

Hoosier Botanicals™

DILL (*Anethum graveolens*)

In the Kitchen...

Dill has a distinctively bright and tangy flavor. It is popular in northern European and Russian cuisine, often finding a place with fish, yogurt, eggs, cabbage, cheese, potatoes, carrots, cucumbers, onions and cream. Fresh dillweed should be added to hot dishes just before serving or with salads and dips. Snip the fine leaves with a kitchen scissors to best preserve the flavor. When pickling, add a whole fresh flower head or 1 tsp of dried seeds to each jar of brine and cucumbers.

Cucumber Yogurt Salad Combine one peeled and diced cucumber, ¼ cup minced sweet onion, 1 cup plain yogurt, ½ tsp salt, 1 tbsp sugar, ¼ cup fresh dillweed, one minced small garlic clove, dash of white pepper and 1 tbsp fresh lemon juice. Chill for 1 hour and serve with beet borscht, grilled salmon or baked potatoes.

Champagne Dill Vinaigrette Combine in food processor: 1 cup canola oil, ½ cup champagne vinegar (or ¼ cup rice vinegar and ¼ cup champagne), 1 small clove of garlic, ¼ cup snipped fresh dillweed, salt and pepper to taste, 2 tbsp sugar, 1 tbsp egg white, and juice of ½ lemon. Wonderful on tossed salads and on carrot and cabbage slaws.



Part used: Leaves, seeds and flowers

Condition: Fresh, dried or frozen

Ethnic span: Russian and Scandinavian cooking

Method: Cut leaves with a scissors; use seeds and flowers whole

Storage: Freeze whole leaves and store dried seeds in airtight jar

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In the Garden...

Dill is a self-seeding annual with delicate lacy foliage. It is lovely as a backdrop to other herbs in an herb garden since it reaches a height of 3'. Transplant your dill into a permanent location both because it reseeds itself year after year and also because once planted it does not like to be moved. Strong wind can sometimes knock down the tall stems, so pick a location somewhat protected from the elements.

Expect your dill plant to go to seed quickly its first year in your garden. The following years it will produce edible foliage for a longer period of time, especially if you've saved some seed to sow every few weeks during the spring and summer months.

Harvest the dillweed (the leaves) regularly by cutting whole leaves close to the stem. If you want dill seeds for pickling, wait until the flower has matured and hang a cut flower upside down to dry. The seeds will fall off by gently tapping the dry flower.

www.hort.purdue.edu/newcrop/6pac



Carrot family–
Umbelliferae

Mediterranean and southern Russian origin

Biennial; self seeds

Full sun

Moderately rich, well-drained soil

Keep moist

Grows to 3'

Space 12" apart

Flowers July through September

Yellow blossoms

Propagate by seed