

A Thyme to Plant Herb Farm
Nicole Schermerhorn Presents
“Summer’s Top 2 Herbs”

PARSLEY – *Curly, Flat Leaf (Italian)* Used in sauces, salads, salsa, pasta, breads, soups, stews & pesto.

An excellent breath freshener, thanks to its high chlorophyll content. It is high in vitamins A and C, one cup of minced fresh parsley contains more beta-carotene than a large carrot, almost twice as much vitamin C as an orange, more calcium than a cup of milk and 3 times as much iron as one (3oz) serving of liver. A quarter cup covers one third the DV for vitamin C and 100% the DV for vitamin K, which along with calcium is linked to prevention of osteoporosis.

Use generously to take advantage of its high nutrition.

Gremolata

A Parsley seasoning that is used like a pesto with lamb, pork, chicken, fish and pasta.

3 tablespoons chopped fresh parsley

2 garlic cloves

2 teaspoons freshly grated lemon zest or lemon thyme

Fresh ground pepper

Blend ingredients in food processor (or chop finely and combine)

LAVENDER – *Lady, Grosso, Provence.* Hardy varieties in area can be used for culinary purposes, tea, cookies and cakes, lemonade.

Since ancient time’s lavender has been used as a tranquilizer, sleep aid and digestive aid. It also soothes an upset stomach and takes the sting out of a burn and promotes healing. Naturally antiseptic and antimicrobial. Use in your home to repel moths. For lavender tea, use 1 to 3 teaspoons of flowers per cup of boiling water. Add to bath water for a relaxing bath.

Apply essential oil to a cotton ball and tie a string around it. Hang the ball in your closet to deter moths.

Lavender Lemonade

4 cups water, divided

¼ cup chopped fresh lavender leaves (or 1 tbs dried flower buds)

2/3 cup sugar

1 cup fresh lemon juice (about 6 lemons)

Lavender Stems

Bring 1 cup of water to a boil in a medium saucepan. Combine the boiling water and lavender in a medium bowl, cover and steep 30 minutes. Strain the lavender mixture through a fine sieve into a bowl, discard lavender leaves.

Combine 3 cups water and sugar in saucepan. Bring the mixture to a boil, and cook 1 minute or until sugar is dissolved.

Combine lavender water, sugar syrup, and lemon juice in a pitcher. Cover and chill. Serve over ice. Garnish lemonade with lavender stems, if desired. Yield: 5 servings (serving size: 1 cup).