



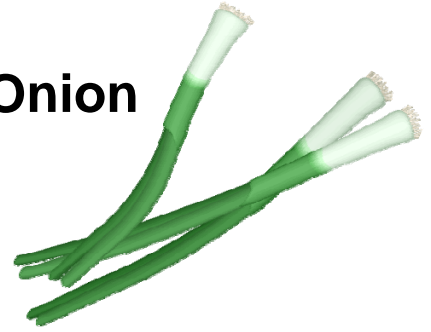
# My Herb Cookbook

## By

---

This publication/program is supported by Federal Library Services and Technology Act Funds, awarded to the New York State Library by the Federal Institute of Museum and Library Services.

## Herb: Green Onion (chives)



### **Creamy Onion Dip**

Makes 1 cup of dip

### **Ingredients**

- 1 cup sour cream
- 1/4 **green onion chives**, chopped (about 2)
- 2 tablespoons soy sauce

1/4 teaspoon onion powder

### **Directions**

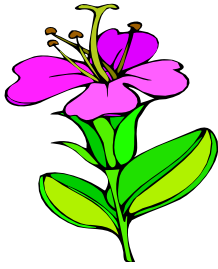
Combine all of the ingredients and let chill for 1 hour.

### **Notes**

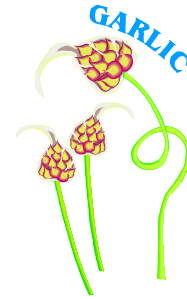
Green Onions are sometimes called Spring Onions too! Did you know that the sweetest and best tasting part of the onion is at the very end-- closest to that shaggy looking root? When you or your adult helper is chopping the onion, you should always start there and work your way up until you have about 1/4 of the onion left unchopped. Throw that remaining portion away (or put it in your compost pile!). As you get to the green stalky end, the onion flavor becomes sharp and bitter.

# Name of Herb

---



## Herbs: Thyme and Garlic



### Recipe: Red Rice

This easy rice dish goes well with everything. Serves 6

#### Ingredients

- 1 tablespoon olive oil
- 1 1/2 cups long grain rice (white or brown)
- 1 15 ounce can chopped tomatoes, drained
- 1 teaspoon fresh **thyme** or 1/2 teaspoon dried **thyme**
- 1 small **garlic glove** cut in half
- 1/4 teaspoon salt

3 cups natural chicken stock or broth

#### Directions

Heat oil in a medium sized pot over medium heat (make sure you have lid for this pot!). Add the rice and stir for 1-2 minutes. Add tomatoes, thyme, garlic, and salt. Cook for an additional 2 minutes. Add the chicken stock and cover.

After five minutes, reduce the heat to low and let simmer for 25 minutes or until all the water is absorbed and the rice is tender.

# Name of Herb

---

**Thyme**



**Oregano**

**Rosemary**



**Herbed Chicken Breasts** serves 4

**Ingredients**

- 4 chicken breasts (w/bone and skin)
- 2 tablespoons olive oil
- Juice from 1/2 lemon
- 2 tablespoons mixed dried herbs, such as **thyme, oregano, and rosemary** (you can use all of these or only a couple. The choice is yours.)

salt and pepper

**Directions**

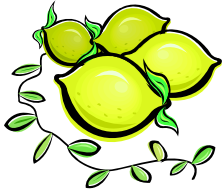
Preheat oven to 375 degrees

Rinse chicken under cool water and pat dry with a paper towel. Brush each chicken breast with olive oil and then drizzle with lemon juice. Next sprinkle with herbs, salt and pepper. Place each chicken piece skin side up on a foil lined baking sheet. Roast breasts for 35 minutes. Serve.

# Name of Herb

---

## An Herbal Bath



Mom's old hosiery (bath sachets)  
1/4 cup Mint Leaves  
1/4 cup Rose Petals  
1/4 cup Lemon Balm or Lemon Basil  
(you can use substitute lemon peels)



Cut the legs (about 8 inches) out of mom's old hosiery to make bath sachets. Place the mint and rose petals into bath sachets and tie a knot. Steep into 2 cups of boiling water for 10-15 minutes. Then add to your hot water bath! (get an adult to help you with the boiling and pouring...so you do not burn yourself!)

Now, sit back, take a deep breath and relax!

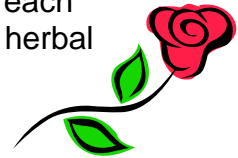
## Soothing Herbal Bath Balls (A great teacher's gift!)



When you have extra dried herbs you have not used for cooking (within 6 months), use them for your bath.

Take 1 cup of each and mix well:  
dried mint, rosemary, lavender flowers and rose petals

Cut 4-5" squares of cotton fabric, and place 1 1/2 teaspoons of mix into each square. Pull four corners together and tie with ribbon or yarn. Use one herbal bath ball per bath. (Two if you would prefer!)



Note: it is ok if you do not have all the herb types listed.  
Experiment with what you have!

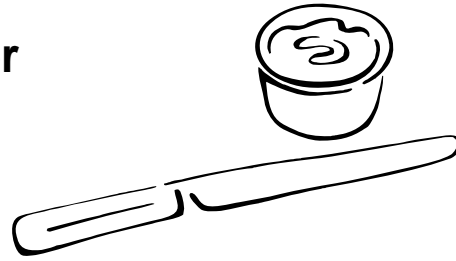


# Name of Herb

---



## Herbed Butter



Herbed Butters are great served as a spread for bread, or a topping for pastas, fish and meats. Also, try using herbed butter when grilling corn on the cob or other vegetables. You can use one or more herbs as desired.

1/4 cup sweet or unsalted butter, softened  
1 tablespoon fresh herbs, **minced\***  
(Suggested herbs to try: garlic, basil, and oregano)

Mix the butter and herbs together until smooth. Press butter mixture into a small container, or refrigerate to slightly firm butter and shape into balls. Chill herbed butter for 3 hours to allow flavors to mix.

\***minced** means to cut or chop in to very tiny pieces.

## Herbed Oil

Herbed oil is great to use in favorite recipe or served with French bread. (It takes a long time to make this...but well worth the wait.)

You will need:  
1 cup of fresh herb leaves and branches.  
1 pint of quality oil (like olive oil)



Place herb leaves and branches in a glass container and cover completely with olive oil. Seal the container and let sit for about 10 days. After 4-5 days check to make sure herbs are still covered with the oil. After 10 days, taste. If not strong enough, add more herbs and wait another 10 days.

# Name of Herb

---

By adding herbs and seasonings to different types of cheese, you can create a variety of spreads, dips and cheese logs. You can experiment making herbed cheese logs by combining Feta or Cheddar Cheese and fresh herbs.



## Herbed Cheese

Here is a recipe for a simple cream cheese-based spread that can also be made into a dip by adding a little more sour cream.

You will need:

1 cup cream cheese, softened

2 tablespoons sour cream

2 tablespoons minced fresh herbs (remember minced means chop or cut in very tiny pieces)

Pinch of salt and pepper (to taste)

Combine all ingredients until smooth. Chill for 8 hours to blend flavors.

Allow to sit at room temperature for 30 minutes before serving.

Some herbs to try: green onion, parsley, basil. Great for dipping potato chips into! Dill is great for making a vegetable dip.

# Name of Herb

---

# Name of Herb

---

# Name of Herb

---

Herbs are very easy to grow. They may be grown in your garden or indoors in a flowerpot.

### **Tips to keep your herbs growing...**

Trim leaves of the herbs as you need them. Frequent picking and snipping of branches will encourage new growth on your plants. Basil, Cilantro, Dill and Parsley are annuals, which mean that their lifespan is one season. Chives (green onion) and Marjoram are perennials, which mean that with proper care, they should last for many years.

Extend the life of all your herb plants by removing flower buds that may develop.

Basil needs plenty of sun, water, and constant pinching to produce a bumper crop. If allowed to flower, the leaves may become bitter

### **HOW TO HARVEST THOSE HERBS!!** (An adult will have to help you with this.)

Pick your herbs when they are just about to flower, when buds have formed but not opened. Gather them in the morning before the sun hits them, but yet after the dew has dried. Pick only the tips of the plant (about 2-3" is good) keeping your plant in good shape, and will produce more branches for later harvesting.

**Hanging Bunches:** in a warm spot, or near a heat source (like the pot-bellied stove or in a window). Make small bunches and rubber band them at the top and place them in a brown paper bag and secure at top. Hang until herbs are dry. Herbs are dry when they crumble off the stem. After crumbling off stem, place in a lidded dark colored jar for up to one year. You want to use a dark jar because light causes the herbs to fade and lose flavor.

**OVEN DRYING** is one of the more efficient ways to dry your herbs. Place your herbs on a cookie sheet in a thin layer and place in a VERY low setting oven. If your herbs are turning brown, then the oven temperature is still too high. If you are drying your herbs in a humid condition, then stir your herbs a bit until they are dry and for the first few hours of the drying process, have the temperature up a tad bit.

**FREEZING HERBS** helps to retain the flavor better and they won't turn moldy! Place the herbs on a cookie sheet and place in freezer just long enough for the plants to freeze. Then place them into plastic storage bags until further use. By freezing them flat and then placing into bags, the herbs are "separated" and easier to use when needed. If the herbs were just placed in a bag together, they would freeze together making it harder for separation.

Some herbs that keep better by freezing are the basil, chervil, dill leaves, chopped chives, lemon verbena leaves, scented geranium leaves, tarragon, rose petals, and spearmint.

Another way to freeze your herbs for cooking is by making herb butters. These butters can be a mixer of herbs or one herb. You can also make herb ice cubes to be added to your cooking later. (see recipe in this book)

### **The Building Bridges Project**

Library Services To Youth With Developmental Disabilities  
Monroe County Library System

Youth with developmental disabilities are not limited to Building Bridges programs. We encourage you to visit your local libraries.

#### **TIPS to ensure your library visits are welcoming and rewarding:**

- Introduce yourself to the librarians and let them know of any accommodations your child may need.
- Pick up an events calendar. Speak with the librarian to determine which programs will meet your child's needs.
- Get involved. Ask how you can help make library programs inclusive. Volunteer your time.
- Encourage librarians to participate in disability awareness workshops.

This publication/program is supported by Federal Library Services and Technology Act Funds, awarded to the New York State Library by the Federal Institute of Museum and Library Services.



