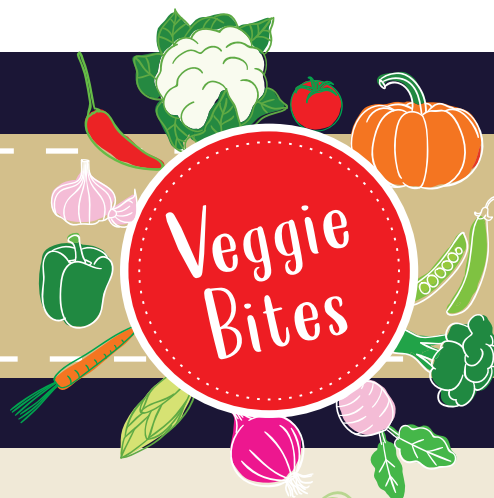


# Dill Eneldo



Try It!



## Selection

Whenever possible, choose fresh dill weed over the dried form since it is more superior in taste and flavor.

The leaves of fresh dill should look feathery and green in color. Dill leaves that are a little wilted are still good as they usually droop quickly after cutting or being picked.

## Uses

Dill can be used in many dips and used as a garnish for sandwiches. Dill can be added to eggs, salmon, and trout. Dill is also known to soothe the stomach after meals.

### CREAMY CUCUMBER-DILL DIP

#### Ingredients

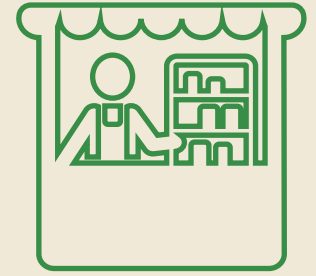
- 1 cup fat-free, plain yogurt
- 1/2 medium peeled, finely chopped cucumber
- 2 Tbsp fresh, chopped dill (or 1 1/2 teaspoon dried dill)
- 2 tsp minced onion

#### Instructions

In a medium bowl, combine all the ingredients. Let stand for 10 minutes to allow the flavors to blend. Serve immediately or cover and refrigerate for up to 2 hours.

# History & Fun Facts

Dill is native to Southern Russia, western Africa, and the Mediterranean region. Dill has been used for its culinary and medicinal properties for millennia. Dill is mentioned in the Bible and in ancient Egyptian writings. Dill was popular in the ancient Greek and Roman cultures, where it was considered a sign of wealth and was revered for its many healing properties. Dill was used by Hippocrates, the father of medicine, in a recipe for cleaning the mouth. Ancient soldiers would apply burnt dill seeds to their wounds to promote healing. The curative properties of dill have been honored throughout history. The Conqueror Charlemagne even made it available on his banquet tables, so his guests who indulged too much could benefit from its carminative properties.



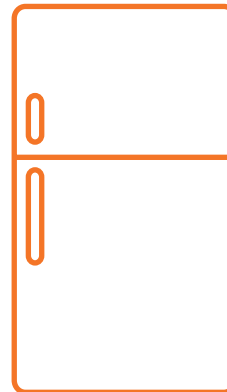
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Fresh dill should always be stored in the refrigerator. It can be wrapped in a moist paper towel or placed in a container of water.
- Fresh dill will only last about 2 days.
- Dill can be frozen in an airtight container, it can be whole or chopped.



### NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- High in Calcium
- Good source of iron



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); <https://recipes.heart.org/>  
FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.