

PARSLEY

To store: For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with plastic bag and refrigerate for up to 2 weeks.

To dry: Remove leaves from stem and place piece of paper towel on glass plate. Cover with another piece of paper towel. Microwave on high for 1 minute. Leaves will be dry. Crinkle them with your finger and place them in a dry container, such as a Mason jar with a lid.

To use: Parsley has more vitamin A than carrots, and more vitamin C than oranges! It's also high in iron. Toss it into a green salad. Excellent in soups and stews or in homemade tomato sauce, parsley is famous for freshening breath at the end of a meal. Use it to make compound butter to top steaks and breads. Dehydrate it for seasoning later. You can also save the stems or leaves for your freezer Ziplock bag in the freezer to make vegetable stock.

To freeze: Frozen herb cubes are easy to make. One frozen herb cube is equal to 1 Tablespoon fresh or 1 teaspoon dried herb. Just add a cube when your recipe calls for the herb. To prepare herbs for freezing: Rinse them gently in cool water. Chop the leaves fairly coarsely. Spoon 1 tablespoon of the herb into each compartment of an ice cube tray, add about 1 inch of water to each compartment, and place the tray in the freezer. Remove the frozen herb cubes from the trays and bundle all the cubes in a plastic freezer bag. Remove as much air as possible, seal and store in the freezer for up to a year.