

Dill



SEASONALITY



NUTRITIONAL PROPERTIES

Dill is a good source of vitamin A, vitamin C, fiber, folate, manganese, and iron. It also has a fair amount of thiamine, niacin, vitamin B, and pantothenic acid.

STORAGE

Keep basil in the refrigerator in a loose plastic bag. It can last 1-2 weeks.

PRESERVATION

Dill is a popular ingredient in pickling. It can also be dehydrated using a traditional dehydrator or an oven at a low temperature.

HOW TO DEHYDRATE DILL IN THE OVEN

1. Preheat the oven to 225 ° F.
2. Spread the dill on a baking sheet in an even layer.
3. Bake from 5-10 minutes until the dill crumbles when touched.
4. Remove woody stems and crumble dill.
5. Store in a small jar or plastic bag, in a cool and dry place.

RECIPES FROM HDFFA

with dill

- Add dill to Cucumber Celery Radish Salad
- Add dill to Dilly Bean Salad

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