

Quick Poached Salmon with Dill Mustard Sauce

Ingredients:

1/2 C plain yogurt
1/4 C Dijon mustard
1 Tbs honey
1/4 C fresh lemon juice
3 Tbs chopped fresh dill
1 lb. salmon
1 C white wine
1/2 C water
1/4 C chopped shallots

Directions

In a small bowl, blend the plain yogurt, Dijon mustard, honey, lemon juice, and dill. Cover and refrigerate until serving.

In a medium saucepan over medium heat, place the salmon in the white wine and water. Adjust the amount of water as necessary to just cover the fish. Sprinkle with shallots. Cover the saucepan, and cook 10 to 12 minutes, until salmon is easily flaked with a fork. Drain, and serve with the yogurt sauce.



Dill Carrot Salad

Ingredients

1 bunch carrots, scrubbed and grated
1/2 bunch dill, chopped
3-8 spring onions, chopped
yogurt on its own or mixed with a bit of sour cream or creme fraiche
splash of vinegar
Salt & pepper to taste

Directions

Mix all ingredients, then get creative. A bit of mustard, a few raisins, a few toasted nuts, some other grated vegetables, you get the picture. Make this your own dish. Also try using a vinaigrette or olive oil instead of the yogurt.



Cultivars of Dill:

Bouquet and *Mammoth Long Island* are the leading cultivars of dill planted in the US (c1987). *Fernleaf* is a "dwarf" cultivar (less than 20 inches in height), which apparently resists flowering longer than other cultivars and making it better for dill weed production. Others include *Aroma* (for dill weed), *Bouquet* (good for seeds), *Dukat* (for leaves), *Dura* (flower clusters for pickling), *Sari*, *Tetra* (for leaves) and *Vierling* (flower clusters and leaves for pickling).

For more information on Dill

- Margaret Grieve, *A Modern Herbal* (<http://www.botanical.com>) c1931
- Ernest Small, *Culinary Herbs*, Second Edition, c2006
- <http://growingtaste.com/herbs/dillweed>
- <http://www.gardenguides.com>
- Wikipedia, <http://en.wikipedia.org/>
- Drayton's "Nymphidia" excerpt from *A Sixteenth Century Anthology*, edited by Arthur Symons c1905.

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Meets the 2nd Thursday of every month at 6:30 pm.
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Dill

Anethum graveolens

In the Middle Ages, Dill was one of the herbs used by magicians in their spells and charms against witchcraft.

In Drayton's "Nymphidia" are the lines:

*"Therewith her Vervain and her Dill,
That hindereth Witches of their Will."*

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Herb of the Year, 2010

Dill

Origins

Dills are hardy annual or biennial plants native to southwest Asia along Southern Russia and the Mediterranean regions of Europe, and naturalized in the rest of Europe and America. They belong to the family Apiaceae, formerly called Umbelliferae for the umbrella-like umbels of flowers characteristic of the family. The common name is sometimes said to derive from the Anglo-Saxon verb *dilla* or *dylle* (or Old English *dile*), meaning "to lull," because of dill's sedative effect on the digestive system.

It is also used as slang, calling someone a "dill weed" implies they are slow or have limited mental capacity. In Arabic (Palestinian), dill seed is called *ain jaradeh* (cricket eye) used as a spice in cold dishes like fattosh and pickles.

In Semitic languages it is known by the name of *Shubit*. The Talmud requires that tithes be paid on the seeds, leaves and stem of dill. The Bible states that the Pharisees were in the habit of paying tithes with dill.

Several twigs of dill were found in the tomb of Amenhotep II, they and the earliest archeological evidence for its cultivation comes from late Neolithic lakeshore settlements in Switzerland. Traces have been found in Roman ruins in Great Britain.



Basic Cultivation

Soil: prefers rich, well drained soil

Water: when dry

Propagation: prefer cool weather. In warm winter areas that don't experience a hard frost, plant dill in fall or winter. In cooler areas, plant dill a week or two before last hard frost. After the first sowing, plant again every 2 or 3 weeks or so for a continuous crop. Cover the seeds lightly, and allow a week or two to germinate

Sunlight: loves to bask in the sun, but will tolerate afternoon shade. (more sun = more flavor)

Size: up to 3 feet tall; plant it in the back of the garden. Sow seeds close together to allow the plants, which blow over easily, to support each other.

Pests/hazards: Don't plant near caraway, fennel or angelica; caterpillars are fond of dill, and can be hand-picked if they become a nuisance.

Harvesting:

The seed is harvested by cutting the flower heads off the stalks when the seed is beginning to turn brown. The seed heads are placed down in a paper bag and left in a warm dry place for a week. The seeds can then be shaken easily from the stems and stored in an airtight container.

Leaves are simply snipped as required for health or culinary usage.



Uses for health:

Dill has been known for thousands of years as having the carminative property of relieving gas. It has been studied and shown to have antibacterial and antimicrobial activity against selected bacteria. Like the other umbelliferous fruits and volatile oils, both Dill fruit and oil of Dill possess stimulant, aromatic, carminative and stomachic properties, making them of considerable medicinal value. In India, it's used as *mukhwas* (after meal digestive) and specially given to mothers as a post-childbirth maternity care tradition.

Dill essential oil (UK-grown) is of a pale yellow color, darkening on keeping, with the odor of the fruit and a hot, acrid taste. It consists nearly entirely of limonene and carvone. The oil is used commercially in medicines, soaps, detergents, and foods.

As always, we encourage you towards your own research before using any herb in your personal health practices.

PREPARATION AND DOSAGE for TEA: Add about two teaspoons pounded fresh seeds per cup of boiling water, let it steep for 15 minutes before drinking as a stomach soother. This should be diluted before giving to children. Adults may drink up to 3 cups per day. Some Herbalists suggest combining dill and fennel in weak tea for colicky infants.



Uses In the kitchen:

Like caraway, its fernlike leaves are aromatic, and are used to flavor many foods, such as gravlax (cured salmon), borscht and other soups and pickles (where the dill flower is sometimes used). Dill is a favorite culinary herb, both in leaf and seed, and is popular in northern European cooking. A sprig of dill will perk up almost any soup, salad, or main dish.

The fresh greens blend well with fish, eggs, potatoes, meats, breads, salads and sauces; dill seed is used in pickling and to make a dill-flavored vinegar. Seeds of Indian dill, *A. sowa* (or *Soyah*), are used in curry mixtures, and the leaves are used in soups and rice.

Dill is best when used fresh — it loses its flavor rapidly if dried; however, freeze-dried dill leaves preserve their flavor relatively well for a few months.

Enhance Your Meals with Dill:
For a quick side dish, finely chop some dill leaves into plain yogurt. Pour over fresh cucumber slices and toss.

Make an easy dill butter by combining minced fresh dill with half a cup of softened butter. Chill for at least 2 hours to allow flavors to blend. Use on bread or broiled seafood.

Use dill seeds to season vegetables like carrots and pumpkin while cooking. Or stir them with butter into the veggies after cooking.

Dill seeds taste similar to caraway, so you can substitute them for caraway in breads.

Dill also complements sour cream, cream cheese, cottage cheese, dips and spreads, meats, eggs and potato salad.

Dill Sauce for Hamburgers

Ingredients

1 cup mayonnaise
1 teaspoon Worcestershire sauce
2 Tbs dried dill weed (or 4Tbs fresh, chopped)
Mix well and let sit in the frig for a little while for the flavors to blend. What possibilities!!

