



Culinary Herbs



Master Gardeners Herb Specialists

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&

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- The views and opinions expressed in this presentation are those of the speakers and do not necessarily reflect the views or positions of AgriLife Extension Service.
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Topics

- Growing in Texas
- Definitions
- Cuts
- Culinary herbs
 - Fine/tender
 - Robust/resinous
- Tips & tricks

Samples being offered for break

Recipes in your hand-out

- Cucumber salad
- Chopped caprese salad
- Tarragon potato salad
- Honey garlic butter roasted carrots
- Mini grilled cheese sandwiches with white cheddar-pesto
- Cold Mexican cucumber soup
- ***Lemon Thyme herb sauce for seafood - Demonstration

Growing in Texas



agriflifeextension.tamu.edu
Click Educational materials
Search



PDF format no cost

- Herbs for Texas Landscapes:
 - Growing herbs in Texas:
- ***Introductory wheel and recipe booklet to learn the basics of growing, harvesting, cooking with and preserving 10 common herbs. ***Cost \$15.00 plus shipping.

Definitions

- Herb: leaves
- Spice: seeds, bark, root, flower, bud, resin, or any other part
- Blend: combination of herbs and spices
- Condiment: used at the table
- Extract: pressing or distilling
- Infusion: steeping, cooking, or puree
- Marinade: placing foods in an acidic mixture
- Rub: paste or powder form
- Sprig: fresh herb with leaves still attached
- Vinegar: “sour wine”

Cuts

- Chiffonnade
 - Use for basil, spinach, and other leafy ingredients
- Chop
 - Use for parsley, sage, thyme, rosemary, and oregano
- Grate
 - Especially popular for whole nutmeg, ginger, and allspice



Culinary herbs

**Herbs used in samples offered during break*

Fine/tender

- Basil*
- Chervil
- Chive*
- Cilantro*
- Dill*
- Mint
- Tarragon*
- Sorrel

Robust/resinous

- Bay leaves
- Lemongrass
- Oregano
- Parsley*
- Rosemary
- Sage
- Thyme*

Tips & tricks

- **Flavor infusion** takes longer when using dry herbs; add them earlier than fresh herbs; presoaking herbs in a warm liquid (wine, water, stock, or oil) helps release more of their essence.
- **Flavor intensity** is increased when **herbs are dried**; use about 1/3 the amount when the recipe calls for fresh.
- **Ingredients & their measures** 1 c. chopped basil means leaves are chopped first, then measured. 1 c. basil, chopped means measure the basil first, then chop.
- **Release more flavor** in dried herbs & spices by bruising them:
 - Rub herbs & spices between your hands or quickly swirl them in a mortar & pestle.
- **Out of vinegar?** 2 tsp. lemon (or lime) juice = 1 tsp vinegar



Thank you

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Library programs & Saturday seminars



Library Programs

With Big Country Master Gardeners

March Topic is Lawn Care
Mar 5th 6:00 p.m. South Branch in Mall of Abilene;
Mar 8th 10:00 a.m. Downtown Library

April Topic is Selecting Plants
Apr 2nd 6:00 p.m. South Branch in Mall of Abilene;
Apr 12th 10:00 a.m. Downtown Library

May Topic is Herbs
May 7th 6:00 p.m. South Branch in Mall of Abilene;
May 10th 10:00 a.m. Downtown Library

June Topic is Composting
Jun 4th 6:00 p.m. South Branch in Mall of Abilene;
Jun 7th 10:00 a.m. Downtown Library

July Topic is Bugs
Jul 2nd 6:00 p.m. South Branch in Mall of Abilene;
Jul 12th 10:00 a.m. Downtown Library

August Topic is Succulents
Aug 6th 6:00 p.m. South Branch in Mall of Abilene;
Aug 9th 10:00 a.m. Downtown Library

September Topic is Wildflowers
Sep 3rd 6:00 p.m. South Branch in Mall of Abilene;
Sep 13th 10:00 a.m. Downtown Library

October Topic is Seed Saving
Oct 1st 6:00 p.m. South Branch in Mall of Abilene;
Oct 11th 10:00 a.m. Downtown Library

November Topic is Bulbs
Nov 5th 6:00 p.m. South Branch in Mall of Abilene;
Nov 8th 10:00 a.m. Downtown Library

December Topic is Tool Maintenance
Dec 2nd 6:00 p.m. South Branch in Mall of Abilene;
Dec 13th 10:00 a.m. Downtown Library

*Topics are subject to change




Saturday SEMINARS

With Big Country Master Gardeners

JANUARY 9 am until noon	27th Lawn care 
FEBRUARY 9 am until 3 pm	24th Pepperpalooza (\$35/person) <small>Limited spots. Must register at bgmgtx.org</small> 
MARCH	No program this month
APRIL 9 am until noon	27th Propagation 
MAY 9 am until noon	25th Entomology 
JUNE 9 am until noon	29th Vegetables & Herbs 
JULY 9 am until noon	27th Compost 
AUGUST 9 am until noon	31st The Birds and the Bees 

Taylor County Extension Office **1982 LYTLE WAY**
325-672-6048 * Enter through Gate 5 off of 322 access road

LIBRARY PROGRAMS

First Tuesday* @ 6 pm @ Abilene Mall Library
Second Friday* @ 10 am @ Downtown Library
*Some dates may vary due to conflicts at library

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