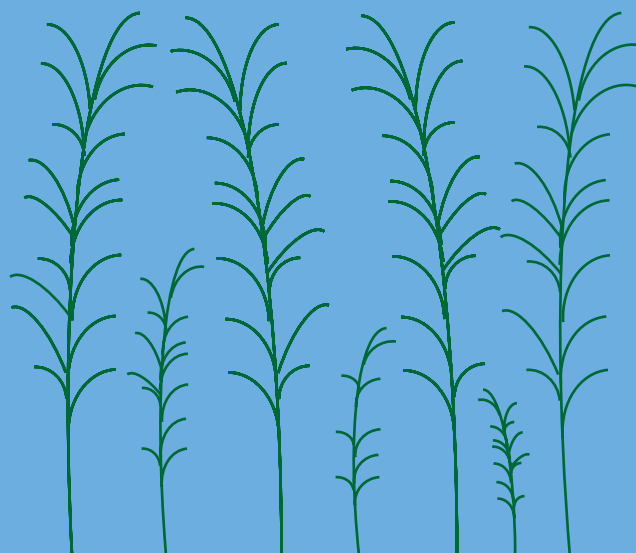


fennel

In Italy, bulb fennel is called finnocchio. It is often eaten simply sliced with lemon juice and salt. For a great fennel salad, slice the bulb very thin. Slice red onion, fresh mushrooms and cucumber thins also. Add parsley, minced garlic and lots of oregano. Toss this with the juice of two lemons and some olive oil, salt and pepper. Let this sit for a couple of hours, tossing occasionally. Serve over a bed of lettuce or all by itself.



dill

Dill is very versatile and has many uses besides the pickling jar. Dillweed (the leafy part) is good on all kinds of vegetables, fish, especially salmon and tuna, salads, chicken and potatoes. It is a wonderful addition to cheese and egg dishes. Make a refreshing salad with cucumbers, yogurt or sour cream and dill. Dill dries and freezes well and tastes close to fresh.

cilantro

Cilantro is an ancient herb, dating back to ancient Egypt, Greece and China. It is used in all cuisines that enjoy hot, fiery dishes. Its fresh, citrusy flavor is a nice counterpoint. The Spanish explorers brought it to the new world and it has since become a staple of Latin American cooking. Use it on beans, enchiladas, burritos, tostados, eggs, and grilled or baked fish. Dried cilantro doesn't have much flavor; freeze it to preserve it.

cooking with Featherstone's herbs

You can increase the life of fresh herbs by storing them in the fridge with the stems in water or wrapped with a damp paper towel, and the tops covered with a plastic bag.

basil

Although closely associated with Italian cooking, basil comes from India, where it was considered to the Hindu gods Krishna and Vishnu. Its flavor matches especially well with garlic, marjoram, savory, and thyme. Basil has a wonderful, strong scent but its flavor is not overpowering. One of the simplest, most delicious, and most natural marriages is that of basil with cheese and tomatoes. (-From 'Cooking with Herbs')