



Summer Favorites From Herban Gardens Cathy Manus-Gray

Lemon Verbena Sorbet

1 cup fresh lemon verbena leaves
¼ cup freshly squeezed lemon juice

1 cup superfine sugar
3 cups cold water

Grind the lemon verbena leaves and sugar together in a food processor until the mixture turns into a bright green paste, about 30 seconds; stop to scrape down the sides as necessary. Add the lemon juice and process for 15 seconds longer, then add the water. Strain the resulting liquid through a fine sieve to remove any bits of leaf. Freeze in an ice cream maker according to the manufacturer's directions. *(From: The Herb Farm Cookbook by Jerry Traunfeld).*

Italian Country Vinegar

2 sprigs rosemary
1 sprig sage
2 sprigs parsley
1 tablespoon black peppercorns

4 sprigs oregano
3 small stems basil
1 garlic clove
1 quart red wine vinegar

Use this for mixed green salads with shavings of fresh Parmesan cheese, on sliced tomatoes, and in marinades for veal, pork, or beef.

Vinaigrette

1-2 tsp. mild or whole-grain mustard
1 T. red wine vinegar
1 T. balsamic vinegar
(2 T. of red wine, cider, or balsamic vinegar may be used)
sea salt and freshly ground black pepper
5 T. extra virgin olive oil
minced garlic to taste
1-2 T. fresh minced herbs (try basil, fennel, parsley, chives, a bit of oregano and rosemary)

Combine ingredients and allow flavors to mingle while preparing salad. Drizzle over greens and enjoy!

Herb Butters

½ cup softened unsalted butter

3 tablespoons chopped herbs (parsley, thyme, rosemary, tarragon, chives, basil, marjoram, or cilantro)

salt and ground black pepper to taste

Other seasonings to include: 1 clove of garlic, finely minced or pressed through a garlic press; finely grated rind of ½ lemon, lime, or orange; pinch of cayenne pepper

Beat the butter until creamy, then stir in the herbs. Add garlic and/or citrus rind, cayenne pepper. Add salt and pepper if needed. Chill for at least 2 hours to allow flavors to blend.

How Do I Use My Herb Butter? Melt a pat over fish or vegetables. Use with muffins, breads, biscuits, and scones. Use as a base in sauces instead of plain butter. Rub butter onto meat or poultry before roasting. Spread on fish that is foil-wrapped before baking in oven.

Garden Fresh Gazpacho

1 large tomato peeled

1 large cucumber or ½ of seedless English cucumber

½ green pepper

½ cup fresh herbs with stems removed

(choose from parsley, salad burnet, cilantro, or chives)

¼ cup olive oil

¼ cup red wine vinegar

1 clove garlic

¼ teaspoon Tabasco sauce

½ teaspoon salt

¼ teaspoon fresh ground black pepper

24 ounces of tomato juice

garnishes:

1 large tomato, chopped

½ green pepper, chopped

1 large cucumber, chopped

yogurt or low fat sour cream

Put all ingredients into a food processor with half of the tomato juice. Process thoroughly and then add and blend the remainder of the juice. Chill for several hours to allow flavors to blend. Serve cold and pass bowls of garnishes. Serves 6 to 8.



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