



TIP TUESDAY

A weekly guide to help you
kick your plastic habits.



How to Store Your Herbs

After working so hard in your garden all summer here is your chance to make those herbs last through the winter adding a little spice to the coldest of nights!



Dry Method: There are three types of drying - oven, microwave and air dry.

Air Dry: It is recommended to cut the herbs (or flowers) and gather them in a small bunch or bouquet. Tie the ends with twine or rope and hang upside down in a dark, well-ventilated place. Sun drying may cause the herbs to lose some of their natural flavors and is not recommended.

Microwave Dry: This is the fastest drying method for herbs. Rise off herbs, place them in between sheets of paper towel and put them in the microwave. Set them timer for four minutes, checking the herbs at 30-second intervals. If the paper towels become too damp replace them with new towels.

Oven Dry: Pre-heat oven to low (less than 180 degrees). Rinse your herbs and lay them flat on a single baking sheet. Bake the herbs until dry.

*Once the herbs are dry and breakable to the touch, crumble into pieces small and store for up to a year in airtight reusable containers (mason jars is a great suggestion). No plastic bags, no plastic wrap and no plastic containers needed!

Freeze Method: Freezing herbs in olive oil (or butter) is another great way to preserve the original flavor and coloring of herbs without using any plastic! Use a food processor or blender with $\frac{1}{3}$ cup olive oil for every two cups leaves, or $\frac{1}{2}$ cup unsalted butter (one stick) per two - four tablespoons of leaves.

COA Staff tricks: While air-drying herbs, place a paper bag around the herbs and poke holes in the bag. This is a great way to keep dust from settling on the herbs while they dry!



Go Plastics-Free and end your plastic habits today!

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- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media

Have an idea for a tip!?!?