



# HSA Recipes

## Dill

### *Anethum graveolens*

#### TIPS FOR USING DILL

- Harvest dill leaf (also known as dill weed) at any point in the growing season until the yellow flower clusters form.
- Since the flavor begins to diminish soon after picking, use cut dill as soon as possible.
- Use dill leaf in vinegar and to make pickles, in cucumber salads and in dishes with cheese, eggs, potatoes and fish.
- Dill seeds are harvested just as they start to turn a tan color. Cut and dry upside-down in a brown paper bag that will catch the seed as it falls from the clusters. Or tie small paper bags on the plant to catch the seeds as they mature. Store in an airtight container when completely dry.
- Whole flower heads with partially ripened seeds are used whole for pickling.

#### CUCUMBER DILL SALSA

2 cucumbers, peeled, seeded, and chopped  
3 plum tomatoes, chopped  
¼ cup chopped chives or green onions  
2 tablespoons chopped garlic chives

2 tablespoons chopped fresh dill  
1 tablespoon lemon or lime juice  
Pepper to taste

Combine all ingredients. Chill and serve. Makes a good dressing for hummus on a pita.

Jennifer F. Jordan  
HSA Tidewater Unit

*The Essential Guide to Growing and Cooking with Herbs*

#### MUSTARD DILL SAUCE

½ cup fresh dill, chopped  
½ cup Dijon mustard  
1 tablespoon honey  
3 tablespoons dill white wine vinegar

3 tablespoons plain yogurt  
½ cup olive oil

In a blender, combine all ingredients except the oil. With the motor running, slowly add the oil. Blend until thick and smooth. Place in a covered container and refrigerate.

Serve with steamed vegetables, grilled chicken or fish.

Eleanor Davis  
HSA Western Pennsylvania Unit  
*The Essential Guide to Growing and Cooking with Herbs*

## LAURIE'S SIMPLE SALAD DRESSING

Extra Virgin Olive oil

Garlic Salt

Dill weed, dried

Prepare salad in a bowl. Drizzle olive oil onto salad. Salt lightly with garlic salt. Sprinkle dill weed liberally. Toss together and enjoy!

Laurie Alexander  
HSA Membership Coordinator

***The Herb Society of America's Essential Guide to Growing and Cooking With Herbs***, edited by Katherine K. Schlosser, can be obtained [here](#).

For more information and recipes using dill, see: [The Herb Society of America's Essential Guide to Using Dill](#)