

# Feature Herbs

# COOK BOOK

USING FRESH POTTED HERBS TO CREATE KITCHEN MASTERPIECES



# FEATURE HERB

## Organic Basil

Freeman Herbs -

Bringing a wealth of knowledge to your kitchen table and encouraging fresh organic herb experimentation among our customers!

This popular herbs' name was derived from the old greek word, basilikohn, which means royal! Ancient cultures held this herb up at the highest standard, it was considered noble and sacred.

No surprise it's popularity has stood the test of time, it's flavour and wide array of varieties make this a culinary favourite! Besides being a culinary great, Organic Basil is also high in nutritional value! A rich source of vitamins A, B6, C and K and minerals such as iron, manganese and magnesium.

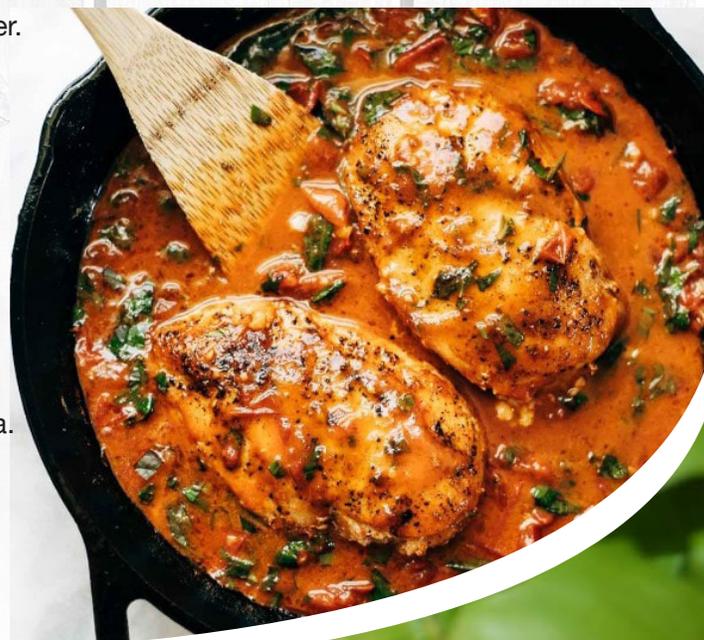
Fresh organic Basil will likely be the first thing a consumer new to cooking will pick up.

## Garlic Basil Chicken With Tomato Butter Sauce

1 lb. boneless skinless chicken breasts  
salt and pepper  
1/4 cup olive oil  
5-6 roma tomatoes, diced

3 cloves garlic, minced  
one handful fresh basil, cut into ribbons  
1/4 cup salted butter  
8 ounces pasta, like spaghetti, linguine, or bucatini

1. Sprinkle each piece of chicken generously with salt and pepper.
2. Prep the tomatoes, garlic, and basil and set aside.  
Make the pasta according to package directions.
3. Heat the olive oil in a large heavy skillet and add the chicken. Pan-fry for several minutes on each side until fully cooked.
4. Give the oil a few minutes to cool, add the tomatoes, and return to heat. Simmer to cook the tomatoes down into a chunky-sauce-like-mixture. Add the garlic and butter and stir to combine until the butter is melted. Add the chicken back in to soak in the sauce for a few minutes.
5. Just before serving, stir in the basil. Serve with preferred pasta.



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Each type of basil has unique aroma. Sweet basil has clove-like aroma, lemon basil has lemony taste while cinnamon basil has sweet, cinnamon-like aroma.

Besides its aroma, basil has high nutritional value. Basil is rich source of vitamins A, B6, C and K and minerals such as iron, manganese and magnesium.

### Creamy Tomato Basil Soup

4 cloves garlic, minced  
2 tablespoons minced yellow onion or shallots  
2 tablespoons olive oil  
2 14-ounce cans crushed tomatoes  
1 14-ounce can whole tomatoes  
2 cups chicken broth

1 teaspoon sea salt  
1 teaspoon sugar  
1/2 teaspoon ground black pepper  
1/3 cup heavy cream or half-n-half  
4 tablespoons fresh basil, chopped  
Parmesan cheese

1. In a medium to large saucepan add olive oil over medium heat, sauté garlic and shallots for 3 minutes or until shallots are translucent. Stir in the crushed tomatoes.
2. Add in the whole tomatoes one at a time, breaking them up by squeezing them as you put them into the pan. Stir in chicken stock, salt, pepper and sugar until combined then allow it to cook over medium heat for 10 minutes, stirring occasionally.
3. Reduce heat to low and stir in heavy cream and chopped basil. Simmer for a few minutes, then serve with extra basil and parmesan.



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**Basil can be used fresh or in a dry form. It is especially important part of Italian cuisine. Most people use basil for dishes made of tomato, pesto, soups, salads and dishes made of chicken meat.**

**Even though basil is mostly used for the preparation of salty dishes, fresh leaves can be used as ingredient for the preparation of chocolate and ice-creams in some parts of the world.**

### Bruschetta Bread

2 vine ripe tomatoes, diced  
5 large fresh basil leaves, chopped  
3 tablespoons extra virgin olive oil, divided  
1/2 teaspoon dried oregano

pinch of salt  
1 teaspoon balsamic vinegar  
1 baguette, sliced  
1 whole clove garlic

1. Combine the diced tomato with basil, oregano, salt, 1 ½ tablespoons olive oil, and 1 teaspoon balsamic vinegar. Chill.
2. Slice the baguette into 1/4 to 1/2 inch slices. Cut off the end of the garlic clove and rub the garlic onto each side of each piece of bread. Drizzle both sides of the sliced bread with the remaining 1 ½ tablespoon olive oil (or use a brush to brush it on).
3. Toast on a grill, hot skillet or bake in oven until browned on both sides. Top hot bread with cold tomato bruschetta and serve immediately.



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Basil has long been used in culinary traditions, but its history is rich with other uses in society. It was found in mummies in Egypt because the ancient Egyptians used this herb for embalming. In Greece where it was known as basilikon phuton, meaning magnificent, royal, or kingly herb and was a symbol of mourning. It was used as an antidote for snake bites, and was believed to give strength during religious fasting.

### Fresh Pesto

2 Cups Fresh Basil Leaves  
2 Cloves Garlic  
1/3 Cup Pine Nuts  
1/2 Cup Parmesan Cheese

1/4 Teaspoon Salt  
1/4 Teaspoon Pepper  
1/2 Cup Olive Oil

Add the fresh basil leaves, garlic, pine nuts, parmesan cheese, salt, and pepper to a food processor. Pulse 5 times until a coarse mixture forms. Turn the food processor on low and slowly add the olive oil in a steady stream. Serve the pesto immediately or store in a small bowl covered with plastic wrap in the refrigerator.



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## Organic Thyme

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This popular herbs' name was derived from the old greek word, basilikohn, which means royal! Ancient cultures held this herb up at the highest standard, it was considered noble and sacred.

### Orange-Thyme Chicken in Garlic Sauce

2 cups orange juice  
3 tablespoons minced fresh thyme  
4 boneless skinless chicken breast halves  
3 tablespoons butter  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper

1 tablespoon all-purpose flour  
2/3 cup chicken broth  
4 green onions, chopped  
1 tablespoon jarred roasted minced garlic  
1 teaspoon grated orange zest

1. Place chicken, orange juice and 2 tablespoons thyme in an 8-in. square baking dish. Refrigerate, covered, 30 minutes.
2. Remove chicken from orange juice mixture. Reserve 1/3 cup marinade; discard remaining marinade.
3. In a large skillet, heat butter over medium-high heat. Add chicken; sprinkle with salt and pepper. Cook chicken 2-3 minutes on each side or until lightly browned.
4. Using tongs, remove chicken from pan, reserving butter in pan. Stir in flour until blended. Cook 30-45 seconds, stirring to loosen browned bits from pan. Gradually stir in broth and reserved marinade. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened.
5. Stir in green onions, roasted garlic, orange zest and remaining minced thyme. Return chicken to pan; reduce heat to medium-low. Cook, covered, 4-5 minutes or until a thermometer inserted in chicken reads 165°. Serve with orange slices and thyme sprigs.



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Thyme is often included in seasoning blends for poultry and stuffing and also commonly used in fish sauces, chowders, and soups. It goes well with lamb and veal as well as in eggs, custards, and croquettes. Thyme often is paired with tomatoes. Thyme has a subtle, dry aroma and a slightly minty flavor.

## Butternut Squash AND Thyme Soup

1 tablespoon olive oil  
1 small onion, finely diced  
2 cloves garlic, minced  
1 butternut squash, peeled, seeded, and cubed  
1 cup chicken or vegetable broth

salt and pepper, to taste  
1 heaping tablespoon fresh thyme leaves,  
plus more for garnish  
Optional: sour cream, greek yogurt, or cashew  
cream for serving

1. In a large pot, sauté onion in olive oil until browned and softened. Add the garlic, stir until fragrant (about one minute).
2. Add the squash, broth, and salt and pepper. Stir, bring to a boil, and simmer for 20-30 minutes (or until squash is tender). Stir in the thyme and then mash with a potato masher.
3. Serve garnished with extra thyme and sour cream.



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There are more than 100 varieties of thyme.  
Forms of thyme include fresh and dried herbs and essential oil.  
Thyme is thought to have antibacterial, insecticidal, and possibly anti fungal properties.

### Roasted Garlic AND Thyme Mac n' Cheese

2 cups dried macaroni  
4 tablespoons unsalted butter  
4 tablespoons flour  
2 ½ cups whole milk  
1 egg, beaten

3 cups shredded medium cheddar  
2 cups shredded pepper jack cheese  
2 tablespoons chopped fresh thyme  
1 head garlic, roasted  
Salt and pepper

1. Bring a large pot of water to boil. Cook pasta according to package directions. Drain.
2. Melt the butter in a large pot over medium heat. Whisk in the flour. Allow to cook for one minute. Slowly whisk in the milk. Heat to a simmer but do not boil.
3. Slowly whisk a couple tablespoons of the heated milk mixture into the beaten egg to temper it. Pour into the milk mixture.
4. Whisk in the cheese and let melt. Whisk in the mashed roasted garlic, fresh thyme, 2 teaspoons black pepper and 1/2 teaspoon salt. Stir in the pasta. Mix well. Remove from heat and let stand for 5 minutes so sauce can thicken.
5. Stir. Adjust seasoning if desired. Serve immediately.



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## Organic Sage

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Leaves and flowers contain different types of compounds (chemically known as flavonoids, phenols and tannins) which exhibit anti-inflammatory, antibacterial, anti fungal and antiseptic properties. Sage facilitates digestion and elimination of the excess water from the body (acts like diuretic). Tonics made of sage can improve growth of hair and they are often used in treatment of alopecia.

## Apple Sage Cake

butter, for cake pan  
3 large eggs Unsalted  
1 ½ cups raw sugar  
¾ cup canola oil  
1 ½ cups all-purpose flour

1 ½ tsp baking soda  
1 tsp salt  
3 cups peeled and shredded Granny Smith apples  
¼ cup loosely packed fresh sage, finely chopped

1. Preheat oven to 375°F. Butter a 9x13 inch baking pan and line with parchment paper; set aside.
2. In a large bowl, combine eggs, sugar, and oil; whisk well. Mix in flour, baking soda, and salt.
3. Stir in apples and sage. Pour batter into baking pan and bake about 30 minutes. Check with cake tester, must come out clean to be done. Let cool completely.



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Sage has been used as meat preservative in the ancient Greece and Rome, because it possesses antibacterial properties.

### Grilled Pork Tenderloin With Apples AND Sage

2 pork tenderloins, (~2 lbs total)  
1/4 cup olive oil  
2 teaspoon lemon zest  
1/4 cup chopped fresh sage  
2 cloves garlic, minced  
1 tablespoon salt

#### Grilled Apples

4 medium apples  
2 tablespoons olive oil  
2 tablespoons granulated sugar, optional  
2 tablespoons finely chopped fresh sage

1. Put the tenderloins in a casserole dish or resealable bag. Add the marinade ingredients and mix well to coat the pork evenly. Let the pork marinate in the fridge for at least 2 hours, up to overnight.
2. One hour before dinner, take the pork out of the refrigerator and let it warm up on the counter.
3. While the grill is preheating, core and slice the apples 1/4 inch thick. Then toss them with the oil, sugar, and sage.
4. Put the pork on the grill, and cook it for 2-3 minutes, or until it has a good sear. Turn the pork over to sear the other side. Lay out the apple slices on the grill. Grill the pork and apples for 3 minutes. Turn over the apples. Then lower the heat to low, cover the grill and continue cooking until the pork reaches 150-160°F on the thermometer, depending on how pink you like your pork, about 10 minutes more.
5. Transfer the pork and apples to a serving platter. Slice the pork and sprinkle some fresh sage.



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People use sage as flavoring agent at least 2000 years. Sage has savory and peppery taste. It is often used with dishes made of beans, cheese, tomatoes and eggs.

### Butternut Squash AND Pasta With Sage

1 medium butternut squash, about 2 pounds  
1 large sweet onion (coarsely chopped)  
1 teaspoon salt, plus more to taste  
1/8 teaspoon freshly ground black pepper, plus more to taste  
3 to 4 tablespoons extra-virgin olive oil

8 ounces rombi, farfalle, or other pasta  
1/4 cup (1/2 stick) unsalted butter  
24 fresh sage leaves  
2 cloves garlic (minced)  
1/2 cup shredded parmesan, plus more for garnish

1. Heat oven to 375°F.
2. Use a vegetable peeler to peel the squash. Scoop out the seeds and cut into 1/2- to 1-inch cubes. Combine squash, onion, salt, pepper, and olive oil. Toss to coat and spread out in a large jelly roll pan or roasting pan.
3. Roast for about 30 to 35 minutes, or until tender and lightly browned, turning about halfway through the roasting time.
4. Meanwhile, cook pasta as directed on the package; drain and rinse with hot water. Set aside.
5. In a large saucepan or skillet over medium-low heat, cook butter and sage leaves until the butter begins to brown. Add the garlic and continue cooking for about 1 minute. Make sure to not let the butter burn. Remove from heat and remove the sage with a slotted spoon; crumble the sage with a spoon.
6. Add the pasta to the butter mixture along with the sage, squash and onions. Put back on the heat and continue cooking, stirring, until pasta and squash are hot.
7. Toss with the 1/2 cup of shredded Parmesan cheese just before serving. Garnish with more Parmesan if desired.



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In ancient times rosemary was believed to strengthen the memory; in literature and folklore it is an emblem of remembrance and fidelity.

### Roasted Lemon Chicken With Garlic AND Rosemary

8-10 pieces of your favorite cut of chicken - skin on bone in

1 lb . baby red potatoes

1/2 in onion - cut large pieces

2 lemons - 1 sliced and 1 juiced

1/3 cup olive oil

2 cloves garlic, minced

1 Tablespoon fresh rosemary plus sprigs for garnish

1/2 teaspoon crushed red pepper flakes

1 1/2 teaspoon salt

1/2 teaspoon fresh ground pepper

1. Preheat oven to 400°F.
2. Spray a glass 13-in. x 9-in. baking dish with cooking spray. Arrange chicken pieces (skin side up), potatoes, sliced onion and lemon slices evenly in pan.
3. In a small bowl, whisk together lemon juice, olive oil, garlic, rosemary, crushed red pepper flakes, salt and pepper.
4. Pour mixture over chicken, making sure all the chicken is covered. Sprinkle generously with additional salt and pepper.
5. Bake uncovered for about 1 hour, or until chicken and potatoes are fully cooked.



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The name of Rosemary originates from the Latin word *rosmarinus*, meaning “mist of the sea” or “dew of the sea”. For culinary purposes, Rosemary is often paired up with lamb as its bittersweet, nutty flavor is excellent in counterbalancing the richness and fattiness from the meat.

### Garlic Rosemary Chicken

2 heads garlic, roasted

3 Tbsp olive oil

8 oz fresh mushrooms, sliced

4 chicken breasts, pounded to an even thickness

Salt & pepper to taste

2 Tbsp fresh rosemary, diced

1/4 cup dry white wine

3/4 cup chicken broth

4 Tbsp unsalted butter, divided

3 cups fresh spinach

1. Very carefully separate the cloves from the heads of roasted garlic. Set them aside.
2. Cook mushrooms in oil in a large skillet over medium high heat for 5 minutes.
3. Season chicken with salt and pepper on both sides. Add chicken to skillet. Sprinkle rosemary all over chicken and mushrooms. Cook chicken breasts on both sides until browned and cooked through.
4. Remove chicken to a plate and cover to keep warm, leave mushrooms in skillet. Stir in wine, chicken broth and 2 Tbsp butter to skillet and cook over medium/low heat until sauce reduces. (about 10 minutes) Stir in the cloves of roasted garlic. Add the spinach and allow it to wilt. Serve chicken over spinach and top with mushrooms, garlic and pan sauce.



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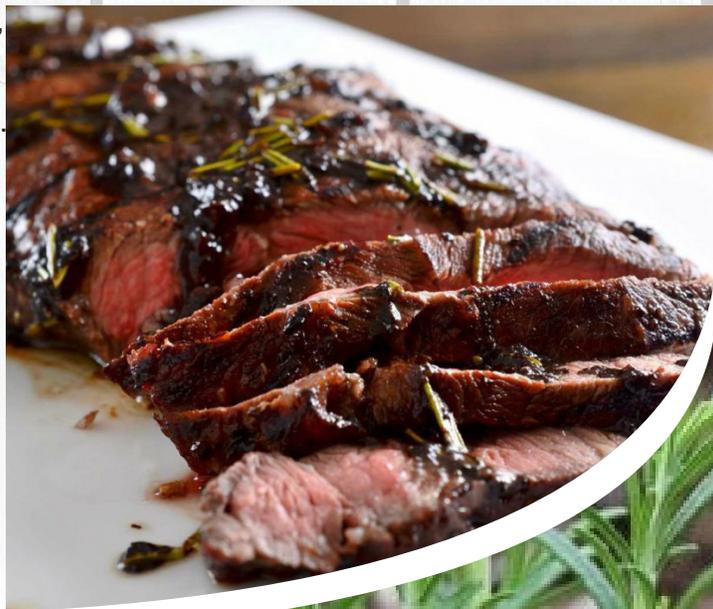
The health benefits of rosemary include increase blood circulation to the brain, boost memory, reduce inflammation, treat Alzheimer's, reducing the severity of asthma attacks, heal cancer, relieve pain, and protect the immune system.

### Flat Iron Steak With Rosemary Balsamic Reduction

6 cloves garlic, minced  
1/4 cup extra virgin olive oil  
1/4 cup balsamic vinegar  
1/2 cup dry red wine, divided

2 tablespoons chopped fresh rosemary, divided  
3/4 teaspoon salt  
1/2 teaspoon black pepper  
1 1/4 pound flat iron steak

1. In a bowl whisk together garlic, extra virgin olive oil, balsamic, 1/4 cup red wine, 1 tablespoon chopped rosemary, salt and pepper.
2. Place flat iron steak in a re-sealable plastic bag. Pour marinade over the top. Shake to coat steak in marinade. Refrigerate for 8 hours or overnight.
3. Preheat grill to medium-high heat. Place the steak on the grill and reserve the marinade. Cook steak 3 - 4 minutes per-side for medium rare. Remove steak from grill and let rest for 10 minutes. The steak will continue to cook a bit while resting
4. Meanwhile, pour marinade into a skillet over medium heat. Pour in remaining 1/4 cup of red wine. Bring to a boil and allow to cook until it reduces by half, 5 - 10 minutes. Stir in remaining tablespoon of fresh rosemary. Remove from heat.
5. After steak has rested, slice it against the grain into 1/2 inch slices. Spoon sauce over the top and serve.



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Rosemary is also used to scent cosmetics, perfumes and in insect repellents.  
It is related to basil, marjoram, and oregano.  
It is easily pruned into shapes and has been used for topiary.

### Rosemary Roasted Potatoes

2 lbs. baby potatoes, halved or quartered if large  
2 tbsp. extra-virgin olive oil  
4 cloves garlic, minced

2 tablespoons fresh rosemary, chopped  
Salt and pepper to taste  
Fresh rosemary sprigs, for serving

1. Preheat oven to 400°F. Add potatoes to baking sheet. Toss with olive oil, garlic, and rosemary and season generously with salt and pepper.
2. Roast until crispy, stirring occasionally, 1 hour to 1 hour 15 minutes.
3. Add more rosemary sprigs for serving.



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Rosemary is a good source of Vitamin A, Thiamin and Magnesium, and a very good source of Dietary Fiber, Vitamin C, Vitamin B6, Folate, Calcium, Iron and Manganese.

### Garlic Rosemary Chicken With Cranberries

2 cups fresh cranberries  
1/3 cup brown sugar  
2-3 tbsp white wine vinegar, more for later  
6 pieces bone-in, skin on chicken  
6-8 garlic cloves, minced  
Salt and pepper

1 1/2 tbsp chopped fresh rosemary, plus more to garnish  
1 tsp sweet paprika  
1/3 cup extra virgin olive oil  
Juice of 1 lemon  
1 large yellow onion, chopped  
3 celery stalks, chopped  
1/2 cup chicken broth or water

1. In a small bowl, combine the cranberries, brown sugar, and white wine vinegar. Set aside.
2. Pat the chicken pieces dry. Rub the chicken with the minced garlic on both sides. Season well with salt and pepper. Combine the rosemary and paprika then also apply to chicken.
3. In a large bowl, mix the olive oil, lemon juice and 2 tbsp white wine vinegar. Now add the chicken, celery, onions, and used lemon halves. Work everything together with clean hands. Set aside to marinate just for 15 minutes.
4. Preheat the oven to 425°F.
5. Heat 1 tbsp olive oil in a skillet. Place the chicken skin side down to brown on medium-high for 5 minutes. Turn over and brown on the other side.
6. Place the chicken, onions, celery, lemon halves and any liquid from the marinade in a lightly oiled baking pan. Add 1/2 cup water or chicken broth, then add the sugared cranberries.
7. Bake for 35 to 40 minutes or until the chicken is fully cooked through. Serve hot with rice and your favourite salad.



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Rosemary is a plant of the mint family (Lamiaceae) whose leaves are used to flavour foods. It is a woody plant with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers, native to the Mediterranean region.

### Creamy White Bean Rosemary Soup

3 15 oz cans white cannellini or great northern beans, rinsed and drained  
4 cups sliced yellow onions (2 large onions)  
1/4 cup olive oil  
2 garlic cloves, minced  
1 large branch fresh rosemary off the stem

1 1/2 quarts chicken stock  
2 teaspoons salt  
1/2 teaspoon freshly ground black pepper  
Bacon for topping

1. In a 5-6 qt. large stock pot or dutch oven heat the olive oil on medium high heat. Add the onions and cook for about 15 minutes- or until soft and golden. Add the garlic and cook for another few minutes.
2. Add the beans, broth, rosemary, salt & pepper. Bring to a boil, and then simmer for about 20 minutes. Use an immersion blender, food processor, or regular blender to purée the soup until smooth. Add cayenne pepper to taste. Top with crispy bacon.



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Parsley is the common name for a bright green herb, which is extensively cultivated for its leaves. It is native to the central Mediterranean region including Italy, Greece, Portugal, Spain, Malta, Morocco, Algeria, and Tunisia. Parsley has been cultivated for more than 2,000 years

### Lemon Cranberry Quinoa Salad

1/4 cup olive oil  
2 teaspoons grated lemon peel  
2 tablespoons lemon juice  
2 teaspoons minced ginger  
3/4 teaspoon salt  
2 cups reduced-sodium chicken broth  
1 cup quinoa, rinsed

1 cup chopped apple  
1 cup chopped cucumber  
3/4 cup dried cranberries  
1/2 cup minced fresh parsley  
1 green onion, thinly sliced  
1 cup cubed avocado

1. For dressing, in a small bowl, whisk the first five ingredients until blended.
2. In a small saucepan, bring broth to a boil. Add quinoa. Reduce heat; simmer, covered, 12-15 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Transfer to a large bowl.
3. Add apple, cucumber, cranberries, parsley and green onion to quinoa. Drizzle with dressing and toss to coat. Serve warm or refrigerate and serve cold. Gently stir in avocado before serving.



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Parsley is mentioned often throughout history, and not only for its culinary and medicinal properties. The early Greeks made crowns of parsley to bestow upon the winners of the Nemena and Isthmian sports games, in the same manner that bay wreaths honored the Olympians.

### Slow Cooker Chicken Noodle Soup

1 ½ pounds boneless, skinless chicken breasts  
Salt and pepper, to taste  
8 cups chicken stock  
4 cloves garlic, minced  
1 onion, diced  
3 carrots, peeled and diced  
3 stalks celery, diced

1/2 teaspoon dried thyme  
1/2 teaspoon dried rosemary  
2 bay leaves  
8 ounces spaghetti, broken into thirds  
Juice of 1 lemon  
2 tablespoons chopped fresh parsley

1. Season chicken with salt and pepper and place into a 6-qt slow cooker.
2. Stir in chicken stock, garlic, onion, carrots, celery, thyme, rosemary and bay leaves. Cover and cook on low heat for 6-8 hours.
3. Remove chicken from the slow cooker and shred, using two forks.
4. Stir in pasta and chicken into the slow cooker. Cover and cook on low heat for an additional 30-40 minutes, or until pasta is tender.
5. Stir in lemon juice and parsley. Season with salt and pepper to taste. Serve immediately.



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Parsley is an excellent source of vitamin K and vitamin C as well as a good source of vitamin A, folate and iron. Parsley's volatile oil components include myristicin, limonene, eugenol and alpha-thujene. Its flavonoids include apiin, apigenin, crisoeriol and luteolin.

### Chimichurri Monkey Bread

1/4 cup minced fresh parsley  
1/4 cup olive oil  
2 tablespoons minced fresh oregano  
1 tablespoon white wine vinegar  
2 garlic cloves, minced

3/4 teaspoon kosher salt  
1/4 teaspoon ground cumin  
1/4 teaspoon pepper  
1/8 teaspoon crushed red pepper flakes  
2 tubes (12 ounces each) refrigerated buttermilk biscuits

1. In a shallow bowl, combine the first nine ingredients. Cut each biscuit in half and shape into a ball. Roll in herb mixture.
2. Place biscuit pieces in a greased 10-in. fluted tube pan. Bake at 375°F for 18-22 minutes or until golden brown. Cool for 10 minutes before inverting onto a serving plate



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The deep green tender leaves are used as a garnish. It is used frequently as a garnish on potato dishes (boiled or mashed potatoes), on rice dishes (risotto or pilaf), soups, sauces, on fish, fried chicken, lamb, goose, and steaks, as well in meat or vegetable stews and salads.

### Roasted Carrots With Parsley Butter

1 ½ pounds carrots, peeled with ends trimmed  
(8 to 9 carrots)  
1 tablespoon extra-virgin olive oil  
1/4 teaspoon salt

1 tablespoon butter  
1 garlic clove  
1/3 cup loosely packed fresh parsley leaves, chopped

1. Heat the oven to 425°F and line a baking sheet with aluminum foil. Cut carrots into 2 to 3-inch sticks.
3. Toss carrots onto the baking sheet and coat in olive oil and salt. Roast carrots, stirring twice, until they are tender with edges that are lightly browned, 25 to 30 minutes.
4. While the carrots roast, melt butter in a small pan over low heat. Use the back of a large knife to gently crush the garlic clove. Remove the skin then add clove to the butter along with the parsley. Wait until the butter bubbles gently then cook for 1 minute. Slide the pan away from the heat and set aside for 10 to 15 minutes. Remove and discard the garlic.
5. Slide the roasted carrots into a bowl with the garlic parsley butter. Toss then season to taste with additional salt as needed.



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There are two basic types of parsley that differ in taste and morphology of leaves. Curly parsley is bitter and it has wrinkled or creased leaves. Italian parsley has strong flavor and flat leaves.

### Crispy Baked Shrimp Scampi

1 kg (2 pounds) shrimp, peeled,  
de veined and tails on or off  
2 tablespoons lemon juice  
2 tablespoons white wine (optional - sub with  
extra lemon juice or chicken stock)  
1 brown shallot, minced  
1/3 cup melted butter, divided  
Salt and pepper, to taste

1/3 cup panko bread crumbs  
4 cloves garlic, minced  
2 tablespoons grated parmesan cheese  
1/2 teaspoon crushed red pepper flakes or more, to taste  
1/4 cup fresh chopped parsley leaves

1. Heat oven to 425°F. In a well-seasoned oven-proof skillet or baking dish, combine the shrimp, lemon juice, white wine, shallots, 2 tablespoons of melted butter, 1 teaspoon salt and 1/4 teaspoon pepper. Mix well until the shrimp are evenly coated.
2. In a small bowl, combine the remaining melted butter, bread crumbs, garlic, parmesan cheese, red pepper flakes and 2 tablespoons of the chopped parsley; mix well.
3. Sprinkle the bread crumb mixture over the shrimp and bake for 12 minutes, or until hot and bubbling, and the shrimp are 'just' cooked through. Change oven settings to broil or grill for a further minute or so, until the top is crispy and golden.
4. Garnish with remaining parsley, a little lemon juice and serve with lemon wedges



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# FEATURE HERB

## Organic Chives

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Chives are a type of onion that belong to the amaryllis family. They are native to temperate parts of Europe, Asia and North America. Chives have been a part of the human diet at least 5,000 years.

### Cherry Tomato Vinaigrette

1 pint cherry tomatoes  
3 tablespoons olive oil, divided  
1 shallot, finely chopped

1 tablespoon (or more) red wine vinegar  
Salt and pepper  
2 tablespoons chopped fresh chives

1. Heat 1 tablespoon oil in a medium saucepan over medium heat. Add shallot and cook, stirring often, until softened, about 4 minutes.
2. Cut half of cherry tomatoes in half. Add the halved and remaining whole tomatoes and cook, stirring occasionally, until beginning to release juices, 4-6 minutes. Mash some of tomatoes with a spoon.
3. Add 1 tablespoon vinegar and remaining 2 tablespoons oil; season with salt and pepper. Serve warm or room temperature; add chives just before serving.

Three more ways to use this vinaigrette

- Marinate flank steak in a mixture of olive oil, cracked black pepper, and chopped garlic. Season steak with salt and grill. Slice, then serve with vinaigrette.
- Toss vinaigrette and a handful of crumbled feta with cooked pasta. Finish with more chopped chives.
- For a riff on ratatouille, grill or roast sliced zucchini, summer squash, onion, sweet red peppers, and eggplants until vegetables are soft. Toss together with vinaigrette.



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Chives have hollow, thin, tubular stem that can reach 12 to 20 inches in height. Just like other types of onions, chives develop bulbs from the roots. Bulbs are not very large. They are slender, conical in shape and arranged in dense clusters.

### Baked Ricotta With Lemon, Garlic <sup>AND</sup> Chives

15 ounces (about 2 cups) whole milk ricotta  
1 large lemon, zested and juiced  
2 large cloves garlic, minced  
1 ounce fresh chives, minced (about 1/2 cup)

1/2 teaspoon salt  
Freshly ground black pepper  
Extra-virgin olive oil  
Small crackers or slices of baguette, to serve

1. Heat the oven to 375°F. Lightly grease a 1/2- to 1-quart gratin dish or baking pan.
2. Mix the ricotta, lemon juice and zest, garlic, chives, and salt, and a generous quantity of fresh black pepper. Spread in the baking dish and drizzle with olive oil. (At this point you can cover and refrigerate the ricotta overnight, if desired.)



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## Organic Chives

Chives develop purple, star-shaped flowers arranged in dense terminal clusters composed of 10 to 30 individual flowers.

Each flower contains both male and female reproductive organs (perfect flowers). Chives bloom at the beginning of the spring (usually from April to May). Flowers attract bees, responsible for the pollination of this plant.

### Cheesy Chive Bacon Mashed Potatoes

5 pounds russet potatoes

1 lb bacon, cooked and crumbled

1 8 ounce package cream cheese, softened

1/2 cup unsalted butter, melted

1 cup sour cream

1/4 cup chives, chopped

3 cups shredded cheddar cheese, divided

2 teaspoons salt

1/2 teaspoon freshly ground black pepper

1. Preheat oven to 350 degrees. Peel potatoes, and cut into 1-inch chunks. Place in a large saucepan, and add enough cold water to cover by about 2 inches. Bring to a boil over medium-high heat, and reduce to a simmer. Cook until tender and easily pierced with a paring knife, about 20 minutes. Transfer to a colander to drain; return to pan, cover, and set aside.

2. Using a fork, mash the potatoes in pan until light and fluffy (putting them through a ricer or food mill will get the best results). Add the cream cheese, butter, and sour cream, and stir until combined and smooth. Add two cups cheddar cheese, half the bacon, salt, and pepper.

3. Transfer to a greased baking dish. Top with remaining 1/2 cup cheese. Bake until top is slightly golden and potatoes are heated through, about 30 minutes.

4. Remove from oven; garnish with chives and remaining bacon.



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Leaves of chives are used in human diet. They have mild, sweet to savory, slightly pungent flavor. Flowers are also edible, but they are mostly used as garnish. Chives are rich source of vitamin K, C and folic acid and minerals such as manganese, magnesium and iron.

### Garlic-Chive Whipped Butter

2 tablespoon salted butter, room temperature  
1 garlic clove, minced  
1/2 teaspoon chives, chopped  
1 lb. steak of your choice  
Salt and pepper

1. Whip the butter, garlic and chives together. Chill in fridge before serving.
2. Season the steak with salt and pepper and grill on each side for 7 minutes on direct heat (500°F).
3. Transfer the steak to a serving platter to rest for 10 minutes. Slice steak and top with butter.



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## Organic Chives

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Chives are mostly consumed fresh. They are often used as ingredient of salads, sauces, soups and dishes made of cheese, eggs, potatoes, meat and seafood. Finely chopped leaves can be mixed with butter to improve its taste and aroma.

### Bacon Cheddar Chive Quiche

1 9-inch deep dish pie shell

2 cups sharp cheddar cheese or cheddar cheese blend, divided

8 slices bacon cooked and finely crumbled

6 large eggs

1 cup half & half

1 teaspoon garlic salt

1/2 teaspoon ground mustard

1/4 teaspoon pepper, more or less to taste

1/4 teaspoon onion powder

1/16 teaspoon ground nutmeg

1 1/2 tablespoon chopped fresh chives

1. Preheat the oven to 350°F. Place the pie crust on the baking sheet and dock the bottom with a fork. Set aside.
2. In a medium-size mixing bowl, whisk together the eggs, half & half, chives, garlic salt, mustard, pepper, onion powder and nutmeg.
3. Add bacon and half of cheese and stir. Pour into the pie shell and top with remaining cheese.
4. Place into the oven and bake for 45-50 minutes or until lightly golden and the center is set when gently shaken. Check at 30 minutes and lay a piece of foil on top to prevent over browning, if needed.
5. Allow to rest on the counter for 30 minutes before attempting to cut. Serve warm or at room temperature.



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## Organic Chives

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Leaves of chives are used to reduce high blood pressure, facilitate digestion, alleviate stomach discomfort and prevent bad breath. They can also improve strength of nails and hair.

### Cheddar Chive Biscuits

2 cups all-purpose flour  
2 teaspoon granulated sugar  
2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper

1/4 teaspoon garlic powder  
1/2 cup unsalted butter, cold and diced into small cubes  
1 cup packed shredded cheddar cheese  
3 tablespoon chopped fresh chives  
1 cup buttermilk

1. Preheat oven to 425°F. Line a baking sheet with parchment paper, set aside.
2. In a large mixing bowl whisk together flour, sugar, baking powder, baking soda, salt, pepper and garlic powder for 20 seconds. Add butter and cut into mixture using a pastry cutter or long pronged fork until mixture resembles coarse meal.
3. Add in cheddar cheese and chives and toss mixture. Pour in buttermilk and toss until mixture comes together (if needed you can sprinkle another 1 - 2 Tbsp of buttermilk. It may seem a little dry at first but keep tossing to bring it together).
4. Scoop dough out 1/4 cup at a time. Run a butter knife around the sides of the dough along the measuring cup, and drop onto parchment. Space evenly apart and fitting 12 on sheet. Bake until tops are golden, about 12 - 15 minutes. Serve warm



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## Organic Cilantro

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Cilantro has delicate, lacy green leaves, resembling flat leaf parsley. It has a pungent, complex, citrusy flavor. Cilantro leaves are often added to a dish just before serving because their flavor diminishes with cooking.

### Crispy Cilantro Lime Chicken

3 tablespoons olive oil divided	2 teaspoons brown sugar
1/4 cup fresh squeezed lime juice (juice of 2 limes)	3/4 teaspoon ground cumin
1/4 cup chopped fresh cilantro	6 bone-in skin-on (or off) chicken thighs
1 teaspoon red chili (or pepper) flakes	Salt and pepper, to taste
4 cloves garlic minced	

1. Preheat oven to 425°F.
2. In a medium-sized shallow bowl, whisk together 2 tablespoons olive oil together with lime juice, chopped cilantro, chili flakes, garlic, sugar and cumin. Add the chicken thighs to the marinade and toss to evenly coat. Cover and refrigerate for 15 minutes.
3. Heat the remaining tablespoon of oil in a non-stick pan or cast iron skillet over medium-high heat. Add in the thighs along with any marinade left over in the bowl, and sear chicken (skin-side down) for 4 minutes on each side until golden and crispy (chicken will not be fully cooked).
4. Transfer to preheated oven and bake until the chicken is cooked through (about 15-20 minutes).
5. Garnish with fresh cilantro leaves and lime wedges. Serve with rice or potatoes and drizzle with the pan juices.



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## Organic Cilantro

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The botanical name for cilantro is *Coriandrum sativum*. It is in the parsley family. Cilantro is a short lived annual growing best in the spring and fall. Its flowers are small in size, irregular in shape and are either white or light pink color.

### Cilantro Lime Rice

2 cups vegetable broth or chicken broth or water	2 teaspoon lime juice
1 cup long grain white rice	1 teaspoon lime zest
1 tablespoon butter	1/4 cup fresh cilantro, finely chopped
2 teaspoon garlic minced	1/4 cup green onion finely chopped

1. In a large saucepan over medium heat, bring broth, rice, butter, garlic, lime juice, and lime zest to a boil, stirring occasionally. Reduce to a simmer and cook, covered, for 20-25 minutes or until rice is tender and liquid is absorbed.
2. Remove saucepan from heat and rice let stand five minutes.
3. Remove lid and stir rice with a spatula, loosening any rice that may be stuck along the sides or bottom. Add cilantro and green onion to saucepan, then gently mix them with the rice.



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Cilantro is rich in dietary fiber, antioxidants and vitamins A, C, E and K. It is very low in saturated fat and cholesterol.

### Sweet Lemon Shrimp

1/3 cup hoisin sauce  
1/4 cup honey  
1/2 cup freshly squeezed lemon juice  
Zest of 1 lemon

Salt and pepper, to taste  
1 1/2 pounds medium shrimp, peeled and de veined  
2 tablespoons chopped fresh cilantro

1. In a large bowl, whisk together hoisin sauce, honey, lemon juice, lemon zest, salt and pepper. Add shrimp and marinate for at least 30 minutes to overnight, covered in the refrigerator.
2. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
3. Place shrimp onto the prepared baking sheet; discard marinade. Place into oven and roast just until pink, firm and cooked through, about 6-8 minutes. Serve immediately, garnished with cilantro, if desired.



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**Health benefits... helps build strong bones, is used in the treatment of Alzheimer's disease, and helps reduce LDL or "bad cholesterol" while increasing HDL or "good cholesterol" levels.**

### Guacamole

3 avocados – peeled, pitted, and mashed  
1 lime, juiced  
1 teaspoon salt  
1/2 cup diced onion

3 tablespoons chopped fresh cilantro  
2 tomatoes, diced  
1 teaspoon minced garlic  
1 pinch ground cayenne pepper (optional)

1. Mash together the avocados, lime juice and salt. Mix in remaining ingredients.
2. Serve immediately or refrigerate for 1 hour for best flavor.

### Avocado Cilantro Dressing

1/2 an avocado  
1/4 cup greek yogurt  
1/2 cup water (more as needed to adjust consistency)  
1 cup cilantro leaves and stems  
1 small clove of garlic  
1/2 teaspoon salt  
A squeeze of lime juice

Pulse all ingredients in a food processor or blender until smooth.



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Cilantro was one of the first herbs (along with dandelions) to be brought to the Americas from Europe.

### Southwest Cilantro Lime Corn Salad

4 cups frozen corn, thawed  
(or 5 ears of fresh corn)  
1/3 - 1/2 cup diced red bell pepper  
1 - 2 jalapeños, minced  
1/2 medium red onion, peeled and finely diced  
2 tsp olive oil

1/2 tsp salt  
1/4 tsp black pepper  
3 Tbsp fresh cilantro, minced  
1 Tbsp lime juice

1. Heat a 12 inch skillet over MED-HIGH heat. Add olive oil and heat through.
2. Add corn, bell pepper, jalapeno, and onion. Cook, stirring occasionally, about 8 minutes, until lightly golden brown.
3. Season with salt and pepper and stir in cilantro and lime juice before serving.



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## Organic Cilantro

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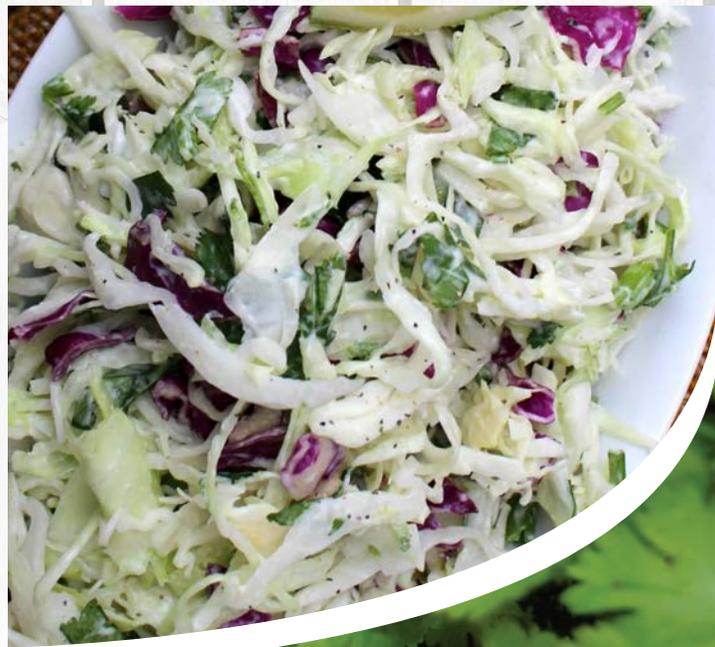
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Cilantro leaves can be cut at any time during their growth period, but waiting until the plant is about 6 inches tall will give you optimum leaves.

### Cilantro Lime Coleslaw

- |   |                                    |
|---|------------------------------------|
| 1 1/2 cups shredded green cabbage                       | 1 lime juiced                      |
| 1 1/2 cups shredded purple cabbage (or 3 cups 1 colour) | 1 tablespoon honey                 |
| 1 cup shredded carrots                                  | 1 garlic clove minced              |
| 1/2 cup chopped fresh cilantro                          | 1/4 tsp red pepper flakes optional |
| 1/2 cup sliced green onions                             | 1/8 tsp salt or more to taste      |
| 1/4 cup extra virgin olive oil                          |                                    |

1. In a large bowl, combine the first 5 ingredients and in a small bowl, whisk together the remaining ingredients.
2. Pour as much dressing over the coleslaw as desired and toss together.
3. Serve over tacos and sandwiches or as a side salad. The coleslaw may be prepped in advance and refrigerated, or used immediately.



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## Organic Dill

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Dill is a type of herbaceous plant that belongs to the celery family. This plant is native to South Europe and West Asia, but it can be found around the world today. Dill was cultivated and used as culinary herb in the ancient Egypt, Greece and Rome.

### Tomato Salad With Red Onion, Dill And Feta

1/2 medium red onion, thinly sliced  
1 pound tomatoes, preferably with a combination of colors, cut into bite-sized chunks  
2 tablespoons red wine vinegar  
1 clove garlic  
1/4 cup extra-virgin olive oil  
1 medium red bell pepper, cut into bite sized pieces

1/3 English cucumber, thinly sliced  
1 cup kalamata olives, pitted  
1/4 cup coarsely chopped fresh dill  
1/4 cup fresh mint leaves, coarsely chopped  
1 cup crumbled feta cheese  
Salt and pepper

1. Place the onion in a bowl of cold water and set aside 10 to 15 minutes.
2. Place the vinegar, garlic, and a pinch of salt in a large bowl. While whisking constantly, drizzle in the olive oil until combined.
3. Drain the onion and pat dry with paper towels. Add the red onion, bell pepper, cucumber, olives, dill, and mint to the dressing and toss to combine. Set aside to marinate for 10 minutes.
4. Add the tomatoes and feta and toss gently to combine. Season with more salt and pepper as needed.
5. Using a slotted spoon, transfer the salad to a serving platter, leaving the juices behind. Serve immediately.



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Besides in human diet, dill was used as currency in the past. Today, dill represents one of the most widely used spices of European and Asian cuisine.

### 20 Minute Lemon Dill Salmon

4 salmon filets  
1 bunch asparagus, ends trimmed  
Olive oil  
1-2 lemons

Salt and black pepper  
Garlic powder  
Dill, chopped (4 tablespoons)

1. Preheat the oven to 375°F. Drizzle a little olive oil on the bottom of a sheet pan or use parchment paper.
2. Line salmon up in the center of the pan. If there's skin, place skin side down. Place the asparagus around the salmon.
3. Lightly drizzle some olive oil and juice of 1 lemon onto the fish and asparagus.
4. Sprinkle everything with salt, pepper, garlic powder and dill to taste.
5. Place a lemon rounds onto the top of each piece of fish.
6. Bake for 15-20 minutes or until the internal temperature is 145 degrees and the asparagus is cooked through.



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## Organic Dill

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Dill has single, smooth, hollow stem that can reach 16 to 24 inches in height. Dill develops numerous feathery, thread-like leaves with pointed leaflets. Leaves are light green colored, soft and alternately arranged on the branches. Dill produces miniature, white or yellow flowers, arranged in terminal umbel (type of flat-topped inflorescence). Dill blooms during the mid-summer.

### Dill Pickle Dip

8 ounces cream cheese, softened  
1 cup greek yogurt or full fat sour cream  
1 teaspoon garlic powder  
1/2 teaspoon onion powder

1/4 cup fresh dill, chopped  
2/3 - 1 cup minced dill pickles, plus more for garnish  
Salt and pepper

1. Mix cream cheese and sour cream until combined. Add all other ingredients and mix together.
2. Refrigerate for 1-2 hours or serve immediately.



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## Organic Dill

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Fresh leaves are often added to soups, salad dressings, yogurts and dishes made of fish and chicken. Flowers and leaves are used in the manufacture of pickles. Seed is used as flavoring agent of vinegar and as an ingredient of certain types of bread and dishes made of fish.

### Salt AND Vinegar Cucumber Salad

1/4 cup white wine vinegar

2 tablespoons olive oil

2 teaspoons granulated sugar

1 1/4 teaspoons flaky sea salt, plus more as needed

Freshly ground black pepper

2 pounds cucumbers (about 4 medium)

1/4 cup chopped fresh dill

1. Place the vinegar, oil, sugar, salt, and a few grinds of pepper in a large bowl and whisk to combine.
2. Thinly slice the cucumbers and place them in the bowl. Add the dill, and toss to combine. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to come together. Taste and season with more salt and pepper as needed before serving.



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**Dill can be used in treatment of digestive problems, lack of appetite and jaundice. It reduces flatulence and can be used as a cure for hiccups. Dill stimulates lactation in breast feeding women and alleviates colic in babies. It can be also used to calm babies and help them fall asleep during teething.**

## Cheesy Potato Dill Soup

2 tbsp canola oil  
1 large onion (2 cups, diced)  
3 cloves garlic, minced  
3 pounds peeled russet potatoes, cut into 1-inch chunks  
6 cups chicken broth

1/2 cup sour cream  
3 tbsp fresh dill, stems removed  
3 tbsp lemon juice (about 1 lemon)  
2 cups shredded cheddar cheese  
Salt to taste

1. Add oil and onion to a large pot over medium heat. Cook until golden, about 12 minutes. Add garlic; cook 1 more minute.
2. Add potatoes and broth and bring to a boil over high heat. Reduce heat and simmer until potatoes are tender, about 25 minutes.
3. With an immersion blender, puree soup until smooth (or puree in batches in a blender). Add cheese, sour cream, lemon and dill and season to taste with salt.
4. Serve garnished with dill, more cheese, and fresh bread.



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## Organic Dill

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During the medieval period, people were using dill hanged on the doorway to keep witches on a safe distance from their homes. Dill was also popular and often used ingredient of magic potions in the past.

### Lemon AND Dill Chickpea Salad

2 (15-ounce) cans chickpeas (3 cups)  
1 medium english cucumber  
6 small tomatoes  
1 1/2 ounces feta cheese  
1/4 cup fresh lemon juice (1 large lemon)

1/4 cup extra-virgin olive oil  
1 teaspoon dijon mustard  
1/2 teaspoon honey  
1/4 cup coarsely chopped fresh dill  
Salt and pepper

1. Open, drain and rinse the chickpeas, and then add to a large bowl.
2. Cut the cucumbers into quarters, lengthwise, and then chop into bite-size chunks. Cut the tomatoes into small wedges. Add the cucumbers and tomatoes to the chickpeas then break the feta cheese into crumbles on top.
3. In a medium bowl, make the dressing. Whisk lemon juice, olive oil, mustard, honey, and the fresh dill together then season with salt and pepper, to taste. Pour the dressing over the salad and toss.



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## Organic Mint

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Mint is herbaceous plant that belongs to the family Lamiaceae. This plant originates from Europe, Asia and Africa. Mint grows in temperate climate, usually on the moist soil in areas that provide enough direct sunlight.

### Mint Chocolate Popsicles

2 2/3 cups full fat coconut milk  
3/4 cup packed fresh mint leaves  
3/4 cup sugar  
1/8 tsp salt

peppermint extract (optional, and to taste)  
food coloring (optional)  
3 ounces semisweet chocolate, finely chopped

1. Combine coconut milk and fresh mint leaves in a saucepan over medium heat. Heat for 5 minutes, until bubbles appear around the edge of the pan. Remove from heat and let steep 20 minutes. Strain infused coconut milk through a fine-mesh sieve into a bowl, pressing on the mint with the back of a spoon. Whisk in sugar, salt, peppermint extract, and food color (2 drops green, 1 drop blue) until smooth. Let mixture cool to room temperature, then cover and chill for 6 hours in the refrigerator.

2. Stir chopped chocolate into mixture and fill popsicle molds, leaving a 1/2-inch of space at the top of each mold. Freeze for about an hour, then insert popsicles sticks and freeze overnight. To unmold, let popsicle stand at room temperature for 5 minutes. Carefully remove from molds and serve.



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## Organic Mint

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Mint is part of human diet ever since the Roman Empire. Aromatic chemicals and essential oils extracted from the mint leaves are often used in cosmetic and medical industry. Since it reproduces quickly and conquers new habitats easily, mint is sometimes classified as invasive species.

### Minty Sweet Pea AND Mascarpone Dip

2 cups fresh or frozen peas  
Salt  
1 cup ricotta cheese  
Grated zest of 1/2 lemon  
1/2 cup grated parmesan cheese

2 tablespoons chopped fresh mint  
Freshly ground pepper  
2 tablespoons extra-virgin olive oil  
Grilled bread, for serving

1. Add the peas to a large pot of well-salted boiling water. Boil the peas for about 30 seconds. Remove the peas to an ice bath.
2. In a food processor, combine the ricotta, lemon zest, parmesan and mint. Drain the peas and add them to the food processor. Pulse just until the mixture comes together; you want to keep a little texture and not make it totally smooth. Season with salt.
3. Spoon the mixture into a serving bowl, crack some pepper over the top and drizzle with the olive oil. Serve the pea dip with grilled bread.



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Mint is small plant that can reach 4 to 47 inches in height. Stem is square-shaped and divided in nodes. Leaves of mint can be dark green, grayish-green or purple in color. They have lanceolate shape and serrated edges. Leaves are grouped in pairs that are oppositely arranged on the stem.

### Honey Mint Glazed Chicken

1/4 cup white vinegar

1/4 cup olive oil

1 4-5 pound chicken, cut into parts

Salt and pepper

1/2 cup honey

2-3 Tbsp water

1/2 cup chopped fresh mint

1. Mix vinegar with olive oil and pour over chicken in a bowl. Coat all pieces and let marinate for 30 minutes to an hour.

2. In a small bowl mix honey, mint, and just enough water for a good basting consistency. Set aside for glazing the chicken.

3. Prepare grill for medium high heat. Remove chicken pieces from marinade. Sprinkle generously with salt and pepper. Place chicken pieces on the hot grill, skin side up. Cook for approximately 25-40 minutes, covered, turning every 7 or 8 minutes.

4. For the last 5-10 minutes of cooking, baste all sides with the honey mint mixture. The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165°F.



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Leaves contain compounds called pulegone and menthol which are responsible for characteristic aroma of the plant and cooling effect that mint produces. Apple mint, spearmint and peppermint are the most popular varieties of mint that are cultivated worldwide.

### Vodka Mint Lemonade Or Limeade

4 limes or lemons, quartered and any seeds removed  
1 cup of fresh mint leaves  
8 cups of cold water

$\frac{1}{2}$  -  $\frac{3}{4}$  cup honey or sugar, more or less to taste  
8 to 16 ounces vodka (1 to 2 cups), more or less to taste  
Ice cubes

1. Place the quartered limes or lemons in the blender with 2 cups of water, sugar or honey, some ice, and half of the mint leaves. Blend until the limes or lemons are crushed, the mixture should be slightly foamy with a whitish color. Strain the lemonade and add the remaining 6 cups of water. Stir in the vodka or allow guests to add the vodka according to their preference.
2. Serve with ice and garnished with the remaining mint leaves and lime slices.



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## Organic Mint

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Mint is rich source of vitamins A, C and B2. It also contains valuable minerals such as calcium, copper and magnesium. Fresh or dry leaves of mint are used in the preparation of various sweet or salty dishes.

### Mint Pea Soup

1 Baking Potato, peeled and diced  
1 White Onion, diced  
4.5 cups (500g) frozen peas  
3 1/4 cups (750ml) vegetable stock

1 tablespoon fresh mint  
1 Tablespoon olive oil  
Salt and pepper to taste

1. Heat oil in a large stock pot on a low/medium heat. Sauté the onion for 2-3 minutes until it just begins to soften.
2. Add potatoes and cook for 5 minutes. Add the vegetable stock and bring to a simmer for 12-15 minutes.
3. Add the peas and simmer for a further 5 minutes.
4. Add the mint leaves and then blend the soup thoroughly until it is completely smooth. Add more vegetable stock if you'd like a thinner consistency.
5. Serve with croutons, a swirl of coconut cream and green onions.



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## Organic Mint

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Mint is widely used in the confectionery industry for the production of cookies, chocolates, candies and chewing gums. Mint leaves are inevitable ingredient of popular mojito cocktail. Leaves are also used in the production of mint-flavored liqueurs.

### Watermelon Salad

2 ripe avocados  
1/2 lime  
6 cups diced watermelon  
2 tablespoons olive oil

1 teaspoon cider vinegar  
1/4 cup fresh mint chopped  
Salt & pepper to taste  
1/2 cup crumbled feta cheese

1. Dice avocados and place in a large bowl. Squeeze lime juice over avocado and stir.
2. Add watermelon, olive oil, cider vinegar, mint, salt & pepper to taste. Toss to combine.
3. Top with feta cheese and serve.



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## Organic Mint

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Essential oils and menthol extracted from the mint leaves are used in the manufacture of toothpaste and mouthwashes. Mint leaves are used in aromatherapy and in the cosmetic industry for the production of various creams, lotions, perfumes and shampoos.

### Fresh Mint Dressing

1/2 cup extra-virgin olive oil  
1/2 cup lemon juice (about 2 lemons)  
1/4 cup packed fresh mint (spearmint) leaves  
3 tablespoons honey or maple syrup

1 tablespoon dijon mustard  
2 cloves garlic, roughly chopped  
1/4 teaspoon sea salt  
1/8 teaspoon black pepper

1. In a food processor, combine all of the ingredients and blend until smooth. Taste, and add more salt and/or pepper if necessary. Use as desired!
2. This dressing will keep well, covered and refrigerated, for up to 1 week.



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# FEATURE HERB

## Organic Oregano

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Oregano is herbaceous plant that belongs to the family Lamiaceae. There are around 36 varieties of oregano that are native to central Asia and Mediterranean countries. Oregano grows in the well-drained soils in areas that provide enough direct sunlight and moisture.

### Grilled Chicken With Oregano

1 Tablespoon smoked paprika  
2 Teaspoons fresh oregano, chopped  
1 Tablespoon of garlic, minced fine  
Salt and pepper, to taste

2 Tablespoons extra virgin olive oil  
1 lemon, halved  
2 Chicken Breasts, boneless, skinless

1. Heat the grill to high heat. In a bowl, mix the spices, herbs and olive oil.
2. Place the chicken in the bowl and rub the seasonings all over. Place the chicken on the grill.
3. Meanwhile, drizzle olive oil on the lemon halves and place the lemons flesh side down on the grill until grill marks appear and remove from the heat.
4. Remove the chicken to rest, tented with foil for 3 minutes. Serve with fresh lemon juice.



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Oregano grows as shrub that can reach 29 inches in height. Leaves are small, rounded and grayish-green in color. They are gathered in pairs that are oppositely arranged on the branches.

### Garlic Butter Herb Pork Chops

3 pork chops, boneless  
3 tablespoons butter  
5 garlic cloves, minced  
1/4 cup freshly chopped oregano

Salt and fresh cracked pepper, to taste  
2 to 3 medium sized zucchini, diced  
Fresh chopped parsley, for garnish (optional)  
Lemon slices, for garnish

1. Melt butter in a medium sized skillet over medium heat. Add the garlic, oregano, and thyme.
2. Season pork chops with salt and pepper on both sides. Add the pork chops and cook for 4-5 minutes on each side or until pork is cooked through. Remove pork chops and set aside on a plate.
3. Add the diced zucchini to the same pan and season with salt and pepper. Sauté for 2-3 minutes or until tender. Add pork chops back to the pan to reheat for a minute or so.
4. Serve immediately garnished with lemon slices, topped with a shaving of butter, a drizzle of lemon juice, oregano and parsley!



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Oregano is best known as “pizza herb”. Other than that, oregano is used as basic ingredient for the preparation of famous Italian specialties such as pastas, spaghetti and tomato dishes.

### Kalamata Olive Bread With Oregano

1 tablespoon olive oil  
1 cup finely chopped onion  
9 ounces all-purpose flour (about 2 cups)  
1 teaspoon baking soda  
1/2 teaspoon salt

1 cup low-fat buttermilk  
2 tablespoons butter, melted  
2 large egg whites  
1/4 cup pitted kalamata olives, chopped  
1 tablespoon chopped fresh oregano

1. Preheat oven to 350°F.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion to pan; sauté 3 minutes or until onion is tender. Set aside.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt in a large bowl; make a well in center of mixture. Combine buttermilk, butter, and egg whites, stirring with a whisk. Add buttermilk mixture to flour mixture, stirring just until moist. Fold in onion, olives, and oregano.
4. Spread batter into an 8 x 4-inch well-greased baking pan. Bake at 350°F for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.



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**Ancient Greeks believed that cow's meat becomes more tasteful when cows consume oregano as a regular part of their diet.**

### Crispy Oregano Smashed Potatoes

2 pounds mixed baby potatoes  
1/2 of a lemon, cut in half  
4 tablespoons olive oil  
1-2 cloves garlic, minced or grated  
1/4 cup chopped fresh oregano

salt and pepper, to taste  
2 tablespoons grated parmesan cheese  
2 tablespoons chopped fresh basil  
4-6 ounces feta cheese sliced or crumbled

1. Preheat the oven to 425°F. On a large baking sheet, toss together the potatoes, lemon, 1 tablespoon olive oil and a small pinch of salt.
2. Roast 20 minutes or until the potatoes are fork tender. Remove the lemon from the pan and then use the back of a spatula or a fork to gently press down on the potatoes, smashing them to about 1/4 inch thickness.
3. In a small bowl combine 2 tablespoons olive oil, garlic and oregano. Spoon the mix evenly over the smashed potatoes. Season with salt and pepper. Sprinkle with parmesan. Return the potatoes to the oven and roast another 20-25 minutes or until golden and crisp.
4. Meanwhile, finely chop the roasted lemon (peel and all) and add to a small bowl along with the remaining 2 tablespoons olive oil, the basil, and a pinch of salt. Drizzle the potatoes with lemon mixture and serve with feta.



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**Chemical compounds from oregano repel insects. Because of that, oregano may act as natural insecticide when it is planted in the garden.**

### Honey Oregano Pork Chops

6 boneless, skinless pork chops  
2 shallots minced  
2 teaspoons minced garlic  
1/4 cup rice vinegar  
1 lemon zested and juiced

1/2 cup olive oil  
1/4 cup honey  
1 tablespoon fresh oregano  
1 tablespoon olive oil  
Salt and pepper to taste

1. Place the pork chops in a gallon-size ziploc bag. Add the shallots, garlic, vinegar, lemon, 1/2 cup oil, honey and oregano.
2. Zip the bag closed, then shake the bag and use your hands to be sure the marinade is mixed and coats all of the pork chops. Marinate for 4-6 hours.
3. In a large, heavy bottomed skillet over medium heat, heat olive oil. Sear pork chops for 4-6 minutes on each side until the internal temperature reaches 145°F. (Discard remaining marinade)
4. Remove the pork chops from the pan and allow them to rest for 3 minutes before slicing.



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