

PRESERVING HERBS

HARVESTING BASICS:

PINCH OR CUT OFF LEAVES FOR IMMEDIATE USE

- USE THE HEALTHIEST
- ALWAYS CHECK FOR COLORING CHANGES AND BLEMISHES



TIPS FOR DRYING HERBS AND FLOWERS:

- DRY IN A WELL-VENTILATED AREA, AWAY FROM DUST
- CREATE BUNDLES AND HANG DRY, STEMS UP
- YOU'LL KNOW WHEN IT'S DRY WHEN A PIECE CAN EASILY SNAP OFF (NO BENDING)

TIPS FOR STORING DRIED HERBS AND FLOWERS:

- STORE IN AIRTIGHT CONTAINERS (IDEALLY COLORED CONTAINERS TO PREVENT LIGHT EXPOSURE)
- STORE IN DARK/COOL SPACE
- DRIED HERBS TYPICALLY LAST 1-3 YEARS (IF STORED WELL -- HEAT, HUMIDITY, SUNLIGHT, AIR ALL HAVE NEGATIVE EFFECTS ON YOUR HERBS, THEY ALL BREAK DOWN THE ESSENTIAL OILS)***IF YOU NEED TO STORE THEM LONGER THAN TYPICAL, VACUUM SEAL IT.

ALWAYS KEEP TRACK OF HOW LONG YOU'VE HAD YOUR HERBS FOR BEST RESULTS.

#1 TIP TO MAKE YOUR DRIED HERBS LAST MUCH LONGER

JUST KEEP THEM WHOLE!

WHOLE HERBS ARE GOING TO STAY FRESHER FOR A LONGER PERIOD OF TIME. GRINDING BREAKS DOWN THE OILS THAT GIVE THEM FLAVOR. SOME CHEFS EVEN AVOID GRINDING HERBS UNTIL THEY'RE READY TO USE THEM.

OTHER WAYS TO PRESERVE HERBS:

- FREEZING IN WATER OR OIL - CHOP HERBS AND REMOVE STEMS. ADD HERBS TO ICE CUBE TRAY. COVER HERBS WITH WATER OR OIL. FREEZE COMPLETELY.
- SUGAR PRESERVATION - OPTION 1) LAYER SUGAR AND HERBS IN JAR, LAYER TIL JAR IS FULL. OPTION 2) ADD HERBS AND SUGAR TO FOOD PROCESSOR AND BLEND.
- SALT PRESERVATION - ADD HERBS AND SALT TO FOOD PROCESSOR AND BLEND.
- BUTTER PRESERVATION - SOFTEN BUTTER. FINELY CHOP HERBS. MIX CHOPPED HERBS WITH SOFTENED BUTTER.
- HONEY PRESERVATION - PLACE HERBS IN JAR. COVER HERBS WITH HONEY. LET MIXTURE INFUSE FOR ABOUT 6 WEEKS.
- OIL PRESERVATION - PLACE HERBS IN JAR. COVER HERBS WITH HIGH QUALITY OIL. SUBMERGE HERBS COMPLETELY. LET MIXTURE INFUSE FOR A FEW DAYS. STRAIN OIL TO REMOVE ANY SOLIDS.
- VINEGAR PRESERVATION - PLACE HERBS IN JAR. COVER HERBS WITH VINEGAR (WHITE WINE VINEGAR OR APPLE CIDER VINEGAR). LET MIXTURE INFUSE FOR A COUPLE WEEKS. STRAIN TO REMOVE SOLIDS.