

Fines Herbes

Dill

Family	Apiaceae
Botanical	Anethum graveolens
Parts Used	Seeds, flower heads and leaves
USDA Hardiness	N/A
Light	Full Sun
Soil	Well drained
Duration	Annual



Propagation	Dill will grow in a relatively wide pH range between 5.5 (strongly acidic) and 7.5 (mildly alkaline) with a preferred range between 5.5 and 6.5. From seed; direct sow outdoors in fall or early spring after last frost.
Water	As needed, do not overwater
Growing	Good for butterfly garden and in containers. Dill prefers soils that are well drained, moderately rich, and loose and in full sun. Water regularly, being careful not to overwater. Allow soil to go completely dry between watering, then soak thoroughly. Dill can be susceptible to aphids and powdery mildew. Dill is beneficial to cabbages, corn, lettuce, onions, and cucumbers when planted nearby by repelling or distracting aphids, spider mites, squash bugs, and cabbage looper. It attracts Tiger Swallowtail butterflies and caterpillars, hoverflies, wasps, tomato hornworm, honeybees, and Ichneumonid wasps. Avoid planting dill near carrots or tomatoes. Dill is one of the few plants that will grow with fennel.

Medicinal Uses	Carminative, aromatic, anti-spasmodic, galactagogue and anti-emetic.
Benefits	Excellent remedy for flatulence and colic. The herb of choice for children. Stimulates milk flow in nursing mothers.
Preparation	The seeds should be collected when fully ripe, when they turn brown. Spread out to dry, but not in artificial heat. Infusion: Pour 1 cup of boiling water on 1-2 teaspoons of the gently crushed seeds and let infuse for 10-15 minutes. For treatment of flatulence take a cup before meals.

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Culinary Uses

Fresh dill pairs well with seafood, creamy sauces and vegetables such as beets, carrots, cucumbers, and potatoes. Many Scandinavian, Russian, German and Greek recipes call for dill. Wait until the end of cooking to add fresh dill, because it loses flavor when overheated. When using dill leaves, it is best to use fresh rather than dried to get the most flavor. Add finely chopped dill to potato salad, soups or rice for a fresh unique flavor. Mix dill, sour cream and horseradish for a great sauce for beef. Fresh dill combines well with basil, garlic, capers, horseradish, mustard, paprika and parsley.

Baked Tilapia with Dill Sauce

Ingredients:

- 4 (4 ounce) fillets tilapia
- salt and pepper to taste
- 1 tablespoon Cajun seasoning, or to taste
- 1 lemon, thinly sliced
- 1/4 cup mayonnaise
- 1/2 cup sour cream
- 1/8 teaspoon garlic powder
- 1 teaspoon fresh lemon juice
- 2 tablespoons chopped fresh dill

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets. I usually use about 2 slices on each piece so that it covers most of the surface of the fish.
3. Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork.
4. While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.



Historical Facts

It is native to the eastern Mediterranean region and western Asia. The word dill comes from the old Norse word *dylla*, meaning to soothe or lull. It dates back in writing to about 3000 B.C., where it was mentioned in Egyptian medical texts.

Additional Tips

Nutrition Facts

A good source of Dietary Fiber, Niacin, Phosphorus, Zinc and Copper, and a very good source of Vitamin A, Vitamin C, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Potassium and Manganese.