

Spice up your life

When to Pick Herbs

When growing Sedan Floral Grown Safe™ herbs in your own garden the ideal time for picking is in the morning after the dew has dried but before the sun gets hot. This helps ensure the best flavor and storage quality.

How to Wash Herbs

Wash Sedan Floral Grown Safe™ herbs when you are ready to use them. Wash smaller amounts of herbs thoroughly under running water. Shake off moisture or spin dry in a salad spinner. Pat off any remaining moisture with clean paper towels. If you're washing a large amount of herbs at one time, treat them as you would salad greens. Place in a clean sink or deep bowl filled with cold water and swish around. Lift from the water and transfer to another bowl so dirt and grit remain in the water. Pour out the water and repeat the washing process in clean water until dirt and grit are gone and the water is clear.

NOTE: If you plan to harvest a large amount of herbs from a home garden, consider washing them down with a hose the day before to help remove any large particles of dirt or grit that might be on the leaves.

Annual herbs can be harvested down to about four inches tall and they still will re-grow for use later in the season. For perennial herbs, don't take off more than a third of the plant at any given time.

How to Store Herbs

Fresh Sedan Floral Grown Safe™ herbs can be stored in an open or a perforated plastic bag in your refrigerator crisper drawer for a few days. If you don't have access to commercial perforated bags, use a sharp object to make several small holes in a regular plastic bag.

To extend the freshness of your Sedan Floral Grown Safe™ herbs, snip off the ends of the stems on the diagonal. Place herbs in a tall glass with an inch of water, like cut flowers. Cover them loosely with a plastic bag to allow for air circulation. Place them in the refrigerator and change the water daily. Herbs may last a week or more stored this way.

If you have more Sedan Floral Grown Safe™ herbs than you can eat, enjoy herbal bouquets throughout your house. You can use either single herbs, combinations of herbs or you can use the herbs as greenery mixed in with other flowers. To help preserve the aroma and color of your herb bouquets, place them out of direct sunlight.

How to Prepare Herbs for Cooking

For most recipes, unless otherwise directed, mince Sedan Floral Grown Safe™ herbs into tiny pieces. Chop with a chef's knife on a cutting board or snip with kitchen scissors. To speed cutting with scissors, cut herbs coarsely into a small bowl or cup and snip back and forth with your scissors. Some recipes may direct you to cut large leaves, such as basil into thin strips. An easy way to do this is to stack several leaves (about 3 to 5), roll into a tight roll, then cut into thin (1/16 to 1/8 inch) strips with a sharp knife.

While some recipes call for a sprig or sprigs of herbs, normally the part of the herb you harvest will be the leaves. For Sedan Floral Grown Safe™ herbs with sturdier stems, such as marjoram, oregano, rosemary, sage and thyme, you can strip off the leaves by running your fingers down the stem from top to bottom. With small-leaved plants such as thyme, you can use both leaves and stems for cooking early in the season. Later in the season, as the stems become tougher, use just the leaves. For Sedan Floral Grown Safe™ herbs with tender stems, such as parsley and cilantro, it's OK if you snip some of the stem in with the leaves when you're cutting these herbs. Be careful if using a food processor to cut herbs - it's easy to turn them to a paste rather than tiny pieces.

When Substituting Fresh Herbs for Dried Herbs

A general guideline when using fresh herbs in a recipe is to use 3 times as much as you would use of a dried herb. When substituting, you'll often be more successful substituting fresh Sedan Floral Grown Safe™ herbs for dried herbs, rather than the other way around. For example, think potato salad with fresh versus dried parsley!

When to Add Herbs During Food Preparation

Unlike dried herbs, fresh Sedan Floral Grown Safe™ herbs are usually added toward the end in cooked dishes to preserve their flavor. Add the more delicate herbs - basil, chives, cilantro, dill leaves, parsley, marjoram and mint - a minute or two before the end of cooking or sprinkle them on the food before it's served. The less delicate herbs, such as dill seeds, oregano, rosemary, tarragon and thyme, can be added about the last 20 minutes of cooking. Obviously, for some foods, such as breads, batters, etc., you'll need to add herbs at the beginning of the cooking process. Fresh herbs can be added to refrigerated cold foods several hours before serving. Allowing time (at least a couple of hours, if possible) for cold foods with herbs to chill this helps the flavors to blend.

