

DILL

TYPE:	Annual
SUN:	Full Sun
HEIGHT:	18 to 24 inches
GROWING IT:	Humus rich, well-drained soil. Can be grown in containers. Do not overcrowd.
PARTS USED:	Leaves, seeds, flowers
HARVEST:	Leaves as needed. Flowers when fully opened. Seeds just as they turn brown, Preserve by freezing or drying.
CULINARY:	Fresh leaves in salads, salsa, marinades, pesto, vinegars, and fish. Seeds and roots add a spicy flavor to soups and stews Main ingredient in chili sauces, curries, exotic dishes, and pickling spices.

TRY IT!

CEDAR PLANT SALMON WITH CUCUMBER DILL SAUCE

- 1 untreated cedar plank
- 2 shallots, diced
- 5 cloves garlic, minced
- 3 Tbs. snipped fresh dill
- 3 Tbs. chopped fresh thyme
- 2 Tbs. chopped fresh coriander
- 2 Tbs. grated lemon zest
- 3 Tbs. fresh lemon juice
- 2 green onions, chopped
- 1 tsp. olive oil
- 3-4 lbs salmon fillet
- Salt and freshly ground pepper to taste

CUCUMBER DILL SAUCE

- ¼ English cucumber
- ¼ tsp. salt
- 1 c. plain yogurt
- ½ c. sour cream
- 1 tsp. lemon juice
- Ground pepper to taste
- 3 green onions, finely chopped, white part only
- 2 tsp. chopped fresh parsley

DILL, cont.

Soak cedar plank in water for several hours. In small bowl, combine shallots, garlic, dill, thyme, coriander, lemon zest and juice, green onions, and olive oil. Cover and place in refrigerator for at least 1 hour to allow flavors to get acquainted. Place salmon on cedar plank and sprinkle with salt and pepper. Cover with herb mixture. Set plank on grill and close lid. Bake for 30 minutes on medium heat, until fish flakes easily with a fork.

To prepare Cucumber Dill Sauce, finely chop cucumber, toss with salt and let stand for 15 minutes. Combine yogurt, sour cream, lemon juice, pepper, onion, and dill. Drain water from cucumber and add to yogurt mixture.