## Cooking With Herbs

The flavor of fresh herbs is not as strong as dried. Use 2 to 3 times as much fresh as dried herbs. As a general rule, 1/4 teaspoon powdered = 3/4 to 1 teaspoon crumbled = 2 to 3 teaspoons fresh.

When creating your own recipes, use about 1/4 teaspoon dried herbs or spices for each serving. Use less when using stronger seasonings. It is easier to add more than to try to make up for adding too much.

The flavor of herbs and spices becomes weaker if cooked for a long time. When a recipe will be cooked for an hour or more, add seasonings about 45 minutes before it is done cooking.

When using crushed or ground herbs and spices, add them 15 minutes before cooking is complete.

Whole dried herbs and spices last much longer than crushed or ground forms. Buy the whole form and crush or grind when ready to use.

### Home Garden Planting Guide

#### April
- Asparagus
- Sweet Corn
- Summer Squash
- Okra
- Peppers
- Cucumbers
- Sweet Potatoes
- Eggplant
- Tomatoes
- Snap Beans and Lima Beans
- Kohlrabi, Broccoli
- Cabbage, Collards
- Swiss Chard
- Lettuce
- Radishes
- Beets
- Watermelon and Cantaloupe

#### May
- Asparagus
- Cucumbers
- Sweet Potatoes
- Squash
- Melons
- Okra
- Peppers
- Eggplant
- Sweet Corn
- Dill
- Tomatoes
- Beans (Snap and Pole)
- Kohlrabi, Broccoli
- Cabbage, Collards
- Swiss Chard
- Lettuce, Radish, Beets
- Basil
Dill, Anethum graveolens, is a tender annual in the carrot family native to Asia Minor and the Mediterranean region. The tall, leggy plant is best known for its use in pickling, but the foliage and seeds may also be used in soups, salads, breads, party dips and fish dishes. In cut flower arrangements, floral designers value dill as a feathery green filler.

Dill grows best in a well drained, slightly acidic soil, rich in organic matter. Plant dill in a location that receives at least 6-8 hours of direct sunlight daily. Also, choose a spot that is protected from high winds because the tall, hollow stalks can easily be blown over unless they are staked.

Because dill does not transplant easily, sow seeds directly into the ground where the plants are to grow. Begin sowing seeds after the danger of spring frost is past. Several crops can be harvested during the summer and fall by planting seeds every 2-3 weeks through midsummer. Set the seeds 1/4 inch deep in rows 2 feet apart. When seedlings are 2 inches high, thin them to stand 10-12 inches apart. Keep the soil free of weeds and relatively moist.

Dill Leaf
Green dill foliage can be harvested anytime during the growing season until the umbrella-like flower clusters open. Because dill loses its flavor quickly, it is best to use it fresh as soon after picking as possible. Dill foliage can be dried by hanging the plant upside down in a warm, breezy place out of direct sunlight. Like many other herbs, much of the flavor is lost in drying, although the bright green color is usually retained.

Dill Seed
To harvest the seeds, cut the flower stalks just before seeds begin to ripen and turn a tan color. Hang the stalks upside down in a warm, well ventilated room away from direct light. Place a small paper bag up around the flower heads, fastened to the stalks. Poke a few holes in the sides of the bag for air circulation. As the seeds ripen, they will drop and collect on the bottom of the bag.

Seeds can be stored up to a year in air-tight containers as long as they’re kept away from heat and bright light. Seeds must be very dry before they are stored; if any signs of moisture appear in the container shortly after storage, remove the seeds and dry them further.

Pickling
For dill pickles, a whole flower head and leaves are often placed in each jar with the pickled vegetables. The head should still be green and flexible; flowers should have given way to seeds, but the seeds do not need to be fully mature.

Locally Grown

We want to announce an exciting new resource launched last month to promote agricultural products and agritourism called Locally Grown. This effort is being led by Arkansas Farm Bureau in partnership with the Division and the Arkansas Agriculture Department to promote agriculture products across the state. The Locally Grown effort will create an app for consumers to find locally grown food products. This app will be released in the spring of 2014 and will allow consumers to search for products/services based on the smart phone location technology. The app will feature direct marketing farmers (farm stand, retail market and/or roadside stand) and farmers markets, as well as operations that have agritourism attractions. If you are interested in signing your farm up, please visit the Local and Grown website and register at http://www.localandgrown.org/. For farmers that are already registered on MarketMaker, use the same user-name and password as this resource is on a totally different platform.

Two things to note about the Locally Grown effort. First, the UA (MarketMaker), Farm Bureau (Best Pick) and the Agriculture Department (Arkansas Grown) will start sharing respective database listings so that any farm that is registered on one website will have the opportunity to get included on the other market promotion resources.

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<table>
<thead>
<tr>
<th>Plant</th>
<th>Height</th>
<th>Spacing</th>
<th>Light Requirement</th>
<th>Propagation</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anise Pimpinella anisum</td>
<td>24&quot;</td>
<td>10&quot;</td>
<td>Sun</td>
<td>Grow from seed.</td>
<td>Leaves in soups, sauces, and salads; oil for flavoring; seeds for seasoning cakes, breads, and cookies.</td>
</tr>
<tr>
<td>Basil, sweet Ocimum basilicum</td>
<td>20 to 24&quot;</td>
<td>6 to 12&quot;</td>
<td>Sun</td>
<td>Grow from seed; grow transplants for early-season harvest.</td>
<td>Leaves in soups, stews, pasta sauce, poultry and meat dishes; flavors vinegar; teas.</td>
</tr>
<tr>
<td>Borage Borago officinalis</td>
<td>1 to 3'</td>
<td>12&quot;</td>
<td>Sun</td>
<td>Grow from seed; self-sowing.</td>
<td>Edible flower; leaves in salads, teas, and sandwiches; attracts bees.</td>
</tr>
<tr>
<td>Calendula (Pot Marigold) Calendula officinalis</td>
<td>12&quot;</td>
<td>12 to 18&quot;</td>
<td>Sun, partial shade</td>
<td>Grow from seed.</td>
<td>Flower petals give color to soups, custards, and rice; cookies; vinegars; crafts.</td>
</tr>
<tr>
<td>Caraway Carum carvi</td>
<td>12 to 24&quot;</td>
<td>10&quot;</td>
<td>Sun</td>
<td>Grow from seed; biennial seed bearer, some cultivars are annual seed bearers.</td>
<td>Leaves in salads, teas, stews, and soups; seeds for flavoring cookies, breads, salads, and cheeses; roots can be cooked.</td>
</tr>
<tr>
<td>Chamomile, sweet false Matricaria recutita</td>
<td>1 to 2 1/2'</td>
<td>4 to 6&quot;</td>
<td>Sun</td>
<td>Grow from seed.</td>
<td>Tea, potpourris, garnish, crafts.</td>
</tr>
<tr>
<td>Chervil Anthriscus cerefolium</td>
<td>1 1/2 to 2'</td>
<td>15&quot;</td>
<td>Partial shade</td>
<td>Sow seeds in early spring; needs light to germinate; does not transplant well, not heat tolerant.</td>
<td>Leaves in salads, soups, and sauces; teas; butters.</td>
</tr>
<tr>
<td>Coriander (cilantro) Coriandrum sativum</td>
<td>24&quot; to 36&quot;</td>
<td>12 to 18&quot;</td>
<td>Sun, partial shade</td>
<td>Grow from seed; goes to seed quickly, so plant frequently.</td>
<td>Entire plant is edible; leaves in stews and sauces; stems flavor soups and beans; seeds in sauces and meat dishes, potpourris, and sachets.</td>
</tr>
<tr>
<td>Dill Anethum graveolens</td>
<td>3 to 5'</td>
<td>3 to 12&quot;</td>
<td>Sun, partial shade</td>
<td>Sow seed early spring.</td>
<td>Teas; seasoning for butter, cakes, bread, vinegars, soups, fish, pickles, salads, etc.; flowers in crafts.</td>
</tr>
<tr>
<td>Nasturtium Tropaeolum spp.</td>
<td>15&quot;</td>
<td>6&quot;</td>
<td>Sun</td>
<td>Grow from seed; does not transplant well.</td>
<td>Leaves, stems, and flowers have a peppery taste; use in salads.</td>
</tr>
<tr>
<td>Parsley Petroselinum crispum</td>
<td>6 to 18&quot;</td>
<td>6&quot;</td>
<td>Sun</td>
<td>Sow seed early spring; slow to germinate; soak in warm water; is a biennial grown as an annual.</td>
<td>Garnish; flavoring for salads, stews, soups, sauces, and salad dressings.</td>
</tr>
<tr>
<td>Perilla Perilla frutescens</td>
<td>36&quot;</td>
<td>3 to 6&quot;</td>
<td>Sun</td>
<td>Grow from seed.</td>
<td>Decorative plant; flavoring oriental dishes.</td>
</tr>
<tr>
<td>Summer savory Satureja hortensis</td>
<td>12 to 18&quot;</td>
<td>10 to 12&quot;</td>
<td>Sun</td>
<td>Sow seed in early spring, cuttings.</td>
<td>Mild peppery taste; used with meat, cabbage, rice, and bean dishes, stuffings, teas, butters, vinegars.</td>
</tr>
</tbody>
</table>
Second, the app release will include a collection of advertising and promotional activities that will target consumers. "Push technology" will be used to raise consumer awareness of product availability and to hopefully enhance marketing opportunities for farmers as well as making it easier for consumers to support their local food system. This will allow us to engage consumers in new and exciting ways. For example, we will have the ability to send an "alert" (text or email) to an app user to let them know that a specific crop will "be ready" starting a certain week.

If you have questions, please call Ron Rainey at (501) 671-2175 or email rrainey@uaex.edu.

We are working to populate the information in the app so we need producers and farmers markets to log in and create an account at www.localandgrown.org. For questions about registering online, contact Amber Martin at (501) 228-1300 or email amber.martin@arfb.com.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.