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## Selection

Whenever possible, choose fresh dill weed over the dried form since it is more superior in taste and flavor.

The leaves of fresh dill should look feathery and green in color. Dill leaves that are a little wilted are still good as they usually droop quickly after cutting or being picked.

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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Fresh dill should always be stored in the refrigerator. It can be wrapped in a moist paper towel or placed in a container of water.
  - ◆ Wash produce only right before eating or cooking.
  - ◆ Fresh dill will only last about 2 days.
  - ◆ Keep produce and meats away from each other in the refrigerator.
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## Why Buy Local?

- ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
  - ◆ Buying local lets you see and meet the people who produce our food.
  - ◆ Your money stays locally and is recirculated in your community.
  - ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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<http://polk.uwex.edu> (June, 2014)



# Veggie Bites



Dill  
Eneldo

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## Uses

Dill can be used in many dips and used as a garnish for sandwiches.

Dill can be added to eggs, salmon, and trout.

Dill is used in making pickles.

Dill is also known to soothe the stomach after meals.



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## Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ High in Calcium
- ◆ Good source of Iron

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Primary Sources: WH Foods; Photos found on Google images

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## Try It!

### Creamy Dill Dip

#### INGREDIENTS

- |          |                 |
|----------|-----------------|
| 1 cup    | Sour cream      |
| 1 tsp.   | Chives          |
| 1 tsp.   | Vinegar         |
| 1/2 tsp. | Onion           |
| 1 tsp.   | Fresh dill weed |
| 1/4 tsp. | Kosher salt     |

#### INSTRUCTIONS

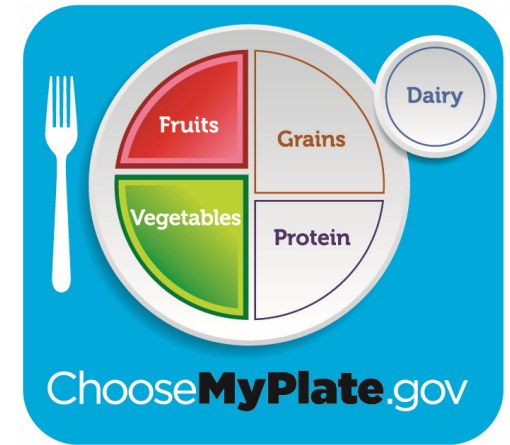
1. Combine sour cream, chives, vinegar, onions, and dill in a food processor.
2. Process until smooth and well blended.
3. Season to taste with salt. Serve slightly chilled.

Yield: 4 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



Creamy Dill Dip



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## History & Fun Facts

Dill is native to Southern Russia, western Africa, and the Mediterranean region.

Dill is mentioned in the Bible and in ancient Egyptian writings. Dill was popular in the ancient Greek and Roman cultures, where it was considered a sign of wealth and was revered for its many healing properties.

Dill was used by Hippocrates, the father of medicine, in a recipe for cleaning the mouth. Ancient soldiers would apply burnt dill seeds to their wounds to promote healing.