

CALLING ALL FOODIES!

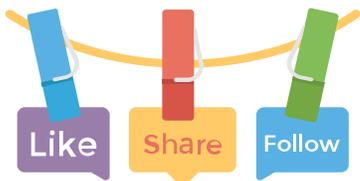
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

Once you’ve created your culinary masterpiece, we’d love to see! Share your pictures and tips with us on our Facebook (SEARLibrary) and Instagram (@searlibrary) pages.

Spice of the Month kits are free, but supplies are limited. Only one kit per household.



www.searlibrary.org



 /SEARLibrary

 @searlibrary



SPICE OF THE MONTH CLUB



Caraway seeds are the dried fruit, or achenes, of the caraway plant. Caraway (*Carum carvi*) belongs to the *Apiaceae* or *Umbelliferae* family—aromatic flowering plants commonly referred to as the celery, parsley, or carrot family. Also known as *Meridian Fennel* or *Persian Cumin*, caraway is native to Eastern and Central Europe, the Mediterranean, North Africa, and Western Asia. Today it is extensively cultivated in Holland, Russia, Poland, Bulgaria, Denmark, Romania, Syria, Morocco, and to a small extent in England, and the U.S. However, Holland is one of the largest producers.

These aromatic seeds are rich in essential oils, and are used in cooking, as well as medicine. Caraway seeds have an intense, bittersweet flavor often described as a combination of anise, dill, and fennel. Caraway spice tends to add a mild licorice taste to any dish. People use caraway seeds and other parts of the caraway plant in a variety of ways and to great effect in cooking and liquor distillation. The delicate, feathery leaves of the caraway plant can be used as an herb, either raw, dried, or cooked, similar to parsley. The plant’s root can be cooked and eaten as a vegetable similar to parsnips or carrots.

Caraway seeds have been used in medicine for centuries. During the Middle Ages, people used caraway to aid digestion after a feast. Modern USDA studies show that caraway seeds are a rich source of dietary fiber. They also contain vitamins A, E, C and B-complex vitamins like thiamin, pyridoxine, riboflavin, and niacin, as well as minerals like iron, calcium, zinc, and magnesium.

FUN FACTS

- Humans have been harvesting and using caraway for its culinary and medicinal properties since the Neolithic period.
- Caraway is also, somewhat surprisingly, used in many perfumes, soaps, and lotions.
- During the 17th century, sugar-coated seed of caraway were consumed at the end of the meal to facilitate digestion.
- It is also used in pharmaceuticals as a flavoring agent in mouthwash and gargle preparations.

Old Fashioned Cabbage



Yields: 5 serving(s)
Prep Time: 15 mins
Cook Time: 40 mins

Ingredients

- 1 pound cabbage (about 1/2 of a medium cabbage), shredded
- 1/2 small onion, finely chopped
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon caraway seeds
- 1/2 cup water
- 2 tablespoons butter
- 1/4 cup vinegar

Directions

1. Put cabbage, onion, salt, pepper, caraway seeds, butter and water in a large saucepan.
2. Bring to a boil using medium heat, then reduce heat and simmer until the cabbage is tender; stir frequently. If needed, add additional water.
3. After the cabbage is soft (about 30 minutes), add the vinegar and cook an additional 5 minutes.

Recipe Source:

<https://ahundredyearsago.com/2022/02/06/cabbage-with-caraway-seeds/>

Caraway Seed Cookies



Yields: 20 servings
Prep Time: 10 mins
Cook Time: 10 mins

Ingredients

- 1/2 cup Whole wheat Flour
- 1/2 All Purpose Flour
- 1/2 cup Butter
- 1/4 teaspoon Baking powder
- 1 to 2 tablespoons Yogurt
- 1 tablespoon Caraway Seeds
- 1 teaspoon Salt
- 1/2 teaspoon Sugar

Directions

1. Take the dry ingredients and mix in the caraway seeds also.
2. Add the butter and mix it well. Once it is mixed, add yogurt one tbsp at a time. Use only enough to knead dough.
3. Once the dough is ready . Divide the dough into equal portions each about a size of a cookie.
4. Place these cookies on a baking sheet and bake them at 350 F for about 10 minutes in a preheated oven. after about 8 to 10 minutes , lower the temperature of the oven to your oven's lowest temperature which should be about 200 F and cook for another few minutes until you see a nice color on them. Remove and place them on a cooling rack.
5. Serve them with hot cardamom tea or once cooled off store it in an air-tight container at room temperature.

Recipe Source:

<https://food52.com/recipes/16343-caraway-seeds-cookies#recipeStart>