

Dill Seed Braid

Ingredients:

- 1 pkg (1/4 oz) active dry yeast
- 1/4 c warm water, 110 - 115°
- 1 c plain yogurt
- 1 small onion - finely chopped
- 1/4 c sugar
- 2 tbsp softened butter
- 1 egg
- 1 tbsp dill seed
- 1 tsp salt
- 3-3.5 c all purpose flour

What to do:

- In a mixing bowl combine the yeast and warm water until dissolved.
- Add yogurt, onion, sugar, butter, egg, dill seed, salt and 1 c flour and beat until well blended.
- Stir in remaining flour until a soft dough is formed.
- Turn out the dough on a floured surface and knead for 6-8 minutes, until smooth and elastic.
- Place in a greased bowl (make sure to turn the dough over after putting it in to ensure both sides get greased) cover and let rise for an hour - until dough has doubled.
- Punch the dough down and turn out on a floured surface, divide into three equal parts.
- Shape each portion of dough into 20 inch ropes.
- Place on greased cookie sheet and braid, pinching the ends and tucking them under.
- Cover and allow dough to rise a second time, doubling in size, approximately 30 mins.

Sources

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Dill

Anethum graveolens

Brief History of Dill

Dill is a herb rich with history. It was found to be in the ancient writings of the Egyptians used for medicinal purposes, in the Greek and Roman cultures it was a revered for its healing properties and being attributed to wealth. It was also used in making love potions more effective.

Nutritional Benefits of Dill

Dill is a great additive to your diet. It has little to no calories, yet is packed with calcium, fiber, iron, magnesium, as well as many other nutrients.

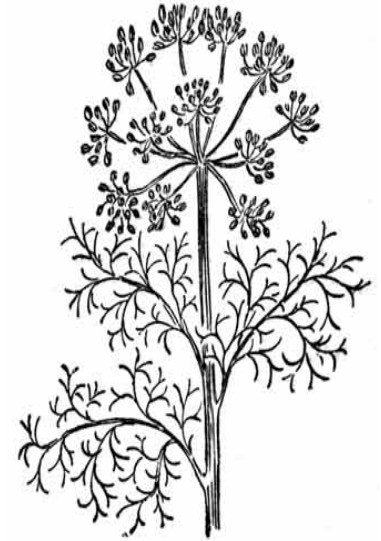
Health Benefits of Dill

Dill has many health benefits. Here are the top four:

1. Dill is packed with calcium. It helps fortify your bones and is low in fat and calories.
2. Dill has calming effects. It can be used with chamomile to make teas for relaxation or insomnia.
3. Dill eases indigestion and curbs flatulence.
4. Dill acts as an antibacterial. Chewing dill seeds freshens your breath by killing mouth bacteria.

Growing & Harvesting Dill

Dill is a self seeding annual, that enjoys full sun. You can continuously plant dill seeds to ensure fresh dill the entire growing season. Freely water these seeds and thin to about 12 inches apart. If you want encourage a longer season for you plant, pinch off flower heads. Allowing the plant to flower, however, can give you dill seed once the flower has dried out. You can begin harvesting your dill when the plant has four to five leaves by pinching them off or snipping them with garden shears.



Cooking with Dill

Refreshing Cucumber/Dill Water

For relaxation on a hot summer day.

Ingredients: ½ cucumber, 6 large stalks of dill flowers

What to do:

- Set aside the two nicest flower stalks, then place the remaining 4 in a pot with 20oz of boiling water.
- Remove from heat, cover and let stand for 10 minutes.
- Strain the dill out, catching the water in a pitcher, allow the pitcher to chill in the fridge.
- Peel the cucumber and slice, placing small peelings in pitcher to float (for looks) as well as some sliced cucumbers (muddle [mash slightly] for extra flavor release).
- Place remaining two flower stalks in pitcher, again for looks, and pour over ice.

If you are not concerned with how your tea/pitcher looks, steep all 6 stalks and create a stronger tea.

Warm Dill/Chamomile Tea

For sleep or insomnia.

Ingredients: fresh (or dried) dill, fresh (or dried) chamomile

What to do:

- Place fresh dill and chamomile into a cup, following the rule of 1tsp/1cup of water, pour boiling water into your cup and cover, allowing to steep.
 - After steeping for 10-15 minutes, strain out the herbs and enjoy.
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Dill Butter

Ingredients: dill and softened butter

What to do:

- Combine a desired amount of dill to desired amount of butter, mixing well.
- Place in a tub, seal and allow to chill in the fridge serve on bread or use to cook with.

Dill, Feta and Garlic Cream Cheese Spread

Ingredients:

- 2 - 8oz packages of softened cream cheese
- 1 - 8oz crumbled feta cheese
- 3 cloves of minced garlic
- 2 tbsp chopped fresh dill

What to do:

- Mix all ingredients well in a medium/large bowl.
 - Cover and allow to chill for 4 hours. Serve and enjoy.
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Creamy Dill Dipping Sauce

Ingredients:

- ½ c sour cream
- ¼ c mayo
- 2 tbsp chopped fresh dill
- 1 tsp lemon juice
- salt and pepper

What to do:

Mix all ingredients well in a small/medium bowl. Add salt and pepper to taste. Cover and chill for one to two hours. Serve with fresh cut veggies for dipping.

Cucumber and Dill Pasta Salad

Ingredients:

- 2 c cooked macaroni (drained rinsed and cool to the touch)
- 2 c peeled/seeded/chopped cucumber
- 1 c chopped tomatoes
- 1 c low fat sour cream
- ½ c skim milk
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What to do:

- Mix in a small/medium bowl sour cream, milk, dill, vinegar, salt and pepper - creating a dressing.
- Mix together cucumbers, tomatoes and drained/rinsed pasta.
- Pour dressing over the cucumber/tomato/pasta mixture and thoroughly toss.
- Cover and chill for ~ 1 hour. Serve and enjoy!