

Dill

Storage

Wrap in loose dampened paper towel and refrigerate, best flavor is within two days.

Preparation

Wash well in cold water, use the top eight inches and trim stem below, then chop to desired size. Add near the end of making a recipe, goes well with salads, sauces, dressings, soups, stews, and fish dishes. Also used as a spice in pickling and preserving.

Nutrition

Dill helps to reduce bone loss and the risk of cancer. It is rich in vitamin C and manganese. It also has healing benefits.

