layer. Bake for 25-30 minutes, or until a toothpick inserted near the center comes out clean. (Onions Love Herbs)

Dill Pasta with Crab and Mascarpone

Pasta:

8 ½ oz strong white flour

½ tsp salt

2 heaped Tbsp dill, chopped

2 large eggs

Sauce

1 oz butter

12 oz crabmeat

8 oz mascarpone cheese

Salt, pepper

1 Tbsp dill, freshly chopped for garnish

For the pasta, place the flour, salt and dill in a food processor and process briefly. Add the eggs and process until it resembles moist breadcrumbs. Using your hand, combine this into a ball, knead very briefly and chill, wrapped in saran wrap, in the refrigerator for half an hour. Using your pasta machine, roll out to the penultimate setting and cut into tagliatelle. Boil for no more than 1 minute, then toss with the butter. Add the crabmeat, mascarpone and plenty of salt and pepper. Mix well together, and then reheat over a low heat for 2-3 minutes, until everything is piping hot. At the very end, toss in the remaining dill, then serve in warmed bowls. (Feasting on Herbs)

Crab Cakes with Dill Sauce

For the dill sauce

1/3 cup nonfat or low-fat plain yogurt

3 Tbsp reduced calorie or nonfat mayonnaise

¼ cup minced fresh dill

½ tsp Dijon mustard

Dash of hot red pepper sauce

For the crab cakes

3 Tbsp whole wheat saltine cracker crumbs

3 Tbsp reduced-calorie or low-fat mayonnaise

1 tsp Dijon mustard

1 Tbsp drained capers

¼ cup minced fresh Italian parsley leaves

¼ tsp salt

¼ tsp freshly ground black pepper

Pinch of ground cayenne pepper

1 lb fresh lump crabmeat, picked over for cartilage and shell

1 Tbsp virgin or extra virgin olive oil

To prepare the sauce, combine the ingredients in a bowl. To prepare the crab cakes, combine all the ingredients except the crabmeat and oil in a large bowl. Add the crab, tossing lightly to combine. Shape into 8 cakes. Heat the oil in a nonstick skillet over medium heat. Cook the crab cakes until golden, about 3 minutes per side. Serve warm with the dill sauce. (Recipes from an American Herb Garden)

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