




***An Herbal Cooking and Coloring Book***

*From the Lifestyle Medicine Team of  
Hendricks Regional Health*



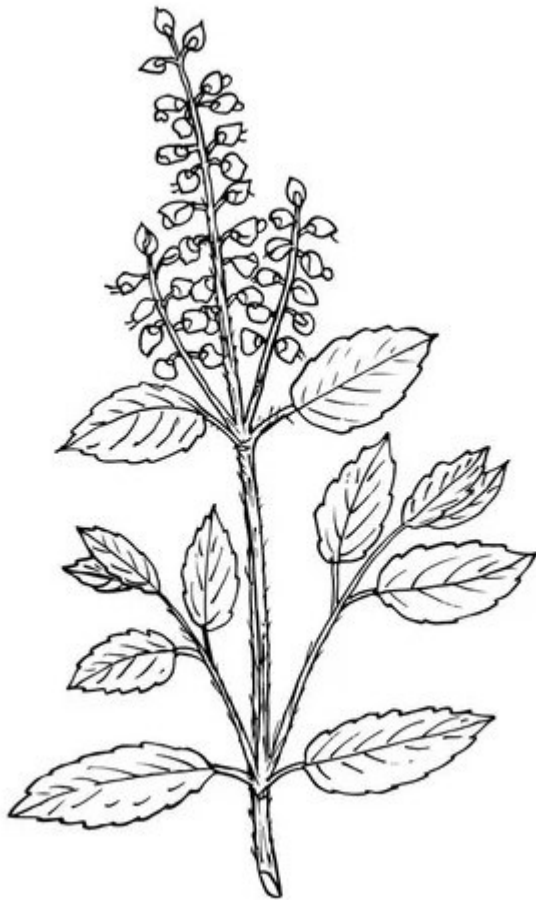


Did you know that coloring calms your brain? Enjoy this herbal coloring book both for the calming coloring and for easy ways to increase your use of healthy herbs for cooking, bath and beauty as well as traditional Medicinals.

These herbs are normally tolerated well in the quantities listed in these recipes, but if you develop any atypical symptoms or are on multiple medications, have a conversation with your pharmacist or healthcare provider about using these herbs.



# Basil



**Cooking Tips:** Basil can be substituted for mint in most recipes

**Prepare** by picking off the leaves, rolling them tightly and then gently slicing or chopping

**Pair with** tomato sauce, pastas, salads, salad dressing, pizza, soups, summer vegetables, eggs, pestos, chicken and fish

**Basil can be brewed as a tea or tisane with its leaves and \*flowers:**

Put 2 tablespoons of fresh basil or 1 tablespoon of dried basil (see page 22 for herb drying tips) in a cup. Boil one cup of water and pour over the herbs. Let the basil infuse for 6-7 minutes. Strain out the basil and enjoy!



**\*See a list of edible flowers on page 21**





# Chamomile

**Chamomile is not used for cooking but has been used in herbal healing to help improve sleep as well as upset stomach, headaches and to relieve tension.**

**Chamomile can be brewed as a tea with its flowers:**

Pour 4 cups of boiling water over 1 tsp dried chamomile flowers and a piece of orange peel. Infuse for 10 minutes in a warm place. Strain and sweeten with a little honey if desired.



**For a relaxation tincture** (see directions for making a tincture on page 21), add 10 drops of equal parts chamomile and lavender to 1 cup of warm water.







# Cilantro

**Cooking Tips:** Do not cook fresh cilantro but rather add it to a dish just before serving.

**Prepare** by gently chopping the leaves.

**Pair with** Beans, tomatoes, corn, peppers, avocados, rice, salads and salad dressings.

You might also know that the dried seeds of a cilantro plant are the spice coriander with can be ground and also used with the foods above

Cilantro is not commonly brewed as a tea, but this can be done with both leaves and flowers as with chamomile.



# Dill

**Cooking Tips:** dill is a delicate herb that is best added for flavor at or near the end of cooking

**Prepare** picking the leaf clusters from the stem and then align the clusters and gently chop.

**Pair with** tartar sauce, dips, cucumbers, potatoes, egg dishes, rice, peas, beans, soups and seafood like salmon

**Dill is used medicinally for stomach upset,** although typically eaten not brewed as a tea.





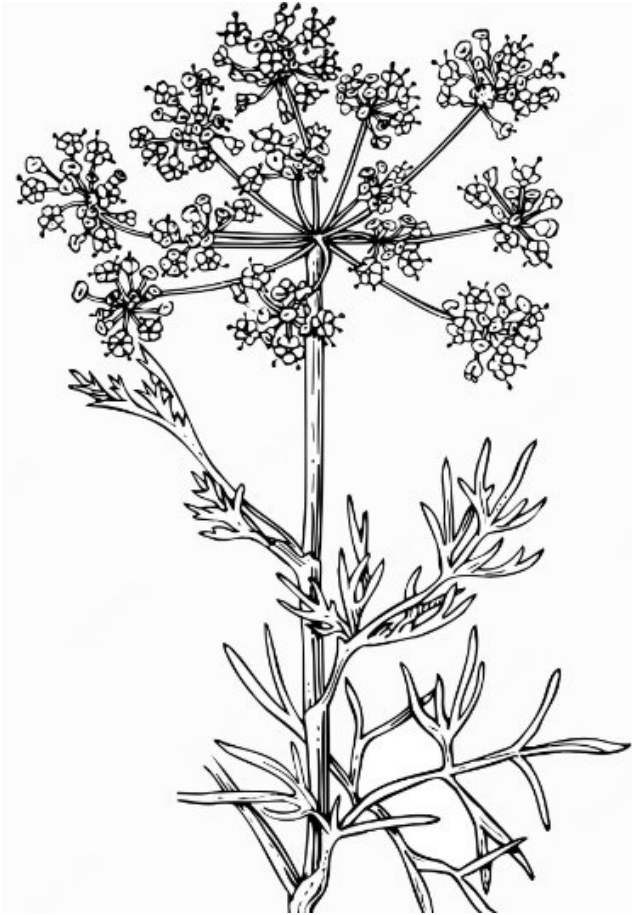
# Echinacea

(Purple cone flowers)

**Echinacea is not used for cooking** but has been used in herbal healing to stimulate the immune system to combat infections such as cold and flu. Echinacea is used as a tincture (see directions for preparing a tincture on page 21).

**Harvest echinacea** by digging the roots of a 2-4 year old plant after it has flowered. Wash the roots and chop them coarsely. Dry the roots in your microwave (see page 22 for tips). Store in tightly sealed glass container away from direct heat and light.





# Fennel

**Cooking Tips:** Fennel is a less common herb (leaves) or vegetable (root/bulb) in cooking, but it has unique and subtle flavors to enhance recipes over a long season (spring through fall).

Fennel stalks, leaves (like Dill), seeds and the bulb/root are all edible. Recipes can call for any of these parts.

**Pair with** salads, fruits, pastas, root vegetables, broccoli and cauliflower, tomato sauces, pizza, soups, stews, chicken and pork

**Prepare Fennel** by digging up a bulb with attached leaves. Wash, and 1. slice the bulb, 2. gently chop the leaves as you would dill. If you are using seeds (often used for pizza), they can be used whole or ground.







# Lavender

**Cooking tips:** Lavender can be substituted in most recipes that call for rosemary. The leaves are edible and often used in baking and desserts.

Lavender is increasingly used in cooking, but is commonly used for its essential oils and scent in sachets, bath and other scented items like pillows.

**Prepare** by stripping the leaves from the stem. Lavender is easily dried in the microwave (see tips on page 22)

**Pair with** vegetables, honey, ice creams, cakes, spritzers, lemonades, fruit, pork or lamb

**Lavender can be used as a tincture (see page 21) for headaches and relaxation**

Add 10 drops of equal parts chamomile and lavender to 1 cup of warm water and enjoy!



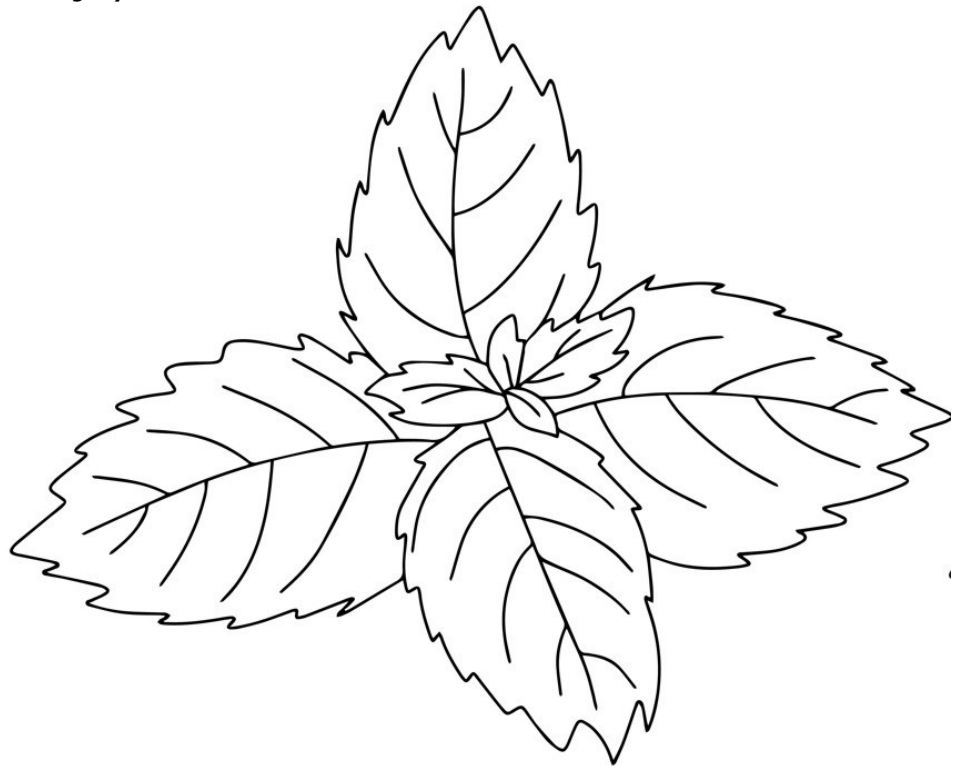
# Lemon Balm

**Lemon Balm is not typically used in cooking,** but is very commonly used for a variety of things, including bug repellent both via living plants and dried leaves.

**Prepare** by stripping the leaves from the stems and dry.

**Lemon Balm tea** is used for headaches, relaxation and upset stomach:

Put 1 teaspoon of dried lemon balm in a cup and pour boiling water over. Let infuse for 15 minutes. Strain and enjoy!







# Marjoram

**Cooking Tips:** Marjoram is part of the mind family can be substituted for thyme in most recipes. Add it early in the cooking process especially if dried (which has a more potent flavor than fresh)

Prepare by picking off the leaves off the stems and then gently chopping them

Pair with tomato sauces, pastas, tomatoes, salads, salad dressing, pizza, soups, summer vegetables, egg dishes, meats including sausages.

**Marjoram can be used as a sore muscle rub** by mixing equal parts dried herb and olive oil, then massaging the oil into the muscles.


**Marjoram is traditionally used as a tea** to calm an upset stomach:

Put 2 tablespoons of fresh marjoram or 3/4 to 1 tablespoon of dried marjoram in a cup. Boil one cup of water and pour over the herbs. Let the basil infuse for 6-7 minutes. Strain out the basil and enjoy!





# Oregano

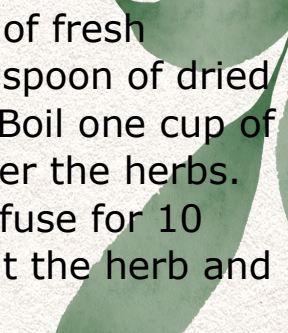


**Cooking Tips:** Prepare by picking off the leaves from the stems, then gently slicing or chopping. Pair with tomatoes, tomato sauce, zucchini and other summer vegetables, potatoes, beans, mushrooms, eggs, soups, salad, pizza, pastas, oily fish (salmon) and poultry.



**Oregano can be brewed as a tea with its leaves and flowers:**

Put 2 tablespoons of fresh oregano or 1 tablespoon of dried oregano in a cup. Boil one cup of water and pour over the herbs. Let the oregano infuse for 10 minutes. Strain out the herb and enjoy!





# Parsley

**Cooking Tips: Prepare** by gathering several stem together, line up the leaves, and gently chop

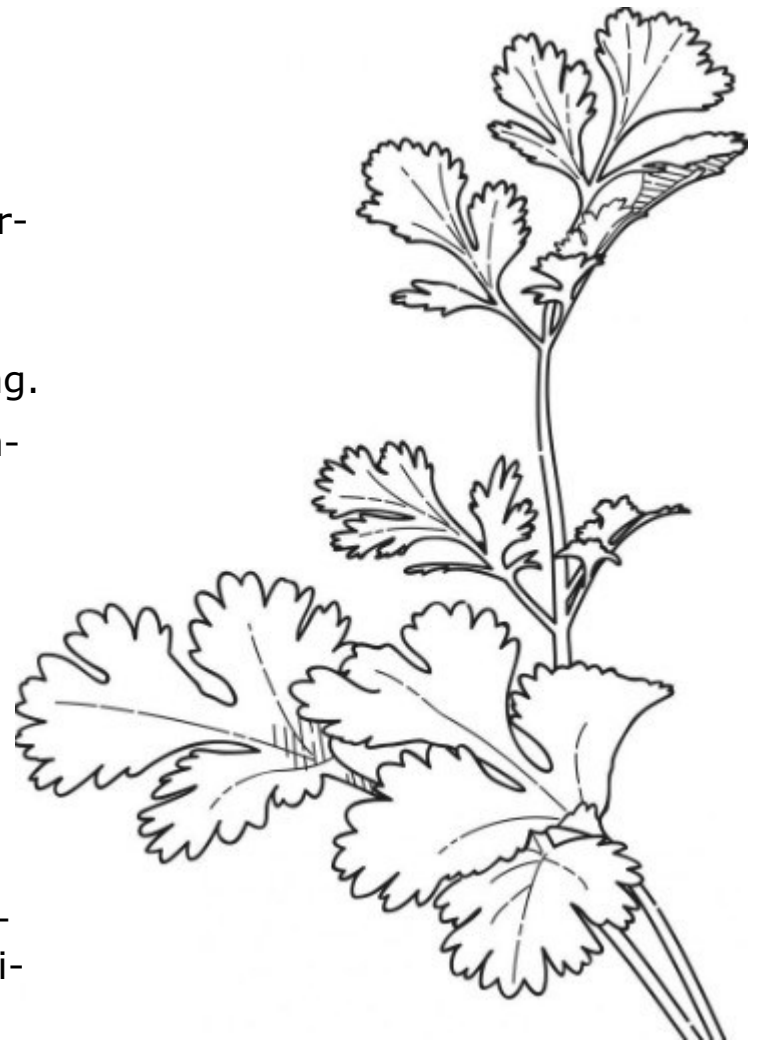
Add to the dish right before serving.

Flat-leaf parsley has a stronger flavor than the curly variety.

Curly parsley is easily frozen by chopping and sealing an airtight food bag.

**Pair with chicken**, egg dishes, fish, seafood, soups, salads, potatoes, pasta, tomatoes, tomato sauce, carrots and eggplant.

Parsley has been thought to be rejuvenating and energizing-see recipe for **rejuvenation tea** on next page



Parsley has been thought to be rejuvenating and energizing





# Red Clover



**Clover is not used in cooking,** however it is historically thought to be rejuvenating and energizing like parsley.

**Rejuvenation Tea:** combine 2 teaspoons chopped fresh clover blossoms with 2 teaspoons chopped fresh parsley leaves in a mug or cup. Pour 1 cup boiling water over the herbs and let steep for 15 minutes. Strain and enjoy!



# Rosemary



**Cooking Tips:** use rosemary in small amounts as it has a strong flavor.

**Prepare** by pinching your finger and thumb at the top of the stem and firmly pulling down the length of the branch to remove the leaves. Discard the stem and firmly chop the leaves.

**Pair with** roasted root vegetables, potatoes, tomatoes, beans, cabbage, oily fish such as salmon, shrimp, pears, apples, fiber-rich whole grain breads and soups.

**Rosemary can also be used as a rub for sore muscles:** Mix equal parts dried and ground rosemary with olive oil and massage into sore muscles





# Sage

## Cooking Tips:

**Prepare** by picking the leaves from stems and gently chopping.

**Pair with** meat stuffings, ham, sausages, beans, peas and soups.

**Sage can also be used as a calming tea:** put 1 tablespoon lightly crushed sage leaves in a cup. Pour boiling water over it and let it infuse 7-10 minutes. Strain and enjoy! This tea can be enhanced with 1/2 teaspoons lemon zest, and sweetened if desired.





# Tarragon



## Cooking Tips:

**Prepare** by picking the leaves from stems and gently chopping.

**Pair with** chicken, flavoring cold drinks, salad dressings, barbecue sauces, and as a flavoring in vinegars, mustards, and other sauces.

**Tarragon can also be used as a tea and is thought to help digestion, pain and sleep:** put 1 tablespoon lightly crushed tarragon leaves in a cup. Pour boiling water over it and let it infuse 5-7 minutes. Strain and enjoy!



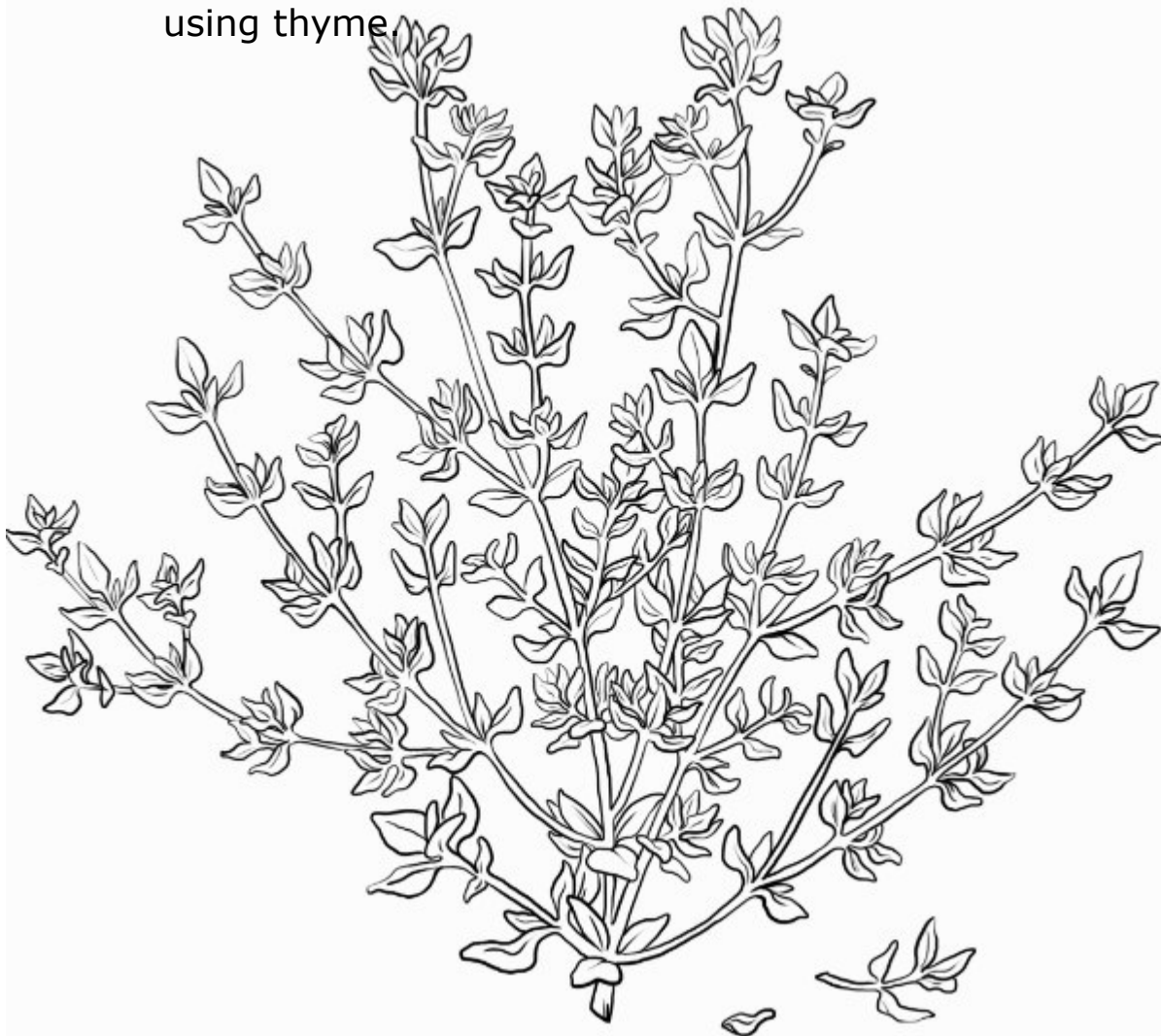
# Thyme

**Cooking Tips:** thyme is maybe the most commonly used herb

**Prepare** by removing the leaves by pinching your finger and thumb at the top of the stem and gently pulling down the length of the branch to remove leaves. Discard the stem and gently chop the leaves .

**Pair with** chicken, carrots, corn, mushrooms, potatoes, tomatoes, green beans, soups, chowders and stews.

Thyme is thought to help with decreasing cold and flu symptoms. See pages 21-22 for several recipes using thyme.





# Herbal Teas by Type

see each herb most recipes





# Herbal Teas by type

<b>Herb</b>	<b>Which parts to use</b>	<b>Thought to be for</b>
Basil	Leaves and flowers	Decreasing stress and creating relaxation
Chamomile	Flowers	Decreasing stress and headaches
Cilantro	Leaves and flowers	Helps improve sleep, relaxation and decreases stress
Echinacea	Roots made into a tincture	Stimulating the immune system to combat infections such as cold and flu
Fennel	Roots and leaves	Improves digestion, sleep, constipation and is a natural breath freshener
Lavender	Flowers and buds made into a tincture	Improves relaxation and decreases tension
Lemon Balm	Leaves	Helps headaches and stomach aches
Mint	Leaves	Stimulates the immune system and decreases upset stomach
Oregano	Leaves and flowers	Soothes cough, sore throat and decreases nausea
Parsley	leaves	Rejuvenation and energizing
Red Clover	Leaves and flowers	Rejuvenation and energizing
Sage	Leaves	calming
Tarragon	leaves	Improves sleep and diges-

# Herbal Teas continued

<b>Herb</b>	<b>Which parts to use</b>	<b>Thought to be for</b>
Thyme	Leaves and flowers can make tea or tincture	Reduces inflammation, im- proves digestion and boosts immunity

**Herbal Tea basic recipe:** You can make teas from almost any edible plant using as much as 2 tablespoons of fresh or 1 tablespoon of dried herbs per 1 cup of water

**Edible flowers** for salads, teas, beverages: roses, nasturtiums, marigolds, primroses, pansies, and violets

## **Basic Tincture Recipe:**

1. Add 10 teaspoons of chopped fresh herbs or 5 teaspoons of dried herbs to a bottle unflavored vodka (or add herbs and vodka to a tightly sealing jar)
2. Replace the bottle top tightly and place in a cool dark place
3. Shake the mixture daily for 2 weeks
4. Strain the mixture with a cone coffee filter to remove the herbs. Do this quickly or the alcohol will begin to evaporate (straining in the refrigerator slows the evaporation).
5. Store in a dark-colored labeled bottle
6. Use the tincture by adding it to a cup or glass of warm water and stir gently. The warm water will evaporate the alcohol

## **Headache Relief**

Mix equal amounts of violet and thyme tinctures. Add 5 drops of combined tincture to a cup of warm water.

# Additional Herbal Recipes

## **Thyme Infused Honey:**

Combine 1 cup of honey with 1/2 cup of fresh or 1/4 cup dried thyme leaves in a small pot. Heat gently over low heat for 15-20 minutes making sure the honey does not boil or scorch. Remove from the heat and cool. Strain out the herbs if desired or leave them in. Use the honey in tea, on toast, or whatever way you would use honey.

## **Herbal Broth**

6 garlic cloves minced

1 tablespoon olive oil

2 cups of water or vegetable broth

1 teaspoon cayenne pepper finely chopped or 1/2 teaspoon dried

1 teaspoon fresh rosemary finely chopped or 1/2 teaspoon dried

1/2 teaspoon fresh finely chopped or 1/2 teaspoon dried thyme

Heat olive oil in a pan and heat to high heat. Add garlic, sauteing just until the garlic starts to change color. Add the broth or water, and reduce heat to medium-low. Simmer for 20 minutes. Add all of the herbs and simmer for 5 more minutes. Serve and sip slowly

## **Tummy Tea**

Combine equal parts dried lemon balm, dried mint, and dried sweet marjoram. Add 2 teaspoons of this to a mug or cup, and pour boiling water over the herbs, and infuse for 10 minutes. Strain and sip.

## **Herb Drying in the Microwave**

Pick the leaves off the herbs and spread them in a single layer on a microwave-safe plate lined with 2 layers of paper towels or a clean kitchen towel. If you have more than a single layer of leaves, dry them in separate batches. Cover with a third paper towel or clean kitchen towel. Thicker herbs will take around 1 minute initially, followed by a few 20 second bursts until completely dry. Delicate herbs will take 40 seconds followed by a few 20 second bursts until completely dry.



# Bath Recipes



# Bath and Home Recipes

**Bath to calm skin irritation:** Add 1/4 cup fresh or 2 tablespoons dried thyme (can also use dried calendula if available to you) to 4 cups boiling water and let steep for 10-15 minutes and then cool. Strain the infusion and add to your bathwater.

**Fragrant Bath:** mix 1/4 cup fresh or 2 tablespoons dried marjoram, lavender, and mint. Add the herbs to 4 cups of boiling water and let simmer for 15 minutes and then cool. Strain the infusion and add to your bathwater.

**Relaxation Bath:** mix 1/2 cup fresh or 1/4 cup dried lemon balm with the same amounts of chamomile blossoms. Add the herbs to 2 cups of boiling water, cover and infuse for 20 minutes and then cool. Strain the infusion and add it to your bathwater.

## **Making Sachets and Scented Pillows:**

Almost any fabric can be used for these items. The most common herbs used are dried rose petals, ground rosemary and bay leaves, ground cloves, lavender, thyme, dill, cinnamon, and nutmeg. You can add any variety of essential oils as well to suite your purpose.