



Dilly Bits

Anecdotes from HSA members about Dill

Dilly Bits truly fulfills part of the mission of The Herb Society of America, which is to share the experience of its members with the community. *Dilly Bits* is a collection of thoughts and pictures sent in by members of The Herb Society of America about dill, the 2010 Herb of the Year. Special thanks to Elizabeth Kennel for coming up with the idea and collecting the information. Special thanks also to the members who shared their insights and experiences with dill.

**Mission
Statement:**

The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community.



The Herb Society of America
9019 Kirtland Chardon Road
Kirtland, OH 44094
Hours: 9 a.m. - 5 p.m. (EST)
www.herbsociety.org
Phone: 440.256.0514

Dilly Bits

Cooking	4
Pickles	14
Traveling	17
Growing	18
Odds & Ends	22
Ode to Dill	24

It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.

Disclaimer: Dilly Bits are posted as received from the members and the text has not been changed in any way. Opinions expressed do not necessarily reflect the views of The Herb Society of America, its staff, or Board of Directors.

Cooking

From Natalie Grebe (a simple gardener):

An Enjoyable Day in a Mother/Daughter Herb Garden

In the early morning my mother arrives at my house to begin our day of work in our special herb garden. The garden is enclosed with a picket fence which creates a colorful and serene haven. There are many herbs, perennials and annuals growing. Some of the plants are well established and others are new to join the area. Statues of fairies and whimsical garden pokes are scattered throughout the garden to add interest. Mother and I enjoy a cup of herbal tea and plan our goal for the day. We each have our roles to perform. She is the “scratcher” and I am the “clipper” of the plants. We have gathered a variety of vases. The colors and sizes depend on our mood and garden spirit. Today we have chosen two different sizes and colors.

The herbs have been growing steadily from the rain and sun. We are especially proud of our area of dill located in the corner section of the garden. The herb is comprised of fern leaf branches and feathery leaves. Its appearance adds a different texture to the garden. Our vases today will be filled with a variety of culinary herbs. We clip oregano, basil, parsley, lemon balm and dill. The herbs are arranged to provide the perfect height for the size of the vases. Mother will take a vase with her and I will display one in my kitchen. It is wonderful to bring the outdoors inside and have the herbs available on a rainy day. We continue to work hard scratching and clipping to beautify the garden. After hours of dedication and hard work we are ready to sit down and enjoy a light lunch. Our lunches always consist of cucumber sandwiches and iced tea.

The sandwiches are simple to make and have a sprig of the beautiful herb located in the corner of our garden.

Cucumber Sandwiches (Natalie Grebe)

1 (6 oz.) pkg. softened cream cheese
½ envelope Italian salad dressing mix
2 tbsp. mayonnaise
Cucumber slices
Snack rye or pumpernickel
Fresh dill sprigs

Combine first three ingredients. Allow to stand at least 30 minutes. Spread on bread, top with slices of cucumbers. Add sprig of dill. Cover and refrigerate until ready to serve.

From Ellen Peters:

Dill is one of my favorite herbs because it has such a clean, redolent scent. In ancient Greek, the word for dill was *anethon*, which gives us its generic name: *Anethum graveolens* (Linnaeus). The Greek physician Hippocrates, who used to practice medicine under a plane tree in Kos, wrote a recipe for mouthwash, which consisted of dill seed boiled with white wine. On the island today there are still patches of dill everywhere! Dill was also thought to ward off witches' spells, and to drive away thunderstorms.

I use it in a variety of recipes. Here is one of my favorites. I serve it over noodles. (See page 6)



Dilled Pot Roast (Yield 10-12 servings), Ellen Peters

1 bone-in beef chuck roast (3½ pounds)
2 tbsp. vegetable oil
1 tbsp. dill seed
1 tsp. salt
¼ tsp. pepper
1 cup water
2 tbsp. white-wine vinegar
3 tbsp. all-purpose flour
1¼ cups sour cream
2 tsp. dill weed

In a Dutch oven, brown roast in oil on all sides; drain. Sprinkle with dill seed, salt and pepper. Add water and vinegar to the pan. Cover and bake at 325° F for 3 hours or until meat is tender.

Remove roast and keep warm. Pour drippings into a measuring cup. Strain and skim fat, reserving 3 tablespoons fat and all of the drippings. In a saucepan, heat reserved fat and drippings; stir in flour until blended. Bring to a boil; cook and stir for 1 minute or until thickened.

Reduce heat to low. Stir in the sour cream and dill weed; heat through (do not boil). Serve with the roast.

From Hope Riley in Villanova, Pennsylvania
(Philadelphia Unit):

Brethren's Cheese Bread

Mix: 6 cups flour
6 tsp. baking powder
3 tbsp. sugar
1 ½ tsp. salt

Cut into the above:

¾ cup chopped butter
Add: 3 cups sharp cheese, shredded
3 tbsp. minced onion
4 tsp. dried dill or 8 tsp. fresh

Mix well.

Add: 2 ¼ cups milk
3 eggs

Spread into greased 9" x 13" pan. Bake at 350 degrees F for 40 minutes.

Dill/Tarragon Salad Dressing

To 1/3 of a quart jar of tarragon vinegar

Add:
3 tbsp. fresh dill weed
1 tsp. salt
½ tsp. pepper
1 clove garlic
1 tsp. dried mustard or 2 tsp. wet (Dijon)

Shake well. Add canola oil to fill jar to ¾ full.
Top with olive oil. Shake well.

Cold Oven-Poached Salmon (Hope Riley)

Bake salmon with a sprinkle of white wine for 12-15 minutes @ 350 degrees F. Drain excess liquid.
Serve with: English cucumber peeled, seeded, cut in half the long way and sliced. Put in colander to drain overnight with salt and ice. Drain, and marinate with sherry, sugar, salt and pepper, and dill weed.

Sauce: Mix of mayonnaise, chopped capers, dill weed, lemon juice, paprika, and pepper.

From Donna Baumgartner in Lambertville, New Jersey (Delaware Valley Unit):

I have so many recipes that I usually throw even the good ones away after I make them because I have so many to try in my lifetime... this one is in my "keeper" file box. It is THE BEST RECIPE FOR A DILL DIP.

Yogurt Herb Dip

1 cup plain yogurt 2 TBSP. finely chopped parsley
1 cup mayonnaise 1 ¼ tsp. dill weed
4 tsp. instant minced onion 1 ¼ tsp. seasoned salt

Combine ingredients. Chill for several hours. Serve with raw vegetables or crackers. Makes 2 cups of dip.

From Patty Bellin in Green Bay, Wisconsin:

Dilled Brussels Sprouts

Hot brine: 3 cups water
 1 cup vinegar
 ¼ cup canning salt

(You will use about 2 cups hot brine for each quart of dilled Brussels sprouts.)

Place a dill head in each quart canning jar. (You will use about 1 pound of Brussels sprouts per quart jar.)

Cook Brussels sprouts in boiling water for 8-10 minutes (they should still be a little firm). Place hot sprouts into jars with dill at the bottom (adding garlic is optional). Pour hot brine over sprouts and dill. Cover with canning lid and process tightened jars in boiling water bath for 15 minutes.

(Patty had just processed 20 pounds of dilled sprouts and hopes they will last through the winter.)

From Joan E. Janssen in Mequon, Wisconsin (Wisconsin Unit):

Dill Bread in the Round (makes one round loaf)

1 pkg. yeast (in ¼ cup warm water)	2 – 2½ cups flour
2 tbsp. sugar	1 cup cottage cheese
1 tbsp. minced onion	1 tbsp. butter
2 tsp. dill seed	1 tsp. salt
¼ tsp. baking soda	1 egg

Soften yeast in warm water; combine with slightly warm cottage cheese, and other ingredients. Add flour to make a stiff dough, beating well with a wooden spoon after each addition. Cover.

Let rise in warm place until light and double in size. (50-60 minutes).

Then stir down dough. Turn into a well greased, gently warmed, 8-inch casserole (one or two quarts). Let rise again until light (30 or 40 minutes).

Bake at 350 degrees F for 45-50 minutes until golden brown. Remove and while still warm brush with soft butter and sprinkle with crystal salt.



From Lori Schaeffer in Douglassville, Pennsylvania
(Pennsylvania Heartland Unit):

Here's a recipe of mine. I use it all the time. Fresh dill is best.

Garlic and Dill Spinach Dip

1 package chopped spinach
1 cup sour cream
1 cup mayonnaise
½ cup chopped onions
1 tsp. onion salt
2-3 cloves of garlic, chopped (or more)
¼ cup chopped fresh parsley
¼ - ½ cup chopped fresh dill
Dash lemon pepper
¼ tsp. chives

Mix the day before for the most intense garlic flavor. Can be used as a spread on crackers or on vegetables such as cucumbers. Hollow out a bread bowl and cut up the cubes of bread from the center for dipping. Place the dip in the bowl and sprinkle with paprika.



From Peggy Rados in Rancho Santa Fe, California:

For over 25 years my husband and I have made this recipe for Gravlax. Dill is a necessary component of this delicious dish. If you enjoy cured salmon, as we do, you will love this easy dilly recipe. Here's to good eating. Enjoy

Gravlax

Large piece of salmon with skin on—about 2 lbs.
Large bunch of dill
4 tbsp. salt
2 tbsp. sugar
2 tsp. coarsely ground white pepper

The salmon should be in a large piece so you can divide it into two matching fillets.

Remove any bones with a pair of pliers

Dry salmon with paper towels

Mix salt, sugar and pepper together in a bowl

Spread a large piece of heavy duty aluminum foil on the counter

You want it large enough to make a tight packet with the fish

Put 1/3 of the dill on the center of the foil

Rub one fillet on all sides with the salt/sugar mixture

Put the fillet skin side down on the dill

Put 1/3 dill on top of fillet

Rub the other fillet with the salt/sugar mixture

Put on top of dill, skin side up

Put remaining 1/3 dill on top

Wrap the packet tightly; fold up the ends

Place in a deep plate or platter and refrigerate

TURN DAILY AND DRAIN LIQUID

The salmon will be ready in three (3) days

Slice thinly and put on lightly buttered black bread with lemon or serve on toast with mustard dill sauce

From Jane Brubaker in Reading, Pennsylvania
(Pennsylvania Heartland Unit):

Here is a dill recipe which is a favorite of my family and friends. I am unable to grow dill, although I have tried several times, because our big trees don't let in enough sun. Location, location, location!

Dilled Veal Stew

1½ sticks butter
3 pounds veal, cut into 1" cubes
½ cup all-purpose flour
1 tsp. nutmeg
salt and pepper to taste
2 cups peeled carrots, sliced ½" thick
1 bag white pearl onions (frozen)
5 to 6 tbsp. finely chopped fresh dill
3 to 4 cups chicken bouillon
½ cup heavy cream

Preheat oven to 350 degrees F. Melt 1 stick of butter in a flameproof, ovenproof casserole. Add veal and cook, turning frequently so as not to brown.

Stir 3 tbsp. flour, the nutmeg, salt and pepper together in a small bowl and sprinkle over the veal. Continue to cook over low heat for 5 minutes. Do not brown.



Add carrots, onions, 3 tbsp. of dill and enough bouillon to cover the meat and vegetables. Raise the heat to bring to a boil, cover, and bake in the oven for 1½ hours.

Remove stew from oven and pour through a strainer

placed over a bowl. Reserve solids and liquids separately. Return casserole to medium heat and melt remaining butter in it. Sprinkle in remaining flour and cook over low heat for 5 minutes, stirring constantly. Whisk reserved cooking liquid into the butter/flour mixture and bring to a simmer. Cook slowly, stirring constantly for 5 minutes.

Whisk in cream, remaining dill, and additional salt, pepper, and nutmeg to taste. Return veal and vegetables to the casserole and simmer together to heat. Transfer to a deep serving dish and serve at once. We like this with freshly cooked noodles.

(Adapted from the *Silver Palate Cookbook* by Julee Rosso and Sheila Lukins, page 134)

Thoughts on Cooking and Growing

From Jen Munson in Portsmouth, New Hampshire
(Northeast Seacoast Unit):

My fondness for dill started during the New England district gathering in the Lavender Valley region of Massachusetts. The Stockbridge Farm served attendees Cheddar Dill Scones and Cool Cucumber Salad both of which used LOTS of dill. I was in love. Being located along the Seacoast of New Hampshire, I benefit from the warming winter breezes off the Atlantic and Piscataqua River and find that my zone is 5.5 – 6.0 while others even just slightly inland will be a true zone 5. I grow your standard variety of dill which was first planted in heavily amended sandy soil. Having just started with just one plant three years ago, it's been readily self seeding itself everywhere. This past summer I had so much dill that I was able to make both the dill scones and cucumber salad multiple times.

Pickles

From Joyce Brobst in Bloomsburg, Pennsylvania
(Pennsylvania Heartland Unit):

My experience with dill probably started with dill pickles, seeing the dill grow in my grandparents' garden, and then seeing it placed into the canning jars as the pickles were processed. Dill pickles are still a favorite of mine!

After I became a member of The Herb Society, dill gained in popularity as I began to grow it in my own garden, and used it for flavoring in herb bread, fish (especially salmon), and chicken salad. Chicken salad with dill is outstanding. Give it a try. Caroline Amidon gets the credit for teaching me about using dill in chicken salad.

When I was president of The Herb Society, I received an inquiry one day asking me how to get dill to grow in your garden. The woman who wrote said she had tried to grow it and had no success. So I replied and sent seed with the instruction that she should sow the seed late in the fall,



as if plants had dropped them in her garden, and the following spring she should have many plants growing. That is exactly the way it works in my garden – they self-sow, and I have a bumper crop most years, ending up thinning a lot of it out. That is an important piece of information to think about. Dill takes up as much space as you allow it to have in the garden, and it grows to be about four feet tall.

From Elaine Mendzela in Exeter, New Hampshire
(Northeast Seacoast Unit):

Although my yards are full of shade and always have been, I have precious memories of dill from long ago. When I was a young child in the 1940's my Polish immigrant grandparents had a city garden plot in Manchester, New Hampshire. Yes, a true Victory Garden. Of course, there was plenty of dill for all the wonderful pickled dishes my grandmother prepared—the pickled cucumbers especially. As an adult I continued to make my grandmother's great pickles. Now in my life I enjoy seeing the revival of the city Victory Gardens. I hope these gardeners are growing dill, using it, loving it, and creating "dill memories" of their own.

From Lorraine Kiefer in Franklinville, New Jersey (Triple Oaks Nursery, South Jersey Unit):

I have fond childhood memories of walking through dill up to my chin in my Babci's garden. Of course, I was quite small, but the wonderful warm, cozy aroma of dill takes me to her lap and wonderful white apron. My own dill never quite meets my expectations, except when it reseeds and comes up in early spring. The strong, tall stalks go for the sky. The dancing heads of gold look like a scene of umbrellas from "Singing in the Rain."

The smell of dill pickles is reminiscent of many things, too, and more recently it calls to mind our two visits to Poland in July.

There, many often call mid-July to mid-August the season of Ogorki. Dill abounds in gardens and especially in all the wonderful open-air markets everywhere! Crops of pickles stuffed with dill and ogorki (pickling cukes) fill the air with a never-to-be-forgotten aroma.

Dill is a medium-sized annual with ferny foliage and umbrella-like yellow flowers that produce oval seeds. It grows best when given a rich soil and adequate water; it also is happiest when nights are a bit on the cool side.

Seeds can be planted from early spring to fall, about every three weeks. Successive planting is useful for such a short-lived annual. It will also reseed successfully if allowed to do so. Moral to the story: Plant dill several times—once or twice in fall and late winter, as well as in spring. Have a dill patch—as it begins to reseed, you will not have to plant it.

Note that compost is very beneficial when growing dill.

Be sure to plant plenty of seeds, as the caterpillar of the swallowtail butterfly likes the pungent foliage also.

The ferny leaves are great with fish, potatoes, in soups, and especially with cucumbers and pickles.

Crafts

From Marjorie T. Robinson in Exeter, New Hampshire
(Northeast Seacoast Unit):

My most recent use of dill was in flower arrangements. The lacey blossoms combine beautifully with other plants to fill in the small spaces. For instance, try a few dill blossoms with hydrangea. It's beautiful.

Traveling

From Amy Borer in West Chester, Pennsylvania (Philadelphia Unit):

When my father was ninety, I traveled with him to Denmark, just the two of us. It was the first time we had traveled together and it turned out to be a magical trip. He had felt he was too old to travel and I challenged him. He chose Denmark because “the women are beautiful there.” We found that the men are also good looking! I asked him to learn the language and I would make the travel arrangements. He did well and charmed them when he didn't know the right words. He was game for everything. Our dinners in the restaurants often were of local salmon cooked with and covered with dill. Dill was also used as a seasoning for string beans. I think of dill as the flavor of Scandinavia and it brings back some wonderful memories for me.

From Ann Brokamp in Prairie Grove, Illinois:

While on vacation last summer in Nice, France, I found this wonderful dill note card. What a great way to artistically interpret dill! For a variation you could use beads for the dill seed heads—just let your imagination run wild. Other suggested ideas would be to turn this creation into a framed art piece, embellishment to a garment, or an accessory piece. Another note on dill: Have you heard the tune “Dill Pickle Rag” by Chet Atkins? It's just one of many tunes with herbal titles.



Photo courtesy of Ann Brokamp

Growing

From Elizabeth Kennel in West Chester, Pennsylvania (Philadelphia Unit):

I usually don't get my dill seeds in the ground in a timely fashion so I buy a plant at the Philadelphia Unit herb sale. Dill doesn't grow well for me because I have a shady and/or wet yard. If I need fresh dill, I can usually get it at the grocery store in bunches or packages. I love it in dill butter on poached salmon (who doesn't!) but also use it dried in potato salad. The Philadelphia Unit sells a Dilly Dip which is an onion dip with a lot of dill in it. I have read that dill "deters those of malicious intent" (Marion Davies, *THE MAGIC AND LORE OF HERBS*, 1994).

"Therewith her vervain and her dill,
That hindreth witches of their will."

Drayton Nimphidia, 1627 (in Davies, p. 107)



From Arija Retsema
(Connecticut Unit):

Funny that you should ask about dill. I've been weeding out dill all day today trying to get the garden in shape for a visit from German members of Friendship Force. I had to make a decision: is it a dill garden or a rose garden? The dill had to go. Growing dill has never been a problem for me. It reseeds on its own. Well-drained soil is best.

From Susan Ploeg in
Newtown Square,
Pennsylvania
(Philadelphia Unit):

Dill is an honest herb
(or "umble herb"):
growing is simple, its uses
straightforward, and it has
held up to its historical
claims (except maybe that
it robs witches of their
will).



Its botanical name—
Anethum graveolens—
derives from its ancient
Greek name—"athenon" or
"ano" meaning "upward" and
"theo" meaning "I run," which acknowledges the rapid growth
of the plant.

Photo courtesy of Billi Parus

Plants in dill's family (Apiaceae) are ideal companion plants because they attract beneficial insects such as predatory wasps and flies, which drink the plant nectar and then prey on nearby insect pests.

Seed dill where you plan to grow it as it has a sensitive taproot. Seeds germinate in one week; flowers appear in about 40-60 days. Put two plants per foot and they'll hold each other up. Notable varieties: 'Bouquet' is compact with heavy flowers; 'Fernleaf' grows to 18" and is good for pots; 'Tetra' provides more dill weed greenery; 'Dukat' is slow to bolt. Do not grow near fennel or angelica—fennel because it will cross-pollinate and dull the flavor. Do not grow near nightshade plants (potatoes and tomatoes)—it weakens them.

Dill is attractive to caterpillars of black swallowtail butterflies. It is also attractive to the dreaded tomato hornworm that becomes the sphinx or hummingbird moth. Place dill in your vegetable garden but not too near your tomatoes, as mature dill hinders the growth of the tomato plant. The hornworms prefer the dill plants and are easier to spot on dill than on the tomato plant. The form of the dill flower brings in parasitic wasps that will lay their eggs on the back of the tomato hornworm, and the emerging larvae feed on the hornworm. Do not remove the infected hornworm from the garden as you want the offspring of the parasitic wasp to survive.

Dill foliage (“dill weed”) flavors chicken, fish, egg, and potato dishes. Art Tucker says that its delicate aroma has tones of anise, parsley and celery. Herbalpedia describes the scent as a clean combination of mint, citrus, fennel and a touch of sea air. Once flowers appear on dill no more greenery will be produced. Keep fresh dill weed in a vase of water and use it fresh—dried dill weed has lost 75% of its aromatic compounds. It can be frozen in water in ice-cube trays. Add dill weed the very end of cooking time.

Dill seed has a more pungent aroma than dill weed with aromatic tones of caraway and anise. Seeds should be harvested as soon as they turn brown. Hang seed heads upside down in a dry, well-ventilated room and let seeds drop down into a tray or bag. One plant can produce one cup of seeds. The seeds are viable for three years.

Dill is native to southwest Asia and southern Europe and is naturalized in the rest of Europe and America. It is the most important culinary herb in Scandinavia, where it’s used like parsley is in the U.S. The Swedes use it in dilly bread and pickled salmon (gravlax). Finns use it in buttermilk soup and the Danes use it to garnish open-faced sandwiches. The French use it in

cakes and breads and Sri Lankans in fish and meat dishes. It is a staple in India.

Industrial production in the U.S. centers in Washington, Oregon, Florida, and California. India is a major producer in Asia. Eighty to eighty-five percent of dill oil is used in the pickling industry, fifteen to twenty percent as a general flavoring and seasoning. A small portion is used in cosmetics and soaps.

(from a lecture Susan gave on August 5, 2009)



Black Swallowtail on Leaf

From Dru Kring in Chester Springs, Pennsylvania (Philadelphia Unit):

I love the look of dill with its umbels of summer flower heads and its thread-like leaves. I love the way it self-seeds in unusual spots in the garden. I love the fact that all parts of it are edible. I mix some leaves or a seed head with mayonnaise and lemon and spread it on salmon

before we grill it. The mayo keeps the fish moist and the dill and lemon give it such a great flavor. Dill is wonderful in potato salad and deviled eggs. But most of all I plant dill for the swallowtails— lots of dill, some fennel and a whole row of curly parsley, too. (I’ve never seen swallowtail larva on the Italian parsley) This year I had a bumper crop of black swallowtails. I first noticed the tiny dark brown caterpillars with a little white saddle mark on them. As it grows larger, the larva becomes green with black stripes and yellow dots. When it has finished eating a lot of your plant, it crawls away somewhere nearby to attach itself to a stem or some

other fixture. Look closely and you will see two little threads of a silk harness that holds it to its spot. Slowly the green caterpillar turns brown. In about 10 days, you can watch the miracle happen as the black swallowtail emerges. After it emerges, it opens and shuts its wings slowly as it hangs on its empty shell for about an hour, takes a first flight, and then is gone, moving about your garden.

I have very nice photos of the life cycle from my garden this summer. In fact, today is September 25th and there is still another brood of black swallowtail caterpillars munching on the parsley. I will always plant lots of dill, my row of curly leaf parsley for edging, and some bronze fennel. Some is for us to eat, but most is for the swallowtails.

Odds & Ends

From Barbara Brouse in Harrisonburg, Virginia (Colonial Triangle of Virginia, Virginia Commonwealth Unit, Philadelphia Unit):

A Dill Treat for Fingernails

Dill seeds contain salicylic acid, a fingernail strengthener.

Mash four tablespoons of fresh dill seeds and pour one cup of boiling water over them. Allow to steep until cool. Soak nails for ten minutes; then pat dry. The mixture may be refrigerated for a second use.

*Barbara hadn't tried the recipe yet because she didn't have enough seeds at the time.

From Jeanie Dunnihoo (South Texas Unit):

I live in Houston, Texas, so dill is a fall herb and early spring herb here. I like to buy dill seed in bulk by the ounce at the natural foods store and spread seeds in large groups in my yard.

They will come up when the conditions are right. I know some will not be viable but for pennies I usually get quite a stand to attract the good insects to the area. I won't know the variety, but I know the seeds will be tasty if I want to harvest them. I always buy packets of specific varieties for dill weed and culinary use.



From Kathy Bepler in Media, Pennsylvania (Philadelphia Unit):

The name "dill" may be related to "dillan," the Saxon word meaning "to lull or soothe."

Dill has been used for ages in England, Europe and Turkey to soothe colic in babies. Adults used dill wine as people today use Pepto-Bismol. The Romans chewed dill seed to promote digestion. Later on Charlemagne had vials of dill oil placed at banquets to quiet the hiccups of guests who overindulged. Injured knights were said to place burned dill seed on open wounds to speed healing. Puritans placed dill seeds in their Bibles.

James Duke points out that dill has been used for thousands of years to soothe the digestive tract, reduce gas, and treat heartburn. It is rich in chlorophyll and will freshen breath if taken as a tea or eaten as crushed seeds. **NOTE: IT PROMOTES MENSTRUAL FLOW AND SHOULD NOT BE USED BY PREGNANT WOMEN.** (Please see disclaimer on page 2)

Dill contains carvone, a volatile oil which acts as a carminative to reduce gas and aid digestion. Like other carminatives it may affect the digestive tract by relaxing the stomach muscles, increasing peristalsis, or acting as an antifoaming agent (thereby helping to prevent the formation of intestinal gas bubbles). (from a lecture Kathy gave on August 5, 2009)

Ode to Dill

Dill should be planted in a permanent spot,
It self seeds, coming back, like it or not!
Plant in a location where the garden edge is near
It will draw bees and butterflies in— never fear.
The foliage on dill is feathery and bluish-green
It is thread-like and pointed and oh so keen.
Terminal umbels that are six inches and flat
Hold tiny yellow flowers and that is that.
It produces seeds in a great amount
They are viable for three years—on that you can count.
Dill has definite flavor and unique tang
Giving veggies, fish, and meat an extra bang
When cooking you can use it fresh, frozen or dry,
But put it in last to retain its flavor—do try.
Seeds are used in many a way
Such as pickling “dill pickles” —good any day.
In days past seeds were used by moms
During long church services to keep kids calm.
Because of this use they were called “meetin’ seeds”
Just like “Lifesavers” today— they filled a need!
It was used to soothe colic in past years
Saving both mom and babies many tears.
Both leaves and seeds were used long ago
To increase mother’s milk so baby could grow.
Remember too dill is a powerful charm
Keeping witches away and you safe from harm.
It is truly a great herb as well as a spice
So grow it in full sun—It will be quite nice.

By Billie Beadle
Sinking Springs, Pennsylvania
Pennsylvania Heartland Unit