



HERBS AT HOME

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods. Learn more at: www.nhharvestofthemonth.org

Kid-Friendly Eating Tips

- Blend up basil with olive oil and cheese to make a pesto sauce for pasta or a sandwich spread.
- Add fresh basil to a pizza, pasta or soup.
- Add crushed mint to lemonade or steep it in boiled water to make tea.
- Oregano is a perfect addition to a vinaigrette dressing.
- Grow a few potted herbs in your sunniest window, or on an easily-accessible outdoor space—have kids pick and garnish away!

Cooking Tips

To avoid spoilage, wash fresh herbs right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.

Tidbit

Herbs have the ability to add a huge amount of flavor, with a small application. Herbs are unique in that they derive from all parts of a plant: roots, stems/bark, leaves, flowers, fruits and seeds. Fresh or dried, they are guaranteed to liven up your meal.

Storage Tips

- *To dry:* Wash, dry, then bunch together freshly clipped herbs with a rubber band. Do not bunch too tightly, as exposure to air is important. Next, hang bunches upside down in a dry, cool, dark space; herbs can also be dried lying on a rack or mesh screen. Drying times will vary.
- *To freeze:* Put in freezer grade bag, whole or chopped; do not blanch. You can also fill icecubes trays with leaves and cover in olive oil, stock or water. Put cubes in a freezer grade plastic bag.

RECIPES

Basil Pesto

Yield: 1 cup

Ingredients:

2 cloves of garlic, peeled
5 cups loosely packed basil leaves
5 Tbsp. olive oil
¼ cup grated hard cheese,
such as cheddar or parmesan
¼ tsp. salt
optional: the zest of one lemon

Directions:

1. Combine all ingredients in a food processor and process until finely chopped.
2. If desired, add hot water to the mixture to thin it out.

Source: Weston Nicoll, Chef-Owner of Café Shelburne

Mint Lemonade

Yield: 6 cups

Ingredients:

1 cup fresh-squeezed lemon juice
4 cups cold water
1 cup of mint syrup (see recipe below)

Mint Syrup:

½ cup granulated sugar
½ cup water
1 cup mint leaves

Directions:

1. Combine sugar and ½ cup of water and bring to a boil, stirring to incorporate the sugar.
2. Once sugar has melted, remove the pan from heat and add the mint leaves; allow to steep for 10-30 minutes.
3. Cool completely.
4. Combine all ingredients and serve over ice. Garnish with some mint leaves and fresh lemon slices.

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