



Bulletin no. 14

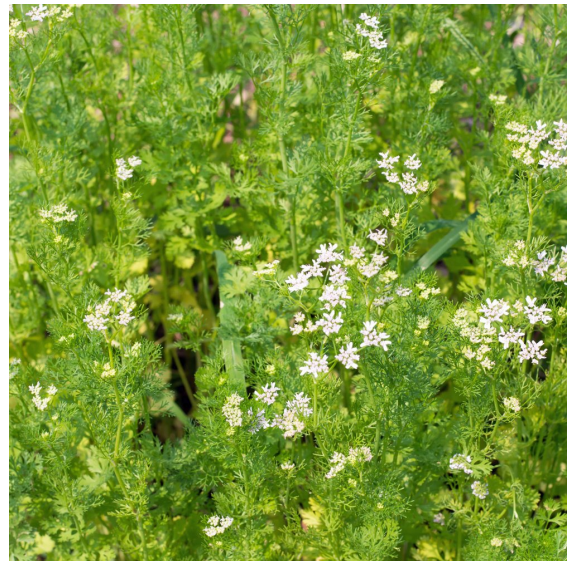
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Dill or dillweed, *Anethum graveolens* L.

This year we planted dill in one of the pots with the nasturtiums. The experiment was not conclusive and the dill lost in the exchange. As it is a remarkable herb, we are dedicating a newsletter to it, and we will give it a better place in the garden next year.

Botanical description

The dill is an annual dicotyledonous plant of the family of the umbellifers, with the strong and pleasant odour, with smooth stem, from 80 to 150 cm with a spreading of about thirty centimeters. The leaves are very cut out, fine, filiform, of bluish green color. The bloom produces terminal umbels with fragrant greenish-yellow flowers. Each flower has 5 yellow petals and 5 stamens. Probably originating in Eastern Asia, dill has been appreciated since antiquity for its medicinal properties and culinary uses. Its fruits, often called seeds, have a flavour reminiscent of caraway. The leaves have a lighter taste.



Method of cultivation

Dill enjoys sunny exposures and well-drained land. It dislikes wet soils. The plant can resow itself, but to have permanently fresh leaves it is necessary to carry out sowings spaced out in time. In companionship, it is used to keep away aphids, red spiders and leek moths.

What parts to use

Dill is cultivated as a condiment plant for its very aromatic leaves and seeds and is close to fennel by its smell and properties, hence its names of bastard fennel or false anise. The nectar of its flowers is very appreciated by bees.

Medicinal uses

Dill has digestive, aperitif, carminative, antispasmodic, diuretic, anti-inflammatory and calming properties in preparation for sleep. Used in infusion, dill is a stimulant of the digestive system. Its fruits (seeds), in infusion, would allow stopping hiccups, headache and cough of the children. The essential oil must be administered in minimal doses and is not recommended during pregnancy or breastfeeding.

Culinary uses

Fruits (seeds) flavour marinades, vegetables, sauces, soups, breads and pastries. The leaves are added to fish, salads, soups, sauces and dips. When cooking, they must be added at the last minute to preserve their flavor. Dill is an ideal companion to fresh or marinated salmon and cucumber, think of the classic dill pickle.



Salmon gravlax with dill: a great classic of Scandinavian cuisine

Ingredients

- 1 fresh salmon fillet with skin (whole or half).
- ½ cup of brown sugar
- ½ cup of iodine-free salt (marinating salt)
- 3 tbsp finely chopped dill (preferably fresh or dried)

Preparation

1. Cover the salmon with the dill.
2. Mix sugar and salt
3. Cover the salmon with the sugar and salt (about half a centimeter).
4. Wrap in plastic wrap
5. Place in a large rimmed dish.



dill leaves. Serve with Greek yogurt, fromage blanc or sour cream, as a starter, on crackers, toast or endive leaves. Delicious on a green salad.

6. Put a small cutting board on top of the salmon, and place a can as a weight.

7. Leave in the refrigerator for 24 hours. Turn over after 12h.

8. Remove from the fridge and wash the salmon in cold water, dry well with a towel.

The salmon can be cut into thin slices and served with a honey Dijon mustard sauce and fresh

Chilled Cucumber Soup with Dill: Easy and Delicious

Ingredients

- 1 liter of milk
- 1 grey shallot (French)
- 1 tablespoon of olive oil
- 1 Tbsp. flour
- 1 English cucumber
- 2 tablespoons dried dill
- salt pepper to taste

Preparation

- Finely chop the shallot
- Gently melt the shallot in olive oil over low heat.
- Gently whisk in the flour with a whisk.



- Stir the cucumbers well into the cold soup.
- Cool for a few hours in the fridge

Service

- Serve in soup bowls cooled in the freezer.
- Decorate with fresh dill leaves and cucumber slices.

- Slowly add half of the cold milk, whisking constantly until smooth.

- Bring gently to a boil and simmer gently for 5 minutes, stirring regularly.

- Remove from the heat and add the rest of the cold milk.

- Add dried dill

- Peel and slice the cucumber into very thin slices (with a mandolin or the straight blade of a grater).

The Legends and the Popularity of Dill

In ancient Greek and Roman cultures, dill weed was considered a sign of wealth, in addition to being known for its healing properties. Burnt dill seeds were applied to soldiers' wounds to promote healing. Talmudic records show that dill was valuable enough to be given in lieu of tithing. Dill is mentioned in the Gospel of Matthew: "Woe to you, scribes and Pharisees, hypocrites, who tithe mint, dill and cumin, but have forsaken the most important things in the law! " In the Middle Ages, dill was both used in witchcraft, such as burning it to lighten clouds and storms. A spell made of dill leaves or bunches of dill hung on the door was the remedy



against sorcerers and demons. Drinking dill water was also considered effective in removing a witch's spell. It was added to wine and bathing in it was believed to make a woman irresistible to her lover. Dill was introduced by settlers in the New World. They used dill water as a folk remedy for colic, cough, indigestion, gas, stomachaches and insomnia, as well as jaundice, haemorrhoids, scurvy and hiccups. The children were given dill seeds to chew to calm them during the long sermons, which led to the nickname "meetin' seeds".

The information in these fact sheets is partly taken and adapted from the following websites: <https://m.espacepourlavie.ca/carnet-horticole/aneth>
<https://elementressbotanicals.com.au/myths-and-legends-about-herbs-and-spices/> <https://fr.wikipedia.org/wiki/Aneth>