

Digging Deep with Goddess Gardener, Cynthia Brian Growing Dinner

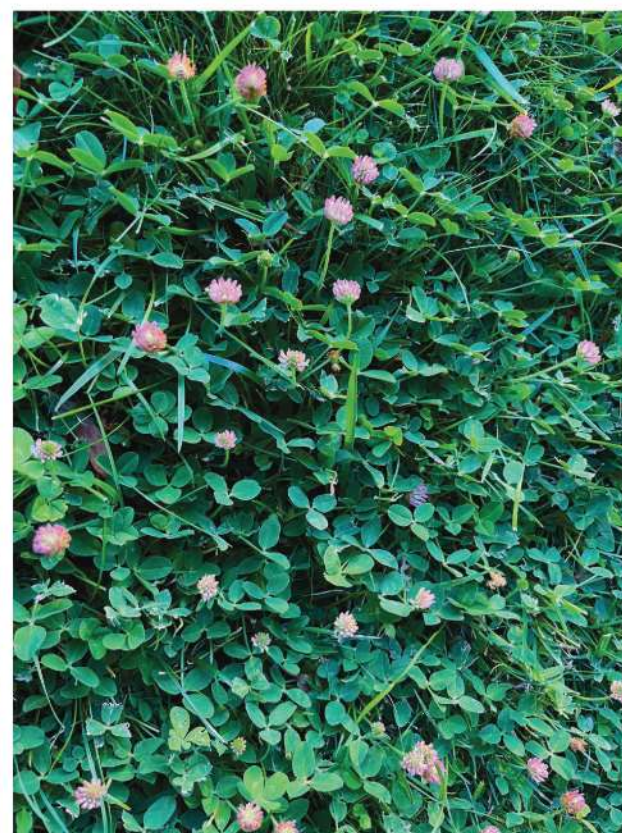
Photos Cynthia Brian



The only way to eat tomatoes is freshly plucked from the vine.



A stalk of white corn is nearing harvesting.



Clover is a nitrogen fixer and the flowers attract bees.

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Dill: The leaves, flowers, and seeds add flavor to pickles, salads, seafood, dips, and sauces.

Basil, cilantro, and dill are summer-season herbs in Northern California.

Perennial herbs that can be snipped year-round include:

Society Garlic: Many people aren't aware that the deer-resistant flowers and leaves of society garlic are edible. I use them as garnish on baked potatoes as well as in sandwiches.

Chives: To keep the plant producing, snip this onion-flavored herb regularly.

Mint: Mint adds an energizing flavor to iced beverages, and of course, is delectable with lamb and many desserts. Grow mint in a container as it is an aggressive spreader.

Thyme: For the best flavor, harvest thyme before flowering and use the fresh leaves in soups, stews, roasts, and marinades. Thyme is a key component in bouquet garni and herbes de Provence.

Rosemary: Rosemary is a favorite of mine to add flavor to BBQ. Use the woody stems as a skewer for grilling. One plant of rosemary is all you need.

Oregano and Sage: Both are essential in Mediterranean cuisines and as garnishes for savory dishes. Use the leaves as needed and avoid cutting back more than a third of the plant at a time. ... continued on Page OH10



Zucchini plants are a staple of the summer veggie garden.