

# CARAWAY

- TYPE:** Biennial  
**SUN:** Full Sun  
**HEIGHT:** 24 inches  
**GROWING IT:** Moist well-drained soil.  
**PARTS USED:** Leaves, stems, seeds.  
**HARVEST:** Pick leaves as needed. Use fresh as they do not dry well Seeds should be picked ripe in midsummer and dried.  
**CULINARY:** Seed is the most popular use of Caraway. Used to flavor breads, cheese, egg dishes, pickles, cakes, rich meats, and Hungarian stew. Leaves can be clipped and added to salads, soups, and stews. Roots can be eaten as parsnip.

## TRY IT!

### CARAWAY RYE BREAD

- 1 ¼ c. water
- 1 Tbs. butter, softened
- 2 ½ c. bread machine flour
- ¾ c. rye flour
- 2 Tbs. dry milk
- 2 Tbs. sugar
- 1 ½ tsp. salt
- ¾ tsp caraway seeds toasted
- 2 ½ tsp. quick acting active dry yeast

Toast caraway seeds a small dry skillet over medium-high heat for 2 or 3 minutes or until fragrant. Transfer to a small plate to cool.

Place ingredients in the bread machine in the order suggested by the manufacturer. Bake on Whole Wheat Bread cycle.