



Garden Talk

"Where People who Love to Garden, Love to Shop"™ **Cooking with Italian Herbs**

This Garden Tip is Authored by

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Oregano (Origano)- **Origanum vulgare**: The herb is used to treat respiratory tract disorders, gastrointestinal (GI) disorders, menstrual cramps, and urinary tract disorders. The herb is also applied topically to help treat a number of skin conditions, such as acne and dandruff.

Parsley (Prezzemolo)- **Petroselinum crispum**: Parsley has been used medicinally since the middle ages. It is full of nutrients that help give it the name of one of nature's preventative medicines. It has a relatively higher vitamin C content than an orange and it is high in vitamin B and potassium, has high iron, chlorophyll, calcium, phosphorus, and vitamin A. Parsley has been known to prevent cancer.

Bay Leaves (Alloro) - **Laurus nobilis**- From the evergreen tree in the Mediterranean. Some of the most impressive health benefits of bay leaves include their ability to detoxify the body, slow the aging process, speed wound healing, protect the body from bacterial infections, manage diabetes, improve heart health, reduce inflammation, alleviate respiratory issues, optimize digestion, and prevent certain types of cancer.

Basil (Basilico) – **Occimomum Basilicum**: Many naturopathic doctors prescribe basil in treatment of diabetes, respiratory disorders, allergies, impotence, and infertility. This may be because basil contains cinnamamic acid, which has been found to enhance circulation, stabilize blood sugar, and improve breathing in those with respiratory disorders.

Rosemary (Rosmarino)- **Rosmarinus officinalis** -The herb has been hailed since ancient times for its medicinal properties. Rosemary was traditionally used to help alleviate muscle pain, improve memory, boost the immune and circulatory system, and promote hair growth. Another great member of the mint family.

Garlic (Aglia)- **Allium sativum**-The healing properties of garlic are wide and varied, ranging antioxidant, anti-fungal, antiviral and antibacterial properties to cancer-fighting and immune-boosting activity. Due to its healing properties, raw garlic has been used as a medicinal plant to prevent—and in some cases treat or even heal—various health complaints. *Although almost anyone can benefit from eating garlic, those who are looking for a natural way to reduce their risk of cardiovascular diseases, cancer, asthma attacks, bouts of cold or flu, abnormal hair loss, or some skin conditions are likely to reap the most health benefits by regularly eating garlic. This is a natural "wonder drug".*



Highlights of Items Prepared at Watters Garden Center, Saturday August 5, 2017

Scrambled Eggs with fresh Parsley and Lemon Juice

Honey Mint Citrus Drizzle over Watermelon:

4 parts honey to 1 part water

Chopped Fresh Mint

Juice of 1 – 2 fresh lime juice.

Drizzle over fruit and enjoy!

Fresh Herb Drizzle for Dipping and more. Nice over chicken, pork, fish and fresh veggies. Dip for bread and crackers. Also nice drizzled over goat cheese and cream cheese.

¾ c. Olive Oil

Fresh herbs ie. - Basil, parsley, rosemary, tarragon or cilantro

2 – 3 cloves fresh Garlic (depending on how much you love)

Salt and Pepper to taste.

Mix all ingredients in food processor to desired consistency 20 – 30 seconds and enjoy!

Italian Pesto

- 1. 1 bunch of Italian parsley*
- 2. 1 bunch basil leaves (about 10-15 leaves)*
- 3. ½ cup of blended sage and thyme*
- 4. 1-2 cloves of garlic crushed*
- 5. 1 cup Olive oil*
- 6. Salt to taste*
 - Options – add some walnuts, pecans or pine nuts*
Freshly grated parmesan cheese. We also like adding Cotija cheese.

Preparation:

We recommend using fresh herbs. This pesto isn't a pesto unless it's fresh. Wash and dry the herbs thoroughly. Normally we like to blend, chop or mortar all the herbs first before adding the olive oil. Especially if you're using a food processor.

Sometimes blending the oil makes it cloudy like a mayonnaise. We like pesto to be very smooth so I blend it a long time and then when you're ready add the olive oil and blend a few pulses to mix it all together or stir it together. Yummo!

It gives it a great texture. This pesto is delicious with pasta, dipping bread and crustini, over pork loin and grilled chicken breasts. Enjoy!

Store in an airtight container for up to three days in your refrigerator. Can be frozen. Yum!

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