



# ON THE BACK BURNER

A COOKING GUIDE USING HERBS FROM THE  
BELLEVUE HOSPITAL COMMUNITY GARDEN

## THE PURPOSE OF THIS PROGRAM IS TO PROVIDE HEALTHY COOKING SUGGESTIONS USING SELECTED HERBS

- After this program, the participant will feel comfortable using herbs to flavor their foods
- After this program, the participant will have a better knowledge of selecting healthy foods at the grocery store



# Introduction

The herbs covered in this program are: Basil, Chives, Cilantro, Garlic, Oregano, Parsley, Thyme

# IN THE GARDEN



# OUR HERB GARDEN

- Created in 2012 and is maintained by hospital employees
- The Foundation provides funds for mulch and any plants that are needed
- Excess herbs are harvested periodically and donated to Fish and Loaves and Clyde Back Door Food Bank
- The garden was built from reclaimed materials on hospital property that were not being used



# OUR HERB GARDEN

- Located off of the walkway of the fitness trail in the center of one of the wildflower gardens
- Herbs are free to anyone from the community who wants to harvest them for use

# BEST PRESERVATION METHOD

## FRESH ONLY

- Cilantro
- Chives

## FREEZE

- Basil-in oil
- Parsley-in oil or water
- Sage
- Lavender

# BEST PRESERVATION METHOD

DRIED IN CLOSET OR  
PRESERVED IN VINEGAR

- Thyme
- Oregano
- Garlic
- Rosemary

DRIED ONLY

- Mint



# BASIL

- Used in cooking throughout the world
- Very versatile herb and comes in many varieties
- Considered sacred in some cultures
- Can be torn and frozen in ice cube trays with olive oil
- Has to be replanted every year in this climate
- Has a good omega 3 to omega 6 ratio
- View the following cooking demonstration on basil:  
[http://www.youtube.com/watch?v=HrPS288o-sE&feature=em-upload\\_owner](http://www.youtube.com/watch?v=HrPS288o-sE&feature=em-upload_owner)

# CHIVES

- Can have an onion or garlic flavor
- Grows well on a windowsill in the winter time
- Best if fresh
- Keeps up to one week in the refrigerator
- Flowers are edible when they first bloom
- Plant flowers after they develop black seeds for new growth
- Grows quickly
- Trim down to 4 inches from the ground to encourage new growth
- View the following cooking demonstration on chives:  
[http://www.youtube.com/watch?v=P4kHXCXhz-U&feature=em-upload\\_owner](http://www.youtube.com/watch?v=P4kHXCXhz-U&feature=em-upload_owner)

# CILANTRO

- You either like it or you don't
- Cilantro may also be called coriander
- All parts of the plant can be used
- Cilantro does not preserve well and it is suggested that it be grown and used fresh throughout the year
- View the following cooking demonstration on Cilantro:

[http://www.youtube.com/watch?v=TV5YOkYbOoI&feature=em-upload\\_owner](http://www.youtube.com/watch?v=TV5YOkYbOoI&feature=em-upload_owner)

# DILL

- Seeds and leaves are edible.
- Can be used interchangeably with fennel, anise, cumin, celery seed and caraway seed
- Seeds can be stored in a cool dry place. Leaves can be dried, but freezing preserves the taste better
- Goes well with, soups(sparingly), fish, cakes, breads, butters, cream cheese, eggs and grilled meats.

# GARLIC

- Member of allium family and closely related to onions and chives
- Needs to be planted the summer/fall the year before for a crop the next year
- Garlic does not freeze well and can be stored in a cool dry place. It can also be pickled in vinegar
- For more cooking ideas with garlic, please view the following video:

[http://www.youtube.com/watch?v=1mgHwHMrhxg&feature=em-share video user](http://www.youtube.com/watch?v=1mgHwHMrhxg&feature=em-share_video_user)

# PARSLEY

- Most commonly used herb
- 2 types
  - Flat leaf and may be known as chervil
  - Curly leaf
- Will seed out and come back year after year
- Excellent source of vitamins C, K, and beta-carotene
- Freeze in ice cube trays, dry, or use as a windowsill herb
- Goes well with tuna fish
- For cooking ideas with parsley got to:  
[http://www.youtube.com/watch?v=neodMCUzgdo&feature=em-share\\_video\\_user](http://www.youtube.com/watch?v=neodMCUzgdo&feature=em-share_video_user)

# TYPES OF RICE

- **LONG-GRAIN RICE** has long, slender kernels and is used in prepared and frozen entrees.
- **MEDIUM-GRAIN RICE** has shorter, wider kernels. This rice and short-grain rice works well in puddings and desserts.
- **SHORT GRAIN RICE** has short, plump, almost round kernels and can be used interchangeably with medium grain rice.
- **GLUTINOUS RICE** is chalky white and opaque before it . When cooked, it become sticky. This rice is common in Chinese Restaurants.
- **ENRICHED WHITE RICE** is milled white rice with the bran, hull, and germ removed. It is enriched with the vitamins thiamin, niacin, folic acid, and iron.
- **BROWN RICE** is unmilled or partially milled rice, making it a whole grain. It is chewier than white rice and may take longer to cook. Brown rice retains all of its nutrients but does not contain as much of the vitamins that are added to white rice during the enrichment process.
- **AROMATIC RICE** has a natural aroma and flavor similar to popcorn or roasted nuts. Varieties include basmati and jasmine.
- **ARBORIO RICE** is a medium grain rice that has large kernels with a large chalky center. It is used to make the traditional Italian rice dish risotto. This dish was developed when Marco Polo brought rice back from the orient.
- **BLACK RICE** is a specialty rice that is usually a whole grain. Its color is deep black that fades to purple when cooked. The color is due to the high anthocyanin content. Spoonful for spoonful black rice contains as much of this nutrient as fresh blueberries.
- **RED RICE** is a specialty whole grain rice that varies from mahogany to burgundy in color with a nutty taste and chewy consistency.
- **WILD RICE** is not rice but the seed of an aquatic grass **native to North America**. It is whole grain and higher in protein than white or brown rice.

# OREGANO

- Can be used instead of marjoram, rosemary, or thyme
- Use fresh, finely chopped in salads, butters, or tomato sauces
- Also good with egg, cheese, and meat dishes
- Add at the end of cooking time
- To preserve, dry in a cool dry closet or in vinegar
- View the following cooking demonstration on oregano: [http://www.youtube.com/watch?v=pvyg-uDCQIM&feature=em-share\\_video\\_user](http://www.youtube.com/watch?v=pvyg-uDCQIM&feature=em-share_video_user)



# FOODS TO BUY ORGANIC

Apples, strawberries, grapes, celery, peaches, spinach, bell peppers, imported nectarines, cucumbers, cherry tomatoes, imported snap peas

Also purchase kale/collard greens and hot peppers organic

This is a list of spices that are similar in taste and can be substituted or interchanged in recipes.

**Herbs from our garden are in bold**

- Allspice/Black Pepper/Cinnamon+Cloves+Nutmeg
- Anise/Fennel/**Dill**/Cumin/Celery Seed/Caraway Seed
- Star Anise/Fennel Seed/Caraway Seed
- **Basil**/Tarragon/Summer Savory
- Bay Leaf/Thyme
- Cardamom/Cinnamon/Mace
- **Chervil**/**Parsley**/Tarragon
- Chili Powder/Cayenne Pepper
- **Chives**/Green tops of onions/Onion powder
- **Cilantro**/Celery Leaf/**Parsley**/Coriander Leaf
- Coriander Seed/Caraway + Cumin/Lemon + Sage
- **Garlic**
- Ginger
- Lemon Grass/Lemon/Lime/Verbena
- Lemon juice/Vinegar/Lime Juice/Crushed vitamin C tablets/Fruit Fresh
- Marjoram/**Oregano**/Thyme/Rosemary/Sage
- Mint
- Mustard/1 T. prepared mustard
- Paprika
- Saffron/Turmeric/3 times the amount of dried Marigold Petals
- Sesame Seed/Finely Chopped Almonds

# RESOURCES

- [allrecipes.com](http://allrecipes.com)
- [canolainfo.org](http://canolainfo.org)
- [choosemyplate.gov](http://choosemyplate.gov)
- [dashdiet.org](http://dashdiet.org)
- [dishbase.com](http://dishbase.com)
- [eatingwell.com](http://eatingwell.com)
- [epicurious.com](http://epicurious.com)
- [food.com](http://food.com)
- [foodnetwork.com](http://foodnetwork.com)
- [frugalliving.about.com](http://frugalliving.about.com)
- [herbgardens.about.com](http://herbgardens.about.com)
- [ilovepasta.org](http://ilovepasta.org)
- [myrecipes.com](http://myrecipes.com)
- [realsimple.com](http://realsimple.com)
- [recipes.sparkpeople.com](http://recipes.sparkpeople.com)
- [sagerecipes.com](http://sagerecipes.com)
- [saveur.com](http://saveur.com)
- [simplyrecipes.com](http://simplyrecipes.com)
- [tasteofhome.com](http://tasteofhome.com)
- [usarice.com](http://usarice.com)
- [vegetariantimes.com](http://vegetariantimes.com)
- [WEBMD.com](http://WEBMD.com)
- [whatscookingamerica.net](http://whatscookingamerica.net)
- [wikipedia.com](http://wikipedia.com)



# THANK-YOU

Questions? Call 419-484-5421