

## Preserving Herbs



Having an abundance of fresh basil, I was very excited to discover another method for preserving it in the October/ November issue of *Organic Gardening* magazine. In "[Herbs All Year](#)," author Laurie H. Constantino maintains that the best way to preserve fresh herbs is to freeze them in oil or butter. She explains: "Each herb's distinctive taste and aroma come from aromatic oils in the leaves, so preserving them in

fat protects their authentic flavors. Packed in flat, thin layers in heavy-duty zip-top bags, frozen herb butters and oils are easy to store. I put a half-cup or so in a bag, freeze it flat, and end up with a thin layer of frozen goodness, which can be broken off into pieces as needed."

Just follow these simple instructions to enjoy fresh herbs throughout the winter:

- Wash and herbs, discarding stems and damaged leaves.
- Place herbs in a food processor with 1/3 cup olive oil for every 2 cups leaves, or 1/2 cup unsalted butter per 2-4 tablespoons leaves.
- For butters, add grated citrus rind, ginger, or garlic for extra flavor.
- To make sure herb oils are adaptable to a wide variety of uses, don't add cheese or nuts.
- Pulse processor until you get a chunky paste and all leaves are chopped.
- Place herb oil or butter in zip-top bags, flatten and spread mixture to make a thin layer. Freeze flat.
- Best used within 6 months.

Source: "Herbs All Year" by Laurie H. Constantino, *Organic Gardening*, Oct/Nov 2012

- Susan