



## CULINARY TIPS:

- Older leaves are a bit tough and best used for steeping. Use young growth for chopping and including in dishes.
- Leaves may be used fresh or dried. Combine 7-10 leaves in a blender with any liquid in a recipe, from melted butter to eggs, milk or water. Or, finely chop before adding to recipes like blueberry or other fruit muffin, cake, cookie, sorbet or ice cream recipes. Lemon zest or juice further intensifies the flavor.
- Dry leaves on a screen or hang stems until “corn flake crisp”. Store leaves in a sealed container, away from direct sunlight. Lemon verbena retains its flavor and fragrance for a few years when stored properly.
- Steep 1 teaspoon of dried or 1 tablespoon of fresh leaves for 7 minutes to make a relaxing tea. Or combine with equal parts mint. Also blends nicely with black tea and other herbal tea to make a hot or iced tea.
- For delicate lemon flavored water, simply add a small bundle to a pitcher of ice water, stored in the refrigerator.
- Make a simple syrup by combining a cup of water and a cup of sugar in a pot. Stir and bring to a simmer then remove from the heat. Add a half a cup of loosely packed lemon verbena leaves, cover and steep for 15 minutes. Strain out leaves and refrigerate. Use syrup to make lemonade or other beverages.
- Use finely chopped lemon verbena leaves in place of lemon zest in recipes.
- Layer lemon verbena in sugar in a sealed container for a couple of weeks. Lemon scented sugar can be used in teas , cookie recipes or other bake goods

### LILLIAN'S LEMON DOODLES

1 cup butter, softened

1 teaspoon cream of tartar

1 ½ cup sugar

1 teaspoon baking soda

2 eggs

Grated peel from 1 lemon

2 tablespoons fresh lemon verbena, chopped

1 teaspoon vanilla

2 ¾ cups all-purpose flour

Cream butter, sugar, lemon verbena and eggs. Sift together dry ingredients; stir into creamed mixture. Chill about 1 hour.

Preheat oven to 375°F. Remove dough from refrigerator, roll into balls the size of a cherry, and bake for about 10 minutes. Cool and frost with Lemon Glaze

### LEMON GLAZE

1 stick butter, melted

Juice of 1 lemon

1 box confectioner's sugar

1-2 drops of milk

1 teaspoon pure vanilla extract

Beat together butter, confectioner's sugar, lemon juice, and enough milk to make a spreading consistency.

Lorraine Kiefer, South Jersey Unit

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### LEMON VERBENA DIP

8 ounces cream cheese, softened

8 ounces lemon yogurt

¼ cup lemon verbena leaves, very finely minced (use tender leaves)

¼ cup sugar

1/3 cup fresh lemon juice

Mix all ingredients thoroughly. Cover and refrigerate overnight. Serve with sliced fresh fruit or plain cookies.

Marilyn Rhinehalt, Western Reserve Unit

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