

## ***Herb Oils***

### **What are they and how are they made:**

Herb Oils are vegetable oils infused (steeped) with herbs. Our Herb Oils are made using our organically grown fresh herbs that are harvested at their peak of flavour and infused in either Olive or Sunflower Oils. Once the oils are saturated with the herb flavour they are twice filtered for clarity and bottled. Fresh herbs should never be left in oils due to the potential of bacterial growth.

When fresh herbs from your garden are unavailable or not suitable to the recipe, this is the best way to get the fresh taste of herbs into your recipe. Herb Oils should be stored in the refrigerator, but always allow them to come to room temperature before using to obtain the full flavour and aroma. They have a storage period of 1 year.

### **How and Where to Use Them:**

- **Herb Oils** can be substituted any time you would normally use a cooking oil- salad dressings, marinades, sauces, stir fry, and sautéing. They are not recommended for deep frying as the high temperature and prolonged heating time will generally destroy the flavour and aroma.
- Also try using any of our **Herb Oils** for “drizzling”(drizzled on fresh bread) or as a dipping oil for breads or appetizers.
- **Absolutely Garlic** can be used to make great garlic bread, just brush oil on bread before broiling or heating. Or try **Basil Oil** for bruschetta.
- Enhance your pesto by using **Basil** or **Absolutely Garlic Oil**
- Toss freshly cooked pasta with **Basil, Garlic, Rosemary** or **Pepper Oil**
- **Pepper Oil** is great for adding a hint of “heat” to Ethnic dishes and excellent for grilled or roasted vegetables.
- Try **Herb Oils** on Popcorn instead of Butter

## ***Herb Vinegars***

### **What are they and how are they made:**

Herb Vinegars are another excellent way to incorporate the fresh taste of herbs into your cooking. They are usually made with red or white wine vinegar, cider vinegar, or rice wine vinegar infused (steeped) with herbs.

Our Herb Vinegars are made using either white wine, red wine or cider vinegars . They are infused with our organically grown fresh herbs harvested at their peak of flavour and aroma. Once the infusion stage is completed they are twice filtered and bottled. It is normal for vinegar to have a sediment in the bottom of the bottle upon aging. Since vinegar is a natural preservative these herb vinegars have a two year shelf life and can be stored at room temperature.

### **How and Where to Use Them:**

- **Herb Vinegars** can be substituted any time you would normally use a vinegar including salad dressings, marinades, sauces and dips.
- Try **Garlic, Garlic Chive** or **Tarragon Vinegar** on fish or french fries
- Add one to two tablespoons (15-30ml) of **Herbed Vinegar** to your soup, stew or casserole while cooking to really pick up the flavour.
- Try **Basil** or “**Almost Balsamic**” next time your marinating raw vegetables like cucumbers, peppers or tomatoes.
- **Garlic Chive** and “**Almost Balsamic**” vinegars make great stand-alone salad dressings-no oil required!
- **Herbed Vinegars** go great with beans and French fries too!

## *Sauces & Chutneys*

Make sure to try our **Mint Sauce**-this is based on a traditional English recipe, using Malt Vinegar. A “must have” for lamb, potatoes, peas and more! And of course there is our ‘**Very, Very, Very Hot Sauce**’-need I say more... great with Mexican and other Ethnic dishes that call for some HEAT! Add some pizzazz to your turkey dinner with our **Cranberry Chutney!** Also great with chicken and amazing with eggs!

## *Seasoning Blends*

Seasoning blends are combinations of dried herbs and sometimes spices that are formulated for particular purposes. They are convenient and easy to use especially during the winter when fresh herbs are unavailable or growing space is limited. Our seasoning blends are hand processed at the farm using our organically grown herbs, harvested at their peak of flavour and aroma and air dried to avoid excessive loss of potency.

These blends can be used for salads, marinades, dips, sauces, soups, stews, casseroles and any time that you need an extra boost of flavour. Try our **Salad Thyme Blend** for an easy to make salad dressing or our **Herbs For All Seasons Blend** for marinating meats and poultry or as a pizza blend. Both the **Salad Blend** and **Seasoning Blend** are great in tomato or cream sauces for pasta or vegetables. “**Herb for Dips**” blend is a dependable standby for sour cream, yogurt or mayonnaise dips or try it in bread recipes or just about anywhere. For soups and stews, our **Soup’R Duper Blend**, is pre- packed in tea bags, easy, flavourful and can be removed from the soup before serving if desired. The “**Herbs de Provence**” blend has become a favourite for marinating everything from beef and chicken to fish and seafood!

Love grilling! Try our Mediterranean Rub, made with sun dried tomatoes, herbs and spices, for coating beef or pork or in a marinade for grilled vegetables. Use our **Gourmet Pepper Blend** as a flavourful alternative for your pepper mill-- you’ll never go back to straight peppercorns again!

## *Herb Mustards*

Herb mustards are basically a combination of fresh herbs and mustard. Depending on the mustard used, mild to hot, you will get different flavours. Our Herb Mustards are made using a mild Dijon mustard, allowing the herb flavour to come through. These mustards are a great way to add herb flavour and aroma as well as to intensify the flavour of meats, poultry and lamb.

Try using **Basil** or **Garlic Mustards** as a rub for roast beef and steaks. Use **Tarragon** or **Garlic** for coating chicken or pork and try our **Dill Mustard** on Salmon. They are also great on cold meat or deli sandwiches, with eggs or substituted for the mustard component of dips, sauces and dressings.

For rave reviews-the next time you’re grilling try our “**Slathers**”-these are a combination of herbs, spices, dijon mustard and other natural ingredients, that when coated on your meat will seal in the flavours and when grilled become a tasty “blackened” type coating.

## *Herb Jellies*

Fun and tasty, herb jellies are a real conversation piece when served with cheese trays and as a spread for bread or crackers. Our herb jellies are made using our organically grown herbs and all natural fruit juices.

Jellies can also be used for glazing-try **Rosemary** with Lamb or Ham. They also make interesting condiments-try **Pepper** with tacos, quesadillas and nachos or anytime you want something “hot”. Try **Basil** with chicken and **Mint** with lamb or potatoes.

Then again you can do what our kids do and just eat them straight from the jar!