

# **Dill**

*(Anethum graveolens)*

Roman war heroes were crowned with garlands of dill as they returned to their city in victory. Dill is one of the most versatile herbs, with both leaves and seeds used in cooking. It also often is planted just for the beauty it adds to a garden.

## **Culinary uses**

Dill is a favorite cooking ingredient throughout Europe, especially in Scandinavia and Germany. It enhances the flavors of fish, lamb, pork, and poultry, a wide variety of vegetables, and pickles.

Dill is best used fresh. To preserve a large harvest, freeze dill rather than drying it.

## **Medicinal uses**

Dill contains an abundance of mineral salts, so it has been considered helpful for people on low-salt diets.

## **Other uses**

A bath of infused dill is said to help strengthen fingernails.

## **Cultivation**

Dill prefers a rich soil in full sun. Plant seeds in their permanent location as soon as the danger of frost is past. When seedlings are 2 inches tall, thin to 2 to 3 feet apart. Clip leaves near the stem as soon as they appear. Dill sometimes cross-pollinates with fennel, so do not plant the two herbs near each other.