The herbs in the Carrot family all have their own distinct flavors. Not only do they impart amazing flavors to the foods they’re cooked with, but they support good health in the bodies of those who eat them.

**TIPS:**

**Short-term Storage:** Store dry leaves in plastic in the refrigerator

**Long-term Storage:** Can be dried and crushed for a seasoning. Best eaten fresh though.

**Parsley**

Grows in most climates and is readily available throughout the year. Parsley is a nutrient powerhouse containing high levels of beta carotene, vitamin B12, folate, chlorophyll, calcium, more vitamin C than citrus fruits, and just about all other known nutrients. Not just for garnish!

**Dill**

Native to Southwest Asia and India. Dill has been used the most in cucumber pickles. It was known in ancient Egypt. The health benefits of dill include good digestion, relief from insomnia, hiccups, diarrhea, dysentery, menstrual disorders, respiratory disorders, cancer, etc. It is also good for oral care.

**Cilantro**

Said to be the world's most widely consumed fresh herb. Native to the Middle East. The leaves of the plant are referred to as cilantro, while the seeds are called coriander. Cilantro has many health benefits including: Detoxing and removing heavy metals like mercury, aluminum and lead from the body and brain. Cilantro chelation, as it’s referred to, can help prevent depression, Alzheimer’s disease and keep your mind sharp.
Parsley Salad

Ingredients
4 ounces (about 2 quarts) Italian parsley
2 tablespoons fresh lemon juice
2 tablespoons lemon zest
6 tablespoons walnut oil
2 teaspoons dark sesame oil
1 teaspoon honey
Salt and freshly ground pepper
3 tablespoons toasted sesame seeds

Directions
Wash and dry the parsley. Pick the leaves, and set aside. Discard the stems.

In a large bowl, whisk together the lemon juice, zest, walnut oil, sesame oil, honey, and salt and pepper, to taste. Add the parsley and sesame seeds and toss to combine. Allow the salad to sit for at least 30 minutes before serving so that flavors meld.

Alton Brown – Food Network

Parsley-Garlic Chimichurri

1 large bunch of fresh flat leaf parsley (he says to toss the stems, I usually leave quite a bit on)
8 cloves of garlic, peeled
3 tablespoons minced onion
5 tablespoons distilled white vinegar
5 tablespoons water
1 teaspoon coarse salt
1/2 teaspoon dried oregano
1/2 to 1 teaspoon hot pepper flakes to taste
1/2 teaspoon freshly ground black pepper
1 cup extra virgin olive oil

Chop up the parsley a bit. This will make processing easier. Add parsley and garlic to food processor and hit the pulse button a few times to mince. Add remaining ingredients and pulse some more. Slowly pour oil through the chute, while tapping away on the pulse button. Pulse just enough to where everything is mixed properly. When I stopped, the oil was just starting to emulsify, and that happened very quickly. I don’t find emulsification aesthetically pleasing with chimichurri.

If you like the fresh crisp flavor of parsley, use immediately. Letting it rest overnight will balance out the flavors.

Note: Not all large bunches of parsley are equal so you may have to adjust the liquids a bit. I left out a few tablespoons of oil. Also, I added an extra tablespoon of vinegar to add a little zip. Oh, and you might want to eat this on a day when you won’t have to socially interact with anyone face to face

Don’t just use this recipe as a table-side condiment, the opportunities are endless. Use as a marinade. Use when cooking fish. Use with roasted vegetables. Also, a few spoons added to a basic salad vinaigrette works wonders as well.

This recipe is adapted from Steven Raichlen’s Chimichurri recipe

Parsley Pesto

This homemade pesto is a great way to use up extra parsley and adds fantastic flavor to sandwiches, pasta, and more.

Yield: 1/2 cup (serving size: 2 tablespoons)

Ingredients
2 cups fresh flat-leaf parsley leaves
2 tablespoons toasted pine nuts
1 1/2 tablespoons grated fresh Parmigiano-Reggiano cheese
1 teaspoon extra-virgin olive oil
1/4 teaspoon salt

Preparation
Combine all ingredients in a food processor; process until smooth.

from Cooking Light
A Basic Kosher Dill Pickle

This kosher dill pickle recipe will help you fight those cravings for the satisfying crunch of a big dill pickle, but you’ll still need some patience. If you slice the cucumbers into wedges before pickling them, they’ll pickle much faster—in as little as 3 days—so you’ll be able to serve them relatively soon. Make sure you choose cucumbers that are roughly the same size, or slice the cucumbers into uniform wedges, so the pieces will pickle at about the same rate.

Make sure you buy kosher coarse salt in order to preserve the authenticity of the recipe.

2 quarts water
3 tablespoons coarse kosher white salt
10 fresh cucumbers
5 cloves garlic, peeled and crushed
1 tablespoon pickling spice
3 bay leaves
¾ cup fresh dill weed

After you’ve prepared your pickling jars, heat the two quarts of water in a stockpot on the stove. Add the salt and mix it until it is all dissolved. Remove the brine from the heat.

Wash the cucumbers. Slice them into uniform wedges and then cram them into the pickling jars, packing them closely. Add the garlic, pickling spices, bay leaves and fresh dill. Dill that is going to seed is the best for this recipe. Distribute the flavorings evenly between your jars of cucumber slices. Pour brine into each of the pickling jars, on top of the cucumbers and the spices.

Seal up the jars and allow them to sit on the counter for three to six days. When the pickles taste the way you like them, refrigerate them.

Kosher Pickling Spice

½ teaspoon black peppercorns, coarsely crushed
½ teaspoon mustard seeds
½ teaspoon coriander seeds
½ teaspoon hot red pepper flakes
½ teaspoon allspice berries
¼ teaspoon ground mace
¼ teaspoon ground cinnamon
2 bay leaves, crumbled
½ teaspoon whole cloves, broken up
¼ teaspoon ground ginger

Heat mustard seeds, coriander seeds, allspice berries and cloves in a small skillet over low heat until you can smell the sweet aroma. Stir the spices occasionally so they do not burn. Mix all of the spices listed above together and use for pickling.

from Allrecipes.com

Salmon with Dill

1 pound salmon fillets or steaks
1/4 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon onion powder
1 teaspoon dried dill weed
2 tablespoons butter

1. Preheat oven to 400 degrees F (200 degrees C).
2. Rinse salmon, and arrange in a 9x13 inch baking dish. Sprinkle salt, pepper, onion powder, and dill over the fish. Place pieces of butter evenly over the fish.
3. Bake in preheated oven for 20 to 25 minutes. Salmon is done when it flakes easily with a fork.

from Allrecipes.com
**Fabulous Cilantro Pesto**

1 (16 ounce) package farfalle pasta  
1 bunch fresh cilantro  
5 cloves garlic, minced  
1 tablespoon white wine vinegar  
1/4 cup grated Parmesan cheese  
1/2 teaspoon cayenne pepper  
1/2 cup walnuts or pecans  
salt to taste  
1/2 cup olive oil

1. Bring a large pot of salted water to a boil. Add the pasta, and return water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain well.  
2. In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt. Add 1/4 cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches your desired consistency.  
3. Pour pesto in a small saucepan and warm over low heat, stirring constantly, until pesto begins to simmer. Pour over cooked pasta and toss.

**Skirt Steak with Cilantro Garlic Sauce**

For sauce  
1 medium garlic clove  
1/2 teaspoon salt  
1 cup coarsely chopped fresh cilantro

**Spicy Sausage Soup with Cilantro**

For sauce  
2 pounds hot Italian sausage links, casings removed, and sliced  
4 cloves garlic, minced

1 (14 ounce) cans beef broth  
1 (14.5 ounce) can Italian-style stewed tomatoes  
1 (15.5 ounce) can white hominy  
1 cup sliced carrots  
1 (14.5 ounce) can great Northern beans, undrained  
2 small zucchini, cubed  
2 cups chopped fresh cilantro  
1 teaspoon ground black pepper  
1 teaspoon salt

1. In a large skillet over medium heat, combine Italian sausage and garlic. Cook, stirring frequently until sausage is evenly browned. Drain cooked sausage in a strainer to remove grease.  
2. In a large Dutch oven or stock pot, combine the beef broth, hominy, stewed tomatoes, carrots, beans, and zucchini. Bring to a boil over medium-high heat, and boil for 2 minutes. Reduce heat to low, and add sausage and cilantro; simmer for 15 minutes, or until carrots and zucchini are tender. Season with salt and pepper.

*from Allrecipes.com*

*from epicurious.com*