

Food Preservation: Preserving Herbs: Freezing and Drying

HYG-5360

Date: 06/24/2016

Joanna Rini Fifner, Extension Educator, Family and Consumer Sciences

The use of herbs in cooking adds color to your dishes and disease-fighting antioxidants to your recipes. Herbs also add flavor to foods without increasing salt, fat or sugar contents. However, once harvested, fresh herbs have a relatively short life of only a few days in the refrigerator. To preserve herbs for extended use, there are two methods: freezing and drying. Having frozen and dried herbs on hand adds convenience to food preparation, as they can be a substitute for fresh herbs.



Freezing Herbs

Freezing herbs slows the growth of microorganisms that cause food spoilage. While freezing does not completely destroy these microorganisms, it does significantly slow their growth, allowing food that has been properly frozen to be safe to eat. It is important to note that once frozen foods have been thawed, microorganisms will continue to grow, so safe food-handling practices are required.

TIPS FOR FREEZING HERBS:

- Herbs should be frozen at their peak freshness for best results.
- When comparing different food preservation methods, freezing is the method that preserves the most nutrients due to reduced processing.

- Although frozen herbs may be safe to eat after a year or longer, it is recommended that they be used within 3–6 months for best quality.
- Keep your freezer at 0°F. Keep a thermometer in the freezer to monitor temperature.
- Herbs will have textural changes after being frozen and thawed, due to the expansion of water during freezing that causes cell walls to break down. Therefore, herbs that have been frozen may be better suited for use in cooked dishes, rather than as a garnish or in uncooked dishes.

STEPS FOR FREEZING HERBS:

1. Freeze whole or cut herbs quickly by spacing them out and placing them on a cookie sheet in a single layer, allowing the cold air to reach more of the surface area of the herbs most quickly. Place the cookie sheet in the freezer for approximately 2 hours.

- Alternatively, you may instead chop herbs into small pieces and place pinches of them into ice cube trays, cover them with 1-2 tablespoons of olive oil or water, and freeze.

2. Once frozen, the herbs or frozen cubes can be placed into a freezer-grade container or bag for storage in the freezer.

- When packaging them into bags or containers, make sure to push out all excess air to avoid freezer burn.
- Due to high water content, when herbs are frozen they tend to expand. Always leave some extra space, or “head space” in the package.

3. Label packages with the name of the herb and the date it was packaged.

4. If herbs are frozen solid, bags or containers can be stacked in the freezer.

- Avoid overloading the freezer with unfrozen foods, which may raise the temperature.



Drying Herbs

When moisture is removed from foods, microorganisms cannot grow and cause spoilage. Drying slows down the action of the enzymes (substances that cause foods to ripen), but does not stop them entirely. Low humidity promotes the process, thus Ohio weather is not always conducive to drying.

TIPS FOR DRYING HERBS:

- For all drying methods detailed below, begin by rinsing the herbs under cool running water, and shake to remove excess moisture.
- For all drying methods, times and temperatures will vary. You will need to monitor herbs in the drying process to recognize when they are dry. They are dry when they crumble easily between your fingers, or when the stems break when bent.
- Dried herbs may be three to four times stronger than fresh herbs, so if using dried herbs to substitute for fresh herbs in a recipe, decrease the quantity to one third or one fourth.
- You can check the potency of dried herbs by rubbing a small amount in your hand. If the scent is fresh and rich, the dried herbs still have flavor.
- Dried herbs can be kept for up to a year for best quality.
- Store dried herbs in an air-tight container, labeled with the name of the herb and the date packaged, in a cool, dry, dark area to protect their color and fragrance.



METHODS FOR DRYING HERBS:

OVEN DRYING

Place up to five single layers of herbs separated by paper towels on an oven tray. Turn on the light of an electric range or pilot light of a gas range and place the herbs in the oven for eight hours or overnight with the heat off.

- A conventional oven does not have a fan to help circulate the air. For air circulation, leave the oven door propped open 2 to 6 inches. You may place a fan near the open door to help improve air circulation.
- Most convection ovens use a fan to circulate air, making them a better choice for drying. Some convection ovens will not run the fan unless the door is closed. If this is the case, drying should still be effective with the door shut.

Stack trays so that there are at least 3 inches of clearance at the top and bottom of the oven and 2½ inches between trays. Herbs dried in the oven may be darker, more brittle, or less flavorful.

MICROWAVE DRYING

Microwave drying is the fastest method for drying herbs in small quantities. Follow the instructions that come with your microwave oven, as the wattage of your microwave will

affect drying time or power settings.

AIR DRYING

If you plan to air-dry herbs, cut the herbs before they go to seed. Tie the stems into bundles and hang indoors in an area with low humidity and good air circulation for best results. Avoid hanging herbs in areas with high moisture levels, such as near the dishwasher or sink. The time that it takes for air-drying to fully dehydrate herbs will vary greatly depending upon the herb, the weather and other factors. Herbs are dry when they crumble when touched.

DEHYDRATOR DRYING

Dry herbs in a dehydrator set at 95–115°F for 1–4 hours. Herbs are dry when they crumble and the stem breaks when bent.

REFERENCES

- Ohio State University Extension. Freezing Basics, ohioline.osu.edu/hyg-fact/5000/pdf/5341.pdf (not currently available online)
- Ohio State University Extension, Selecting, Storing and Using Fresh Herbs, ohioline.osu.edu/hyg/fact/5000/pdf/5520.pdf (not currently available online)
- National Center for Home Food Preservation, Drying Herbs. nchfp.uga.edu/how/dry/herbs.html

Originally posted Jun 24, 2016.

OhioLine

<https://ohioline.osu.edu>

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

Copyright © 2016, The Ohio State University



Selecting, Storing, and Using Fresh Herbs

HYG-5520

Date: 07/26/2021

Revised 2021: Joyce Riley MS, RD, Educator, Family and Consumer Sciences, Ohio State University Extension

Revised 2009: Julie Kennel Shertzer, Program Specialist, Human Nutrition

Original reviewer: Lydia C. Medeiros, PhD, RD, Specialist, The Ohio State University and Robert Precheur, Specialist Horticulture, Ohio State University Extension

Original author: Barbara H. Drake, Educator, Family and Consumer Sciences, Ohio State University Extension

Cooking with herbs can be a quick and simple way to add interesting flavors to foods without adding salt, sugar, or fat. The use of herbs in cooking has become more popular due to more herb selection and availability at grocery stores and farmers' markets, along with an increase in home herb gardening.

For information on herb varieties in Ohio, contact your county educator in agriculture and natural resources at Ohio State University Extension, or a master gardener volunteer.



Figure 1. Rosemary is a rich source of antioxidants. Photo: CSU-Extension, Pixabay

Selection

Harvest herbs early in the morning after the dew has evaporated. Herbs contain volatile oils which escape when their leaves and stems are damaged. Handle herbs gently to avoid bruising the plants. Select only enough herbs for immediate use unless they are to

be dried or frozen. Herbs should be fresh, clean, and free of disease. Avoid herbs that are discolored or damaged.

Yield

Due to many variables such as moisture content, size, and variety, it is difficult to give specific recommendations. The recommendations below are approximations.

- 2 teaspoons of fresh herbs = $\frac{3}{4}$ teaspoon dried herbs = $\frac{1}{4}$ teaspoon powdered herbs

Nutrition

Many culinary herbs, both fresh and dried, have phytonutrients. Phytonutrients may help protect against chronic diseases such as diabetes, heart disease, and certain cancers.

Storage

Since the flavor and aroma of herbs deteriorates quickly after picking, immediate use is recommended.

- Wash herbs in cool running water and shake to remove excess moisture before use. Do not use soap, detergent, or bleach because these liquids absorb into the herb.
- If unable to use harvested herbs right away, trim their stems and place them in a glass with one inch of water. Cover loosely with plastic bag to allow for air circulation and place in refrigerator. Change water daily. Herbs may last for up to a week stored in this manner.

TIPS ABOUT FROZEN HERBS

- Freeze herbs at their peak freshness for best results.



Figure 2. Parsley is a powerful natural diuretic. Photo: ReStyled Living, Pixabay

- Use frozen herbs within three to six months for best quality.
- Due to the textural changes that occur after freezing, use frozen herbs in cooked dishes.

TIPS ABOUT DRIED HERBS

- Dried herbs may be three to four times stronger than fresh herbs. When using dried herbs, use 1 teaspoon of dried herbs for every 1 tablespoon of fresh herbs that are needed in a recipe.
- Dried herbs can be stored for up to one year and maintain their quality.
- Store dried herbs in an air-tight container in a cool, dark area to preserve freshness.

Serving

Culinary Herb Uses

Herb	Some Uses
Anise	Pork, chicken, fish, stews, beverages, and stewed fruit. Use the seeds in baked goods.
Basil	Tomatoes and tomato dishes, vinegars, rice, eggs, meats, duck, salads, and vegetables.
Chive	Salads, stews, appetizers, vegetables, butter, yogurt, and sour cream sauces.
Dill	Fish and fish sauces, cottage cheese, breads, beets, cucumbers, cauliflower, brussels sprouts, and salads.
Fennel	Tomato dishes, eggs, fish, marinades for meats, carrots, pickles, breads, and baked goods.
Marjoram	Stews, soups, meats, tomato dishes, vegetables, eggs, breads, and French dressing.
Mint	Salads, lemonade, tea, potatoes, scallops, sauces and jelly, sherbet, lamb, and fruit.

Herb	Some Uses
Oregano	Italian tomato sauces, barbecue sauce, soups, eggs, cheese, pork, vegetables, and salad dressings.
Parsley	Tomato sauces, fish, meats and poultry, soups, stews, and vegetables.
Rosemary	Lamb, pork, vegetables, chowders, and cheese.
Sage	Fish, meat, poultry stuffing, chowders, soups, and tomatoes.
Savory	Pork, chowders, stews, fish, eggs, salads, beans, and biscuits.
Tarragon (French)	Eggs, yogurt and sour cream dishes, meat, asparagus, beans, and cucumbers.
Thyme (Lemon or English)	Stews, clam chowder, fish, meat, poultry, eggs, stuffing, bread, biscuits, lima beans, broccoli, and onions.

Herbed Cream Cheese

INGREDIENTS

- 1-pound low-fat cream cheese
- 1 cup butter or margarine
- 1 clove minced garlic
- ¼ teaspoon white pepper
- ½ teaspoon chopped fresh basil leaves
- ¼ teaspoon chopped fresh marjoram leaves
- ⅛ teaspoon chopped fresh thyme leaves

COOKING INSTRUCTIONS

1. Place cream cheese and butter in food processor or mixer.
2. Add garlic and herbs and blend.
3. Serve with crackers.

For more information on preserving herbs, go to ohioline.osu.edu or contact your local Ohio State University Extension office for the following fact sheet:

- [Preserving Herbs: Freezing and Drying, HYG-5360](#)

References

Paur, Ingvild, Monica H. Carlsen, Bente Lise Halvorsen, and Rune Blomhoff. 2011. "Antioxidants in Herbs and Spices." In *Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition*, edited by Iris FF Benzie and Sissi Wachtel-Galor. Boca Raton, Florida: CRC Press/Taylor & Francis. ncbi.nlm.nih.gov/books/NBK92763.

Smith, Ronald, and Julie Garden-Robinson. *From Garden to Table: Harvesting Herbs for Healthy Eating*. Fargo: North Dakota State University, 2016. PDF. ag.ndsu.edu/publications/food-nutrition/from-garden-to-table-harvesting-herbs-for-healthy-eating/h1267.pdf.

Tufts University. 2017. "Maximizing Flavor with Herbs and Spices." Health & Nutrition Letter. May 5, 2017. nutritionletter.tufts.edu/issues/13_6/specialreports/Maximizing-Flavor-with-Herbs-and-Spices_2166-1.html.

Originally posted Jul 26, 2021.

Ohioline

<https://ohioline.osu.edu>

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

Copyright © 2021, The Ohio State University

Selection

- Pick at peak flavor
- Harvest in the morning to minimize wilting
- Select fresh, disease, insect free
- Wash leaves on the stems in running cold water
- Gently shake to remove excess water
- Drain on clean paper towels



4

CFAES

Common Variety of Herbs

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

5

CFAES

Basil

- **Varieties: 100s**
 - Most common culinary:
 - Sweet
 - Purple
 - Dwarf
 - Specialty scents
- **Harvesting:**
 - Trim or pinch leaves before the plant flowers
 - Pinch back flowers
- **Pairings:**
 - Tomatoes
 - Fruits
 - Garlic
 - Most meats and seafood



COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
SCHOOL OF EDUCATION AND HUMAN DEVELOPMENT
THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

6

CFAES

Oregano

- **Harvesting:**
 - Trim sprigs
 - Best just before it blooms (mid-summer)
- **Parings:**
 - Tomato dishes
 - Olive oil marinades
 - Garlic
 - Chicken, lamb, and beef




COURSE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY

7

CFAES

Rosemary

- **Harvesting:**
 - Trim sprigs
 - Late spring through summer
- **Parings:**
 - Potatoes
 - Soups and stews
 - Chicken, pork, and fish




COURSE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY

8

CFAES

Sage

- **Varieties:** 300
- **Harvesting:**
 - Best before blooms
 - Pinch off flowers
 - Young leaves have a stronger flavor
- **Parings:**
 - Potatoes
 - Soups and stews
 - Dressing/Stuffing
 - Chicken, duck, pork, and game meat




COURSE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY

9

CFAES

Thyme

- **Varieties:** 300
- **Harvesting:**
 - Trim springs
 - Best just before blooms
- **Pairings:**
 - Carrots
 - Potatoes
 - Soups and stews
 - Chicken and fish



COLLEGE OF FOOD, MANUFACTURING, AND ENVIRONMENTAL SCIENCE
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, MANUFACTURING, AND ENVIRONMENTAL SCIENCE

10

CFAES

Cooking with Herbs



THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, MANUFACTURING, AND ENVIRONMENTAL SCIENCE

11



Health Benefits

- **Protect Against**
 - Diabetes
 - Cancer
 - Heart Disease

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, MANUFACTURING, AND ENVIRONMENTAL SCIENCE

12

Cooking with Herbs

- Experiment using small amounts
- Do not mix two strong herbs
 - Milder flavor herbs can act as compliments
- Dried herbs are stronger
 - Fresh
 - Powder (store-bought)
- $\frac{1}{4}$ tsp dried = $\frac{3}{4}$ tsp powder = 2 tsp fresh



13

CFAES

Cooking with Herbs

- Reduce the use of salt (sodium)
- Chop fine
- Add herbs to soups or stews about 45 minutes before completion
- Add herbs to dips, dressings, and cheese several hours or overnight
- Try herbs as flavoring in vinegar or butters and spreads



THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

14

CFAES

Preserving Herbs





THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

15

CFAES

Preserving Herbs

- No recommendations for canning pesto
 - Can freeze
- Oil and herbs are low in acid, allowing for bacteria growth
- Oils may be flavored with herbs
- Made with fresh ingredients
- Store in the refrigerator for 2-3 days

COLLEGE OF FOOD, BIOPROCESSING, AND ENVIRONMENTAL SCIENCES
SCHOOL OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY

16

CFAES

Preserving Herbs

- **Freezing Whole Herbs**
 - Wash, drain, and pat dry with a paper towel
 - Spread on a tray or cookie sheet and place in the freezer
 - When frozen solid, pack into airtight containers
- **Chopped Herbs**
 - Freeze in ice cube tray
 - Dry – wash drain, pat dry
 - Indoor Air dry
 - Oven
 - Dehydrator
 - Microwave *
 - Not recommended to sun dry



THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

17

CFAES

Indoor Air Drying

- Well-ventilated area
- Steady temperature
- Holes in a paper bag
- Herbs are when they crumble in your hand




THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

18

CFAES

Indoor Air Drying

- Tear or punch holes in the bag for air circulation
- Close the bag with a string
- String or tie herbs in bundles
- Hang from a rack
- Herbs are dried when they crumble in your hand
 - 3 to 7 days, depending on the temperature, humidity, etc.




COURSE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN RESOURCES
THE OHIO STATE UNIVERSITY

19

Oven Drying

- Remove the best leaves from the stem
- Dry in a cool oven
 - Light in the oven or pilot light gives enough heat for overnight drying
- Lay the leaves on a paper towel
- Spread washed herbs in a single layer on a shallow baking pan.
- Cover with another paper towel
- 5 layers can be dried at one time



20

CFAES

Dehydrator Drying

- Preheat the dehydrator to 95 – 115 degrees
- Rinse, and pat dry
- Dry time varies from 1-6 hours
 - Remove steams
- Check often, rotate trays
- Dry when
 - Leaves crispy
 - Crumble easily in between fingers
- Let cool before storage




THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

21

CFAES

Microwave Drying

- Place herbs on a paper towel
- Cover with a second paper towel
- Dry on high 1-3 minutes
- Leaves should crumble off the stem
- Continue in 30-second increments



COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

22

CFAES

Storage

- Limit crushing leaves until use
 - Lose flavor
- Store in airtight containers or jars with tight-fitting lids
- Store in a cool, dark area for 1 year
- Frozen herbs stored for 6 months to 1 year



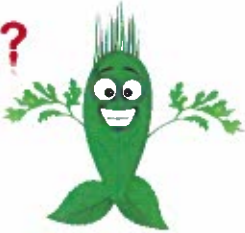

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

23

CFAES

QUESTIONS?

Laura Halladay, Extension Educator
Family and Consumer Sciences,
Greene County
Halladay.6@osu.edu



THANK YOU!

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

24

CFAES

Sources

- Cooking with herbs. Available from:
<http://www4.ncsu.edu/~atbrant/cookingwithherbs.html>
- Food herb & spice pairing chart. Penn State Extension.
http://bkic-of-media.ymhost.psu.edu/documents/HO_PE_foodherbspicepairing.pdf
- Gallup, S. Spaghetti Squash Made Easy Video. Available from:
https://www.youtube.com/watch?v=n2_10aalXVw&feature=youtu.be
- Gallup, S. Garden to Plate Videos. Available from:
<https://u.osu.edu/foodinnovationcenter/2014/10/02/garden-to-plate-video-series/>
- Gallup, S. Herbs and Pesto Video. Available from:
<http://youtube/p0Zc3ye7V1g>

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
 COLLEGE OF EDUCATION AND HUMAN SERVICES
 THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

25

CFAES

Sources

- Growing Culinary Herbs. NC State Cooperative Extension
<https://chatham.ces.ncsu.edu/culinary-herbs/>
- Herman, M. Freezing Herbs. Available from:
<http://www.extension.umn.edu/food/food-safety/Preserving/vegetables-herbs-freezing-herbs/>
- Selecting, Storing, and Using Fresh Herbs. HYG-5520-09
<http://go.osu.edu/freshherb>
- Using Herbs and Spices instead of Salt. Available from:
<http://www.nhlbi.nih.gov/health/educational/heartdisa/pdf/hsphsrets/Use-Herbs-and-Spices-Instead-of-Salt.pdf>
- Photo Credits: Lisa Barlage, Jennifer Driesbach, Laura Halladay, and Michelle Treber; Pixabay.com and Unsplash

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
 COLLEGE OF EDUCATION AND HUMAN SERVICES
 THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

26

OHIO STATE UNIVERSITY EXTENSION

Developed by: **Ohio State University Extension**

Laura Halladay, Extension Educator
 Family and Consumer Sciences,
 Greene County
Halladay.6@osu.edu

and

Kathy Tutt, Extension Educator,
 Family and Consumer Sciences,
 Clark County
Tutt.19@osu.edu

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information, visit <http://go.osu.edu/transdiversity>

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
 COLLEGE OF EDUCATION AND HUMAN SERVICES

27



Cucumber Salad

Servings 4 | Prep time 10 mins. | Total time 1 hour, 10 mins.

Equipment:

Cutting board

Large bowl

Utensils:

Knife

Mixing spoon

Measuring cups and spoons

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Combine all ingredients in a large bowl and stir to combine. Refrigerate for at least 1 hour before serving.

Ingredients

3 small tomatoes, chopped

1 large cucumber, chopped

1/2 red onion, finely chopped

1 medium green bell pepper, finely chopped

1/3 cup fresh parsley, chopped small OR 1
tablespoon dried parsley (optional)

1/3 cup fat-free Italian dressing OR Celebrate
Your Plate Vinaigrette Salad Dressing

Nutritional Information:

Calories 45

Total Fat 1g

Sodium 230mg

Total Carbs 9g

Protein 1g



Summer Vegetable and Pasta Salad



Ingredients

- 3 cups uncooked whole-wheat **pasta**
- 1 cup chopped **broccoli**
- 1 cup diced **cucumber**
- 1 cup sliced **summer squash**
- $\frac{3}{4}$ cup **Italian salad dressing**

Directions

1. Wash hands with soap and water.
2. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
3. Add remaining ingredients and mix well.
4. Refrigerate leftovers within 2 hours.

Notes

- Use any colorful vegetables you have on hand. Try carrots, cherry tomatoes or green onions.
- Flavor boosters: 1 cup diced cooked chicken or ham, or 1 cup garbanzo beans.
- Try Food Hero [Red Wine Vinaigrette](#) for the dressing.

Paid for in part by Oregon SNAP. OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. This institution is an Equal Opportunity Provider and Employer.

Makes: 6 cups
Prep time: 10 minutes
Cooking time: 10 minutes



Nutrition Facts

6 servings per container	
Serving size	1 cup (140g)
Amount per Serving	
Calories	250
% Daily Value*	
Total Fat 5g	6 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 310mg	13 %
Total Carbohydrate 45g	16 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
Protein 8g	
Vitamin D 0mcg	0 %
Calcium 34mg	2 %
Iron 2mg	10 %
Potassium 269mg	6 %
Vitamin A 7mcg	1 %
Vitamin C 20mg	22 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Give Them More
of the
Good Stuff!

Summer Squash Basics



Shop and Save

- Summer squash are usually available year round, but are freshest and less expensive from July through August.
- Look for squash that are firm with a thin, bright and glossy skin. Avoid squash with soft spots, wrinkles or mold.
- For best flavor and texture, choose smaller squash. Long types will be 6 to 8 inches long and round types, 3 to 4 inches across.
- Larger summer squash have bigger seeds and less flavor but they are good when stuffed or when grated for baked goods.

Summer squash are high in vitamin C, vitamin A and fiber.



Zucchini



Scallop or Patty Pan



Round Ball



Yellow Crookneck and Straitneck



Squash Blossoms



Enjoy Squash Blossoms

- Squash blossoms can be enjoyed raw or cooked.
- Sprinkle pieces over a salad or taco, cook into a soup or stuff with cheese and herbs to bake.
- Wash carefully just before using. Trim the end near the stem and remove the flower parts from inside.
- Blossoms are best used the same day, but can be wrapped in a paper towel and refrigerated for up to 2 days.

Store Well Waste Less

- Wash summer squash just before using. Rub the skin gently under cool running water.
- Store in the refrigerator in an open plastic or paper bag to keep dry. For best quality use

within 3 to 4 days.

- Summer squash can be frozen in 1/2-inch pieces. Blanch first for best color and texture. Place in labeled freezer containers and use within 3 months.
- Summer squash that has been grated can be frozen without blanching. Squeeze to remove extra moisture, then measure recipe-sized amounts into

labeled freezer containers. Drain water after thawing to use in baked goods.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. 2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:



Enjoy Summer Squash

Zucchini Salad

Ingredients:

- 1 teaspoon **vegetable oil**
- 2 Tablespoons **lemon juice**
- ¼ teaspoon dried **oregano** or **basil**
- ¼ teaspoon **salt**
- ⅛ teaspoon **pepper**
- 4 small **zucchini**, sliced crosswise. Wash first.
- ½ cup sliced thinly or chopped small, red or sweet **onion**
- ¼ cup grated **parmesan cheese**

Directions:

1. Wash hands with soap and water. Gather ingredients together on a clean surface.
2. Mix oil, lemon juice, oregano, salt and pepper together in medium bowl.
3. Add zucchini, onion and cheese. Mix gently. Cover and chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 10 minutes

Go to
FoodHero.org
for easy, tasty
squash recipes

Sautéed Zucchini

Ingredients:

- 2 medium **zucchini**
- 2 teaspoons **vegetable oil**
- 1 clove **garlic**, minced or ¼ teaspoon **garlic powder**
- ⅛ teaspoon **salt**
- ⅛ teaspoon **pepper**
- ¼ teaspoon **oregano**, dried or fresh (optional)

Directions:

1. Wash zucchini and cut into ¼-inch thick rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees F in an electric skillet).
3. Add garlic and zucchini then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cook time: 10 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash produce under cool running water.
- measure ingredients and stir them together.
- grate summer squash with a box grater.

1 pound of summer squash =
about 2 medium squash =
about 3 cups of raw slices =
3 cups of raw, grated squash =
1½ cups cooked squash





**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**

Shift to Healthier Food & Beverage Choices

Here's some good news: Eating healthier doesn't mean you have to give up all the foods you love. It doesn't have to be confusing or complicated either. **The 2015–2020 Dietary Guidelines has a better approach—make small shifts in the foods you eat. Here's how to do it.**

What Are Healthy *Shifts*?

It's simple. When you can, **swap out a food or ingredient for a healthier option.** For example, you could:



Shift from whole milk to low-fat milk in your breakfast cereal



Shift from soda with added sugars to water during lunch



Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner

How Will Making *Shifts* Help?

- Healthy eating patterns can help prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
- Shifting to healthier choices doesn't mean you have to change your whole eating pattern. Shifts can be easier to stick with over time—you're just making small changes to the way you're already eating.

About half of all American adults have one or more chronic diseases—and they're often related to eating a poor quality diet.

Make *Shifts* Throughout the Day

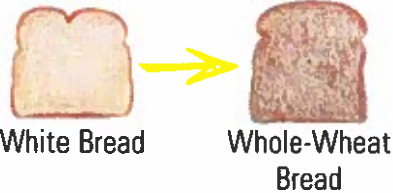
You have a chance to make a healthier choice whenever you:

- Open your fridge for a snack
- Shop in the grocery store
- Stand at a vending machine
- Pack a lunch
- Look at a menu in a restaurant
- Cook a favorite recipe

Take advantage of these everyday opportunities to make a shift. Everything you eat and drink matters. Over time, little changes in the foods and drinks you choose can have big health benefits.

Try Out These *Shifts*

The *Dietary Guidelines* has key recommendations for how we can all improve our eating patterns. The shifts below will help you stay on track.



White Bread

Whole-Wheat Bread

How to Eat More Whole Grains:

- Choose whole-wheat bread instead of white
- Have popcorn for a snack instead of potato chips (just leave out the butter)



Fatty Cut of Meat

Seafood or Beans

How to Cut Down on Saturated Fats:

- Twice a week, have seafood instead of fatty cuts of meat for dinner
- When you're making chili or stew, reduce the amount of meat and add more beans and vegetables



Ice Cream

Homemade Smoothie

How to Cut Down on Added Sugars:

- Give your kids 100% juice or water instead of fruit punch
- Have a homemade fruit smoothie instead of ice cream



Potato Chips

Unsalted Nuts

How to Cut Down on Sodium (Salt):

- Switch to unsalted nuts
- Shift from regular canned soups to low-sodium



Butter

Olive Oil

How to Use Oils Instead of Solid Fats:

- Dip your whole-wheat bread in olive oil instead of spreading on butter
- Choose an oil-based salad dressing instead of cream-based

What *Shift* Will You Make Today?

Want to learn more about shifts and how to find a healthy eating pattern that works for your family? Check out ChooseMyPlate.gov, which has more information from the *Dietary Guidelines*, online tools, recipes, and more.

Shopping for Produce by the Season

The following is a guide to the vegetables and fruits considered to be "in-season." This is the time when vegetables and fruits are available at the best prices and at the best quality.

JANUARY

Avocado	Turnips
Kale	Radicchio
Pears	

FEBRUARY

Rhubarb
Passion fruit
Sweet potatoes

MARCH

Asparagus	Snap peas
Beets	Snow peas
Lettuce	Chives
Peas	

APRIL

Beans	Cucumbers
Papayas	Mango
Bell peppers	Summer squash
Vidalia onions	

MAY

Basil
Berries
Mango

JUNE

Arugula	Plums
Cherries	Watermelon
Melons	Strawberries

JULY

Corn	Cantaloupe
Peaches	Green beans
Zucchini	Nectarines
Tomatoes	Raspberries
Blueberries	Boysenberries

AUGUST

Grapes
Blackberries
Jalapeno peppers
Bell peppers

SEPTEMBER

Cauliflower
Pears
Red raspberries

OCTOBER

Broccoli	Spinach
Cauliflower	Sweet potatoes
Cranberries	Garlic
Leeks	Pumpkin

NOVEMBER

Apples
Collard greens
Swiss chard

DECEMBER

Grapefruit
Parsnips
Brussels sprouts
Oranges
Tangerines

AVAILABLE ALL YEAR LONG

Bananas	Kiwi fruit	Limes	Mushrooms	Onions	Potatoes
Carrots	Lemons	Celery	Eggplant	Pineapple	Radishes

Adapted from Purdue University Cooperative Extension Service, copyright 2002; and the Produce for Better Health Foundation, 2009.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at usda.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotope, etc.) call (800) 795-6000 (voice and TDD). USDA is an equal opportunity provider and employer.

