

CALLING ALL FOODIES!

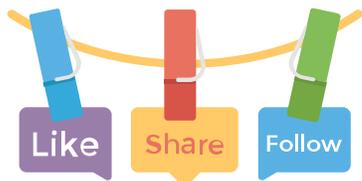
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

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.



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SPICE OF THE MONTH CLUB



Dill

Dill (*Anethum graveolens*) is an herbaceous plant from the family *Apiaceae*. The leaves have a distinctive flavor similar to parsley and fennel, while the seeds have a bitter flavor similar to caraway. It is thought to have originated in Eastern Europe, southern Russia, central and southern Asia. It has naturalized in many other parts of the world, and can be seen as a roadside weed in July and August in many parts of the United States. It is a popular spice added to the pickling liquid for cucumbers: hence the name “dill pickles!”

Although we know it primarily as a culinary herb, it was used historically for medicinal and magical purposes. It was extensively used by the ancient Egyptians, Greeks and Romans. Ancient Greeks used the herb for the production of perfumes. Greeks who won athletic competitions were given a dill wreath as a prize. During the medieval period, people hung this herb in their doorways to keep witches at a safe distance from their homes. Dill was also popular and often used ingredient of magic potions in the past. It was even once used as a form of currency!

Dill can be used in treatment of digestive problems and lack of appetite. It reduces flatulence and can even be used as a cure for hiccups. This herb also stimulates lactation in breastfeeding women and alleviates colic in babies. It can be also used to calm babies (and adults!) and help us fall asleep when struggling with insomnia. This herb is also known for its antimicrobial properties and ability to treat arthritis.

FUN FACTS

- The word dill has roots in the Norse word *dylla*, meaning to lull or soothe, referring to the ability of this herb to pacify strong flavors, mellow acids, and round out complex dishes.
- Every part of the dill plant is edible, from the feathery leaves to the seeds and even the stems, making it a versatile ingredient in both cooking and seasoning.
- Dill is a favorite host plant for swallowtail butterflies, making it a beautiful addition to gardens while supporting pollinators.

Source from ForestNation

https://forestation.com/blog/dill-facts/?srsltid=AfmB0oqC9TdB3AizqgdP_Vlcu1KWUtnKKYh89zVUBipBzv-SsjpNVP2d

Zesty Refrigerator “Quickles”



*Yields: 1 quart
Prep Time: 10 mins
Time: 12 hours*

Ingredients

- 2 cloves garlic sliced
- 1/2 teaspoon mustard seeds
- 6 peppercorns
- 1/4 teaspoon red pepper flakes
- 3 sprigs fresh dill
- 1 pound pickling cucumbers cut into 1/4 inch rounds
- 1 cup distilled white vinegar
- 1 cup water
- 2 teaspoons pickling salt or 1 tablespoon kosher salt

Directions

1. Place the garlic, mustard seeds, peppercorns and dill in the bottom of a clean, quart-sized canning jar.
2. Pack the cucumber slices in the jar as tightly as possible, leaving about an inch of space at the top of the jar.
3. Combine the vinegar, water and salt in a small sauce pan and bring to a boil. Stir until the salt is fully dissolved.
4. Pour the brine into the jar just until the cucumbers are completely submerged. Cover with a lid and allow the jar to cool slightly.
5. Refrigerate for at least 12-24 hours for optimum flavor. Store in the refrigerator for up to 4-6 weeks.

Recipe Source:

<https://www.thesophisticatedcaveman.com/refrigerator-pickles-aka-quickles/#recipe>

Creamy Dill Chicken



*Yields: 2 servings
Prep Time: 5 mins
Cook Time: 25 mins*

Ingredients

- 2 chicken breasts sliced into fillets/strips
- 1 tablespoon cooking oil
- ½ medium onion sliced or diced
- 1 cup chicken broth
- 2 tablespoons cream
- 2 tablespoons unsalted butter
- 3 teaspoons fresh dill

Directions

1. Heat a non-stick frying pan over medium heat. Add the oil and then the chicken. Cook for 2-3 minutes per side or until almost cooked through.
2. Add the onions and cook for about 4 minutes, until softened.
3. Remove the chicken to a plate temporarily and add the broth. Cook down for about 10 minutes or until reduced by about half.
4. Add the chicken and the cream and heat through for a few minutes.
5. Add the butter and whisk while it melts. Remove from heat, add the dill, season with salt and pepper, and then serve.

Recipe Source:

<https://www.pipercooks.com/creamy-dill-chicken/>