



Self-Guided Herb Walk

Introduction: Welcome to our self-guided flower walk! This walk is designed to help you explore and appreciate the diverse flora in our area. Stay on the grass and use this guide to identify different herbs you encounter along the way.

Instructions:

- **Start Point:** Begin your walk from the base of the giant Tulip Poplar tree at the front of the farm. There are orange stakes marking the herbs for this walk.
- **Duration:** The walk typically takes about 10 minutes, but feel free to take your time and enjoy the walk around the farm.
- **What to Bring:**
 - Comfortable walking shoes
 - Water bottle
 - Camera or notebook for observations
 - Plant identification guide (optional)
- **Observations:**
 - If you're familiar with plant identification, try to identify the flowers and other plants you see. [Here](#) is a link to help with plant identification. Or just enjoy their beauty!
- **The Walk:**
 - From the base of the Tulip Poplar tree look East and find some sunflowers and raised garden beds. Our first herb marked with an orange stake starts here.

1. **Parsley:** Bright green herb with curly or flat leaves. Adds freshness to salads, sauces, and garnishes.

Now walk northwest towards Plot #1 where there are flowers (zinnias, mexican marigolds, and dianthus). Our second herb is technically a flower...

2. **Nasturtium:** Annual plant that has round, light green leaves which have a spicy, peppery flavor. Stems, leaves and flowers can be added to salads. The strong aroma from this plant repels garden pests!

Now walk back towards the tulip poplar tree and turn right at the swing. Walk due east down the path 25 feet to stake number 3...

3. **Rosemary:** Woody herb with needle-like leaves. Adds flavor to roasted meats, potatoes, and bread. Very pungent so use sparingly.

Check out all these fig trees and other herbs. After reading about rosemary, walk up the hill. Our next batch of herbs are near the scarecrows...

4. **Rue:** Bluish-green leaves with a strong, bitter aroma. Historically used in cooking and herbal medicine for its distinct flavor and medicinal properties.
5. **Thyme:** Small-leaved herb with a subtle, earthy flavor. Enhances soups, stews, and poultry dishes.
6. **Chives:** Grass-like herb with slender leaves and purple flowers. Used to flavor dips, salads, and potatoes.
7. **Oregano:** popularly known as the 'pizza herb' is a member of the mint family. The leaves are small but dry quickly and hold their flavor well. For best flavor keep the dry leaves whole and crumble just before use.

This section is our perennial herb garden. We have a few other herbs here as well, such as lavender and fruity sage (beautiful pink flowers). Rub a few leaves together and check out the smell of the fruity sage. Now continue walking up the hill to the left of the hoop house.

8. **Basil:** Aromatic herb with green or purple leaves. Used fresh in salads, pesto, and Italian dishes. Fresh basil is a good source of calcium and vitamin C. To keep the basil tasting fresh all summer make sure to trim it often to prevent it from flowering, which changes the flavor.

Directly south of the basil is also a really large leafed perennial plant called Rhubarb. We only eat the stem of this plant because the leaves are actually toxic - YIKES! Now walk to the back of the property along the fenceline.

9. **Mint:** Fragrant herb with serrated leaves. Commonly used in teas, cocktails, and desserts.

Mint can spread very rapidly and most gardeners would be encouraged to plant it into pots. From here walk west between the grapevines and our deer netting towards Grove Street (not through the tomato patch please).

Continue walking past the grapes towards the road. We have a little library of seeds and books - check it out!

10. **Sage:** Silvery-green leaves with a savory flavor. Used in stuffing, poultry dishes, and herbal teas.
11. **Lemon Grass:** Tall, grass-like herb with a lemony scent. Used in Asian cuisine, teas, and soups for its citrusy flavor. Can be used fresh or dried. To get the flavor peel or cut the leaves in half then pound pieces to release flavor.
12. **Lemon Balm:** a member of the mint family. When the leaves are crushed or torn they release fragrant oils that smell like lemon. You can dry the leaves for later use but they lose their flavor and aroma quickly.

Thank you for taking this self-guided herb walk! We hope you enjoyed discovering the natural beauty of our area. If you would like a recipe for any of the above mentioned herbs, see below!

For BASIL:

Italian Caprese Salad Ingredients:

- Fresh basil leaves
- Fresh tomatoes
- Fresh mozzarella cheese
- Extra virgin olive oil
- Balsamic vinegar

Instructions:

1. Slice tomatoes and mozzarella cheese.
2. Arrange alternating slices of tomato, mozzarella, and basil leaves on a plate.
3. Drizzle with olive oil and balsamic vinegar.
4. Season with salt and pepper to taste. Serve chilled.

For MINT:

- ¾ lb of Sweet Italian Sausage, casings removed
- ½ lb of summer squash, quartered lengthwise then sliced
- 5oz. goat cheese
- 12oz. Farfalle pasta, cooked
- ¾ cup pasta cooking water
- 3 tbsp. Torn mint leaves

In a large skillet, cook sausage over medium-high until browned and crumbled, 7 minutes; transfer to plate. Add squash to same skillet and cook over medium-high, stirring often, 4 minutes; season with salt and pepper. In pot used to cook pasta, stir pasta with cheese and pasta cooking water. Top with sausage, squash and mint.

For CHIVES and THYME

Herbed Dutch Baby with creamy mushrooms, leeks, parmesan, and lemon

For dutch baby:

5 Large eggs

1 ¼ cup all purpose flour

1 cup whole milk

1 tsp. Salt

5 Tbs. unsalted butter

¼ cup chopped fresh parsley

¼ cup finely sliced fresh chives

2 Tbs. chopped fresh dill

1 Tbs. chopped fresh thyme leaves

For the mushroom topping:

2 Tbs. unsalted butter

2 Tbs. extra virgin olive oil

2 large leeks, white and light-green parts only, well rinsed, halved and thinly sliced

5 cups mushrooms, cleaned, stemmed and quartered

Season to taste salt and pepper

½ cup heavy cream

¼ cup chopped fresh flat-leaf parsley

⅓ cup grated parmigiano-reggiano

Lemon zest to taste

Instructions for making dutch baby

Position a rack in the center of the oven, and heat the oven to 425 F. In a large bowl, whisk, the eggs, flour, milk, and salt. Over medium heat, melt the butter in a large (12-inch) oven safe skillet, such as cast iron. Whisk the parsley, chives, dill, and the thyme into the batter. Pour the batter into the hot skillet, and transfer to the oven. Bake until the pancake puffs up around the edge and turns golden-brown, 20-25 minutes.

Make the topping

Meanwhile, in a large skillet, heat the butter and oil over medium heat. Add the leeks and mushrooms, and cook until the mushrooms are tender, 8 to 10 minutes. Season with salt and pepper, and then stir in the cream. Bring to a simmer, and cook until the mixture thickens, 4 to 5 minutes. Stir in the parsley and cheese. Remove the Dutch baby from the oven; it will begin to deflate shortly after it comes out. Top immediately with the mushroom-leek mixture. Garnish with additional parsley, cheese and the lemon zest. Serve immediately and enjoy!

For CILANTRO, BASIL, and LEMON GRASS

Lemon Grass Chicken with rice and zucchini

Chicken:

1 1/2 pounds boneless skinless chicken thighs

1 teaspoon paprika

garlic powder, onion powder, salt, and pepper to taste

olive oil

Lemongrass Sauce:

3 cloves garlic, minced

1 jalapeno, ribs and seeds removed (optional), minced

one 1-inch knob of ginger, grated or minced

2 tablespoons lemongrass or lemongrass paste

1 tablespoon brown sugar

one 14-ounce can unsweetened coconut cream (*similar to coconut milk, but NOT the same as cream of coconut, which is sweetened!*)

juice and zest of one lime

salt to taste

Serve with:

cilantro and/or basil, chopped

rice

zucchini or broccoli or a nice lil green salad

Instructions:

- 1) **Cook the chicken:** Heat the oil in a large skillet over medium high heat. Add the chicken thighs, sprinkle with spices, and cook for 8-10 minutes until cooked through. Remove from pan. Once cooled, shred / pull into small bite-sized pieces.
- 2) **Make the lemongrass sauce:** Add the garlic, jalapeño, and ginger to the chicken pan (you don't have to wipe it out – save all those good flavors). Sauté until fragrant. Add the lemongrass and brown sugar; stir to combine. Add coconut cream and bring to a low, gentle simmer. Season with lime zest, lime juice, and salt.
- 3) **Finish:** Add chicken back in to the sauce. Stir in some fresh cilantro or basil just before serving. Serve over rice with any veggies that you like (see zucchini directions in the notes section). And now enjoy this amazing flavor moment.
- 4) **To make the zucchini:** Cut two zucchini into coins, toss with olive oil and salt and pepper, and arrange in a layer on a baking sheet. Bake for 10-15 minutes at 450 degrees.

For SAGE:

INGREDIENTS:

2 medium sized butternut squash (2lbs), peeled and cubed

5 cloves of garlic, finely diced

1/2 bunch parsley leaves, finely chopped (save the stems for the stock)

olive oil

salt and pepper

1 Tbsp sage leaves, finely chopped

12 oz whole grain linguine or fettuccine

for the vegetable stock:

2 onions, diced

2 large carrots, shredded

3 stalks of celery, shredded or finely chopped

4 cups water

Optional:

1/2 cup cashews to add protein and to keep it vegan

parmesan cheese

red pepper flakes

nutritional yeast

DIRECTIONS:

Preheat oven to 425°. Peel the squash, trim off the ends, and cut in half lengthwise. Use a spoon to remove the seeds. Cut squash into one inch cubes and place in a large bowl. Add the garlic and parsley.

Coat a rimmed baking sheet with olive oil and spread the squash onto the tray evenly. Drizzle olive oil over the squash. Season with salt and pepper. Roast for about 30 minutes, or until soft on the inside and crispy and brown on the outside.

In the meantime, in a large pot coat the bottom with olive oil and put on medium heat. Add the sage and stir to coat in the olive oil for a few minutes, then remove and place them on a sheet pan. Allow the sage to cool before laying out on the sheet pan. Place in the oven for 5 minutes to finish crisping.

Use the same pot to make your quick vegetable stock. Sauté 2 onions until caramelized, then add shredded carrots and celery. Once those vegetables have browned a bit, add 4 cups of water or more if needed to completely cover them. Allow that to simmer and check on your squash.

Put on a large pot of water for your pasta and bring it to a boil. Prepare your linguine or pasta of choice according to the directions on the package.

Once the squash is finished roasting, put a few spoonfuls in a blender with a few ladles of your veggie stock, including some of the veggies. Use caution since everything is hot, and only fill

half full. Place a dish towel over the top and turn the blender on low. Add more broth if it is too thick and stir down as needed.

When your pasta is ready, strain it and then add just enough of your butternut squash sauce to coat the noodles. Add salt, pepper and nutritional yeast if you want to keep it vegan, or Parmesan cheese!

This recipe makes a good bit and freezes well, as does the vegetable broth.

For PARSELY:

Chimichurri Sauce

- ½ cup olive oil
- 2 tablespoons red wine vinegar
- ½ cup parsley finely chopped
- 3 cloves garlic finely chopped or minced
- 2 red chilies small, or 1 red chili, deseeded and finely chopped (about 1 tablespoon finely chopped chili)
- ¾ teaspoon dried oregano
- 1 teaspoon coarse salt level
- ½ teaspoon pepper to taste (about ½ teaspoon)

INSTRUCTIONS

1. Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows.
2. Chimichurri can be prepared earlier than needed, and refrigerated for 24 hours, if needed.
3. Used to baste meats (chicken or steaks) while grilling or barbecuing. We don't use it as a marinade, but choose to baste our meats with chimichurri instead. However, you can use it as a marinade if you wish. Also, add a couple of tablespoons over your steak to serve.

