



## What Is Dill?

The dill plant provides feathery green leaves for the dill weed herb, while the flat, oval fruits make the dill seed spice. It's an annual herb that tends to replant itself and spread widely, which is good to know if you're considering planting it in your garden. Dill weed is delicate and works particularly well with eggs or in salads. The feathery leaves of the dill plant add fresh green flavor to lighter dishes such as salads, seafood and vegetables and are great in dips, spreads and homemade pickles. Dill has a warm, slightly sharp flavor, somewhat similar to caraway and is especially popular in the cuisine of eastern Europe and Scandinavia.

## Interesting facts

- The earliest known record of dill as a medicinal herb was found in Egypt 5,000 years ago, when the plant was referred to as a “soothing medicine.”
- The Greeks also used dill as a sleep aid. They would cover their eyes with the plant to help them get a good night’s rest
- Gladiators were fed meals covered with dill because it was hoped that the herb would grant them valor and courage.
- Dill was often added to love potions and aphrodisiacs to make them more effective. The herb was also believed to bring happiness and good fortune to marriages.
- Dill is a wonderful host plant for butterflies, providing food and protection for their eggs and larvae.



“Spice of Life” is a monthly “Take & Make Spice Club Kit” featuring a variety of unique spices, herbs, or blends.

## This kit includes:

- Information on the featured spice
- 2-3 recipes
- A small packet of featured spice - enough for at least 1 of the recipes.

The kits are free, but supplies are limited. **Please take only one kit per household.**



## Share your experience with us

Once you have created your culinary masterpieces at home, you’re welcome to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice on the library’s Facebook page, and may even be featured on our Spice of Life webpage.



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# Take & Make Spice Club Kit



## September Dill Weed



## *Creamy Zucchini Soup with Walnuts and Dill*



*(Yields 6 servings)*

### **INGREDIENTS**

3 tablespoons extra virgin olive oil, divided,  
plus more for drizzling  
1 medium yellow onion, chopped  
2 garlic cloves, cut into quarters  
4 medium zucchini, halved lengthwise and  
thinly sliced  
4 cups chicken broth  
1 teaspoon salt  
¼ teaspoon freshly ground black pepper  
2 tablespoons fresh dill, or **1 tablespoon dried**  
plus more for serving  
½ cup walnuts, toasted  
3 tablespoons freshly squeezed lemon juice

### **INSTRUCTIONS**

Preheat the oven to 350°F. Line a baking sheet with parchment paper or aluminum foil for easy clean-up. Heat 2 tablespoons of the oil over medium-low heat in a large pot. Add the onion and garlic and cook, stirring frequently, for about 5 minutes, or until the onions are soft and translucent. Do not brown. Add the zucchini, chicken broth, salt and pepper, and bring to a boil. Turn the heat down to low, cover, and simmer for 10 to 12 minutes, or until the zucchini is tender. Meanwhile, place the walnuts on the prepared baking sheet and toast in the oven until fragrant, 5 to 10 minutes. (Keep a close eye on them as nuts can burn quickly). Add the dill and walnuts to the soup.

Using a stick blender, purée the soup until smooth. (Alternatively, purée the soup in batches in a blender. Be careful not to fill the jar more than halfway, and leave the hole in the lid open and loosely cover with a dish towel to allow the heat to escape.) Add the lemon juice and the remaining tablespoon of oil to the soup, then taste and adjust seasoning if necessary (I usually add about ¼ teaspoon more salt). Ladle the soup into bowls, drizzle with more olive oil, sprinkle with dill, and serve.

*Freezer-Friendly Instructions: The soup can be frozen for up to 3 months. Defrost it in the refrigerator for 12 to 24 hours, until completely thawed. Serve cold or reheat it on the stovetop over medium heat until hot.*

## *Spinach Dill Dip*



*Yields 24 servings*

### **INGREDIENTS**

1 cup mayonnaise  
1 cup sour cream  
1 package (10 ounces) frozen chopped spinach,  
thawed, drained and squeezed dry  
**1 teaspoon dill weed**  
1/8 teaspoon onion powder

### **INSTRUCTIONS**

Mix all ingredients in medium bowl until well blended. Cover. Refrigerate at least 1 hour to blend flavors. Serve as a dip with assorted cut-up vegetables or crackers.

## *Dill Pickle Bread*



*(Yields 1 loaf)*

### **INGREDIENTS**

1½ cups sour cream  
½ cup vegetable oil  
2 large eggs  
1 tablespoon sugar  
1¾ cups all-purpose flour  
¼ teaspoon baking powder  
1 tablespoon pickle juice  
½ cup chopped pickles  
½ cup shredded cheddar  
2 tablespoons fresh chopped fresh dill  
**(2 teaspoons dried)**

### **INSTRUCTIONS**

Preheat oven to 350°. Line a 9"-x-5" loaf pan with parchment paper. In a large bowl, whisk together sour cream, vegetable oil, eggs, and sugar until smooth. Add flour, baking powder, salt, and pickle juice and stir until combined. Fold in chopped pickles, cheddar, and dill. Pour batter into loaf pan. Bake until the bread is golden and a toothpick inserted into the middle of the loaf comes out clean, 40 minutes. Cool completely before slicing.

### *Fresh vs. Dried*

1 tablespoon fresh dill = 1 teaspoon dried dill

### **Recipe Sources**

- <https://www.onceuponachef.com/recipes/creamyzucchini-walnut-and-dill-soup.html>
- <https://www.mccormick.com/recipes/appetizer/spinach-dip>
- <https://www.delish.com/cooking/recipe-ideas/recipes/a53160/dill-pickle-bread-recipe/>