

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



A Basic Guide for Seasoning with Herbs

Anise — The seeds are most commonly used in teas, and baking cookies and cakes. The leaves are often used in salads.

Sweet Basil — Basil is widely used in all types of dishes, such as shrimp, broiled fish, stew, hash, meat loaf, tomatoes, eggs, beans, cheese, and in appetizers.

Caraway — Caraway seeds add zest and flavor to vegetables when baked or cooked, such as cabbage, sauerkraut, carrots, onions, baked potatoes, soups and many other dishes.

Chives — Chopped in salads, omelets, sour cream, soups and cheese dishes, it gives added zest and color.

Dill — Fresh dill leaves are especially tasty in cucumber salads, cottage cheese, coleslaw, vegetable salads, and egg salads. Also, with all meats, potatoes, peas, beans, tomatoes, and spinach. The whole plant, excluding the roots is used in making pickles, and seeds are also used for vinegar, seed cakes and bread.

Fennel — The stems of this herb can be used like celery. Seeds are used in teas and bread. The seeds and leaves add a licorice flavor to soups, chowder, fish, pickles, and fish sauces.

Garlic — The most common uses of garlic are in cooking, in salads, soups, garlic butter, sauces, and Italian dishes.

Lemon Balm — The dried leaves are widely used for tea, in salads, and in all meat dishes.

Sweet Marjoram — Marjoram leaves are used in salad dressings, salads, vinegars, soups, cooked vegetables, and in meats.

Mint — Mint is very popular as a tea, and the leaves can be used fresh or dry. It may be used for mint sauces, in salads, drinks, sprinkled on fresh fruits, and mixed with other herbs such as Lemon Balm or Alfalfa for a delicious, refreshing tea.

Parsley — Parsley has more value than just as a garnish. It is very rich in Vitamins A and C. It is also rich in Iron. Parsley should be used in all salads, soups, etc.

Rosemary — Its uses are many and varied, from using sprigs as cut flowers, the fresh leaves for flavoring soups, stews, vegetables, meats, and tea.

Sage — The leaves are dried for later use for meats, fish, and with some vegetable recipes, dressing (stuffing.)

Savory — The leaves of savory are especially good with green beans, and yellow beans. Also it can be used in salads, egg dishes, sauerkraut, cabbage, ground beef dishes, and fish.

Shallots — Shallots look like small onions and are used in the same manner, but in smaller quantities. It may be used in fresh peas, salads, salad dressings, meat loaf, red beet tops cooked, and with many other types of cooked greens, and in baked dishes.

Tarragon — Fresh leaves are used for Tarragon Vinegar, tartar sauces, salad dressings, in salads, poultry, cheese dishes, egg dishes, and Orange Bread.

Thyme - It is used in stuffings, salads, salad dressings, soups, tomato and cheese dishes, and flavoring of all types.