



## THE URBAN EDGE

ORGANIC FARM • FARM STORE  
U-PICK ORCHARD

[TheUrbanEdgeFarm.com](http://TheUrbanEdgeFarm.com)

*For more information on herbs, check out Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe at the farm store or [BountyFromTheBox.com](http://BountyFromTheBox.com).*

## ABOUT HERBS

*In the culinary world, the delicious flavors and fragrances of herbs lend surprise, nutrition, and nostalgia to cuisines all around the globe. The Urban Edge Farm grows a wide variety of organic herbs.*

## HOW TO SELECT AND STORE

Fresh herbs should look and smell aromatic, with vibrant, even coloring, plump leaves, and no signs of mold, wilting, shriveling, bruising, sliminess, dark spots, or yellowing areas.

- **IN THE FRIDGE:** Most fresh herbs keep well when wrapped unwashed in slightly damp (but not soaking wet) paper or cloth toweling, placed in a plastic or cloth bag, and stored in the refrigerator vegetable crisper drawer. Most herbs should be used within 3 to 5 days, although some woody ones like rosemary and lemongrass last longer.
- **ON THE COUNTER:** You can also treat many fresh herbs just like cut flowers; snip the stem ends, place them in a glass of water, and keep on the counter or in the refrigerator.
- **FREEZING IN FAT OR LIQUID:** A terrific way to store fresh herbs long term is to freeze them in some sort of fat. (This method is much better than drying, as more of the flavorful essential oils are preserved and absorbed by the fat.) Finely chop the fresh herbs and mix them into a paste, using roughly  $\frac{1}{3}$  cup of olive oil or cooled melted butter to every 2 cups of herbs. Freeze the mixture in ice cube trays. To thaw, pop out a few cubes into a strainer and let the oil melt away, or just drop the desired number of frozen cubes directly into sauces or soups.  
With mint, layer 6 to 8 whole leaves in each well of the ice cube tray, pour water or juice around them, and freeze for adding to drinks.
- **FREEZING BY ITSELF:** You can also freeze herbs by arranging fresh leaves on a

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single layer on a baking sheet and putting the sheet in the freezer. Once the leaves are frozen, put them in zipper-lock bags and return them to the freezer immediately. Most frozen herbs will keep for 4 to 6 months at 0°F. Do not thaw before using.

- **DRYING:** Dry herbs by tying them in a bunch and hanging them in a cool, dark, dry place with good ventilation. Once they are dry, seal them tightly in a container with a lid or in a zipper-lock plastic bag, and store away from light and heat. Or you can oven-dry by spreading a single layer of leaves on a baking sheet and placing in a warm (up to 180°F) oven for 3 to 4 hours. Stir the herbs periodically until they are thoroughly dry. Different herbs have different drying requirements, so check with a reputable source (like the *Bounty from the Box: The CSA Farm Cookbook*) for exact instructions.

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## HERB SERVING SUGGESTIONS

- Sprinkle finely chopped fresh herbs in the last 2 minutes of cooking soups, stews, stir-fries, meats, and seafood.
- Infuse butter with herbs and garlic and add to dishes (see the recipe below).
- Use whole sprigs of oregano, thyme, and tarragon in grilling and roasting.
- When basil is in season, make pesto!
- Slow-cook herbs with beans and peas.
- Add herbs like lavender, mint, and lemongrass to cold and hot drinks.
- Add generous amounts of herbs to marinades, stuffings, and sausage mixes.
- Herbs pair wonderfully with fruits—try melon or peaches with tarragon, or lemongrass with citrus!

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## GARLIC-HERB COMPOUND BUTTER

MAKES 1 CUP

Herbs infuse this delicious compound butter, which is easy to make and terrific for steak, corn, turkey, fish, vegetables, potatoes, and even bread. Experiment with different herbs; fresh herbs are far superior to dried in this recipe. And if you don't want garlic, omit it.

1 cup (2 sticks) unsalted butter, softened at room temperature  
1 tablespoon finely chopped fresh rosemary, thyme, or tarragon  
1 tablespoon finely chopped fresh chives or parsley  
3 cloves garlic, finely minced  
Kosher salt

1. In a large bowl, combine the butter, chopped herbs, and garlic. Season with salt. Use a spatula to combine all the ingredients well.
2. Lay out a sheet of parchment or wax paper. Scoop the butter-herb mixture onto the paper. Roll into a log and twist the ends shut.
3. Place the mixture in the refrigerator for 2 hours, or until the butter is firm.