

HARVEST OF THE MONTH

FEBRUARY: HERBS

Herb Facts

Herbs can be leaves, flowers, berries, stems, roots, or seeds of plants.

Herbs provide flavor and color that can enhance foods and health.

Try experimenting with fresh and dried herbs to season your foods.

In general, use 3 times as much fresh herb as dry herb.

3 teaspoons fresh = 1 teaspoon dried

Garlic: 1 clove fresh =
¼ teaspoon garlic powder

STORE

Store dried herbs and spices in a cool, dark location away from direct heat or sunlight. Keep containers tightly closed.

Herb and Seasoning Blend Recipes

Taco Seasoning:

3 Tablespoons garlic powder
3 Tablespoons onion powder
6 Tablespoons chili powder
3 Tablespoons paprika
1 Tablespoon black pepper
3 Tablespoons cumin
4 ½ teaspoons dried oregano
Red pepper flakes to taste

2 Tablespoons = one packet of
taco seasoning mix

Pumpkin Pie Spice:

2 Tablespoons cinnamon
1 Tablespoon ginger
1 ½ teaspoons nutmeg
1 ½ teaspoons cloves

Makes 4 Tablespoon

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Penn State: Seniors Eating Well – Cooking and
Seasoning With Herbs



Extension
UNIVERSITY OF WISCONSIN-MADISON



Pumpkin Fruit Dip

Ingredients:

- 1 can (15 ounce) pumpkin (about 1¾ cups cooked pumpkin)
- 1 cup cottage cheese, plain yogurt or cream cheese
- ¾ cup stevia (or less to taste)
- 2 teaspoons pumpkin pie spice (see front for recipe):



Directions:

In a medium bowl, combine pumpkin, cottage cheese, yogurt or cream cheese, and pumpkin pie spice. Add sweetener a little at a time to reach desired sweetness. Stir until smooth. Makes 3 cups. Serve with fresh fruit dippers like apple slices, bananas or grapes.

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Cucumber, Yogurt and Herb Dip

Ingredients:

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| 2 cups yogurt | 2 cucumbers (grated) |
| 1/2 cup sour cream | 1 tablespoon lemon juice |
| 1 tablespoon dill (fresh) | 1 garlic clove (chopped) |

Directions:

Using a shredder, grate one cucumber. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Serve with tomatoes, cucumbers, broccoli, carrots or your other favorite vegetables.

Watch a video on how to make it here: <https://www.youtube.com/watch?v=XrQtaL8Wm9E>

<https://www.myplate.gov/recipes/cucumber-yogurt-and-herb-dip>

