

## FARMER IN THE FIELD



## FRESH HERBS, TASTE THE DIFFERENCE

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As the weather cools our thoughts turn to pots of soups, stews and sauces simmering on the stove and nothing adds more flavor than fresh herbs. I am lucky to have rosemary, sage and oregano growing in my yard and I take full advantage of it. Grilled lamb chops with fresh rosemary, a little olive oil, and salt and pepper is delicious. Try topping your next bowl of butternut squash soup with deep fried sage leaves. I like to chop all three herbs up and toss them into my pasta sauce. I don't even use dried herbs anymore unless I absolutely have no other choice, but with the availability of so many fresh herbs in the market place that seldom happens anymore.

Perennial herbs are a great addition to any garden. These are plants that will last in your yard for three years or longer providing you with an abundance of flavor right at your fingertips. This year I started cooking with tarragon and I really like its unique flavor, I will definitely be planting my own. Other commonly used herbs that will grow all year round are chives, thyme, mint and marjoram. You may want to grow your mint in a container though because it will invade your yard, sprouting up everywhere you don't want it.

So as the days get shorter and we spend more time in the kitchen, put the cook books down and try jazzing up some of your favorite dishes with fresh herbs and I think you'll be pleasantly surprised at the difference they'll make.