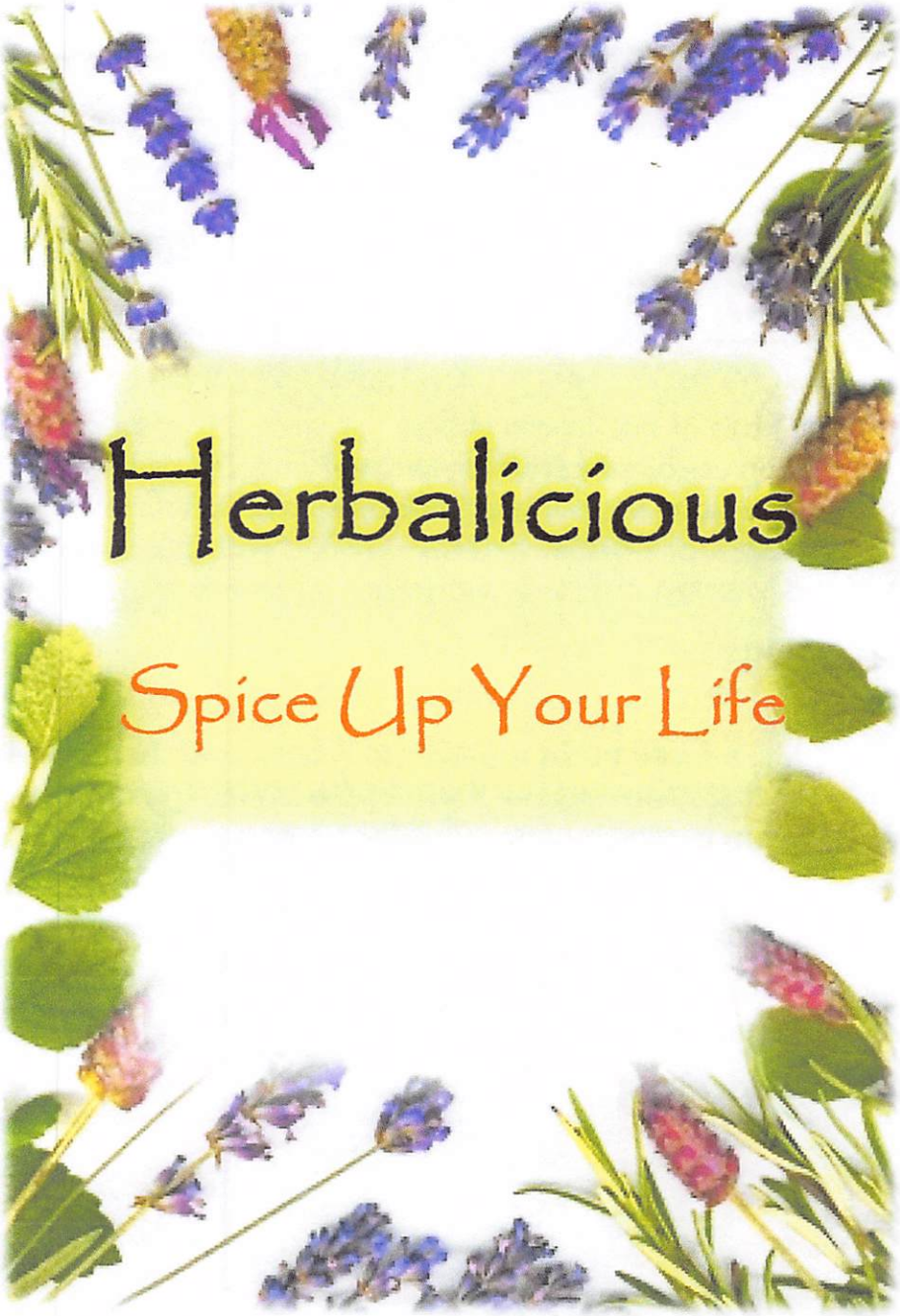

Herbalicious

Spice Up Your Life

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FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families

Fresh Herb Garden Cheese Ball Recipe

Ingredients:

1 (16 oz.) tub of soft cream cheese
1 teaspoon each, minced fresh herbs,
(what you have in your garden) to equal about
5 - 6 teaspoons. Possible choices - basil, chives, dill,
cilantro, parsley, oregano, marjoram, or tarragon

Directions:

⇒ Mix minced herbs together in a bowl and then blend in the cream cheese. Form into a ball or log and wrap in plastic wrap. Chill for 1-4 hours.

⇒ Remove from plastic wrap and place on dish. Garnish with chopped pecans, sliced strawberries or more fresh herbs.

⇒ Serve with crackers, and/or vegetables.

⇒ Yields about 20 servings.

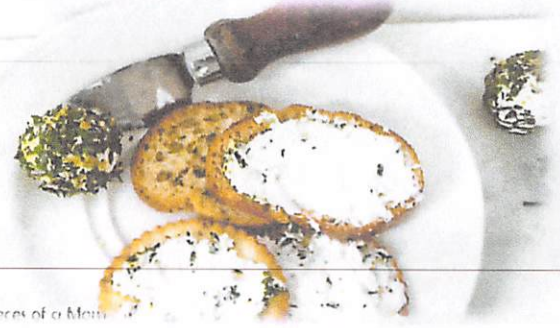


Photo by Pieces of a Mom

Recipe provided by
Erin's Meadow
Herb Farm

Photo by hardyherbs.com

Fresh Basil Iced Tea Recipe

Ingredients:

2 1/2 quarts of water
2 Family-size Lipton (or other brand) tea bags
1 - 2 handfuls of fresh cut bail leaves

Directions:

⇒ Bring water to a boil in a deep sauce pan, then remove from heat.

⇒ Add tea bags and fresh basil to water. Cover pan with lid.

⇒ Steep for 10-15 minutes.

⇒ Strain herbs and remove tea bags. Add sweetener if desired.

⇒ Allow to cool, pour over ice, serve.

Recipe provided by
Erin's Meadow Herb Farm

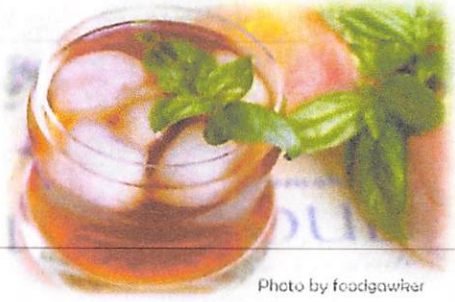


Photo by foodgawker

The 5 Best Herbs for Flower Arrangements

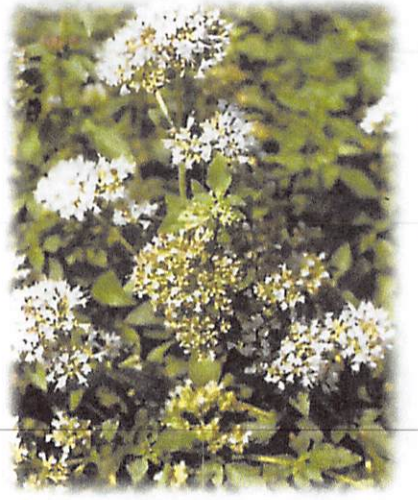
Adapted from Country Living (2013)

Dill is a annual herb, and is a multi-branched, upright plant with finely dissected leaves, some varieties more so than others. The entire plant is extremely fragrant. The leaves and seeds are most commonly thought of as seasonings, but the flowers are also edible.

Spearmint is a perennial plant with variably hairless to hairy stems and foliage, and a wide-spreading fleshy underground rhizome. The stem is square-shaped, a trademark of the mint family of herbs. Spearmint produces pink to lilac slender spike flowers.

Rosemary is a woody, perennial herb with fragrant, evergreen, needle-like leaves with white, pink, purple, or blue flowers. It is native to the Mediterranean region and is a member of the mint family.

Pineapple Sage is a perennial shrub native to Mexico and Guatemala, and has tubular red flowers. It has an attractive scent to the leaves that is similar to pineapple. It produces numerous erect leafy stems and flowers in the late autumn.



Greek Oregano is a perennial herb and is a member of the mint family. It is native to warm-temperate western Eurasia and the Mediterranean region. The flowers are purple, produced in erect spikes. It is sometimes called wild marjoram, and its close relative is known as sweet marjoram.

Photo by The Herb Gardener

Making Herb and Flower Arrangements

Begin by choosing a strong stemmed herb, like rosemary or sage, and use it as a base. Place stems around the lip of a container on a diagonal. Using this method the stems on the bottom of the container will start to take on a teepee shape. This will act as a support for the flowers and soft stemmed herbs, like thyme, oregano and mint, which can be added later. Before adding each stem, cut the bottom at a 45 degree angle to maximize water uptake.

Next, place the flowers in the container, turning the vase as you go so the flowers are distributed evenly. Try for odd numbered flower quantities.

Create a stacked terra cotta herb centerpiece where fresh herbs cascade from stacked pots. Individual sprigs of parsley and sage, anchored in floral foam, make up the bottom two layers of this fragrant centerpiece. Rosemary sprigs are the crowning top layer.

Photo by Better Homes and Gardens

Decorating Ideas Using Herbs

Use potted herbs in terra cotta pots as wedding or party favors.
Photo by Mibi Duisterhof

An herb wreath to hang on the door. Photo by California Wreath Co.

Mint and Lavender Boutonnieres Photo by Snippit & Ink

An indoor herb garden in your kitchen.

Photo by peeps

Photo by hydroorganic.com