



Dill

How to Prepare

Dill is an herb commonly used in Europe and Central Asia. The leaves, stems and seeds can all be used in cooking. The stems and leaves are often referred to as “dill weed” to differentiate it from dill seeds. Dill is bright, aromatic, and fresh tasting. It pairs well with seafood, potatoes, citrus, cucumber, and soft, mild cheeses. It is often used alongside chives or parsley.

Dill can be grown in cold Northern climates, but it prefers warmth. It is unlikely to survive a frost, so if you’re growing it in the Northwest Territories be sure to protect it in the early season, and harvest it before the first frost.

Dill is best used fresh. Dried dill loses its flavour quickly. To maintain freshness, store dill in the refrigerator covered loosely with a plastic bag, or store them on the countertop stem-down in a jar or glass partially filled with water.

Try Using Dill:

- As a pickling flavour;
- In potato dishes;
- With beets or carrots;
- With beans, peas, or cabbage;
- In borscht and other soups;
- In omelets or frittatas;
- With fish dishes;
- As a pesto;
- In a yogurt or kefir dip;
- In salads and salad dressings;
- In a cream sauce;
- With pierogies and sour cream;
- In gravlax (cured salmon).

Nutrition Highlights

- High in vitamin A and C;
- High in calcium and iron;
- A source of copper and zinc;
- A good source of dietary fiber;
- A good source of Vitamin B6.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 43	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 61mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars	
Protein 3g	
Vitamin A 154%	Vitamin C 142%
Calcium 21%	Iron 37%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
© www.NutritionData.com	



YELLOWKNIFE FARMERS MARKET



Recipe: Carrot and Dill Soup

Ingredients

- 1 pound carrots, sliced
- 2 tsp vegetable oil
- 2 tsp chopped garlic
- 1 large onion, chopped
- 3 ½ cup chicken or vegetable stock
- ¾ cup milk
- 3 tbsp chopped fresh dill
- 2 tbsp chopped fresh chives
- ½ tsp each of Salt and Pepper

Instructions

1. Bring a large saucepan of water to a boil, then add carrots. Cook until just tender. Drain water and set the carrots aside.
2. Return the saucepan to the stove and on Medium heat, add the oil to the saucepan and sauté the onion for 5 minutes or until it starts to soften, then add the garlic and continue sautéing
3. Return the carrots to the saucepan and add the chicken or vegetable stock, salt and pepper. Lower the temperature to medium-low, cover, and let simmer for 25 minutes to let flavours blend.
4. Puree the carrot mixture with an immersion blender, (or a standup blender or food processor, in small batches if necessary) until it reaches your desired consistency. Add the milk, fresh dill, and chives. Cook until just heated through and serve.

For a flavour with more depth, try roasting the carrots, onions and garlic before adding them to a saucepan with stock.

Substituting cream for the milk will give a richer more luxurious flavour.

If fresh dill isn't available, substitute for 1/3 the amount of dried dill. Green onion can replace the fresh chives.