

How to Preserve Herbs

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Air drying herbs works best with herbs that don't have a high moisture content, like bay, dill, marjoram, oregano, rosemary, summer savory and thyme. Moisture dense herbs, like basil, chives, mint, tarragon are best preserved by freezing.

Drying Herbs

- Rinse with cool water and pat dry with paper towels. Wet herbs will mold and rot.
- Remove the lower leaves along the bottom inch or so of the branch. Bundle 4 - 6 branches together and tie as a bunch. You can use string or a rubber band. The bundles will shrink as they dry and the rubber band will loosen, so check periodically that the bundle is not slipping.
- Punch or cut several holes in a paper bag. Label the bag with the name of the herb you are drying.
- Place the herb bundle upside down into the bag. Gather the ends of the bag around the bundle and tie closed. Make sure the herbs are not crowded inside the bag. Hang the bag upside down in a warm, airy room.
- Check in about two weeks to see how things are progressing. Keep checking weekly until your herbs are dry and ready to store.
- Store your dried herbs in air tight containers, like Ziploc bags or small jars. Be sure to label and date your containers.
- Your herbs will retain more flavor if you store the leaves whole and crush them when you are ready to use them.
- Discard any dried herbs that show the slightest sign of mold.
- Place containers in a cool, dry place away from sunlight.
- Dried herbs are best used within a year. As your herbs lose their color, they are also losing their flavor.
- Use about 1 teaspoon crumbled dried leaves in place of a tablespoon of fresh.

Freezing Herbs

- Wash and pat dry with paper towels.
- Stuff 2-3 individual leaves or a spoonful of chopped herbs in ice cube trays.
- Fill the tray half way with water. Make sure the leaves are down into the water, as best you can. Place the half filled tray in the freezer.
- Once the ice cubes are pretty much frozen, finish filling the tray

- with water. The leaves will no longer be able to float and should be completely surrounded with water. Now place the tray back into the freezer to freeze solid.
- Once the ice cubes are frozen, remove from the tray and store in ziploc bags.
 - When ready to use, toss the whole ice cube into your favorite stew or dish.

Freezing Leafy Greens

- Bring a pot of salted water to a boil.
- Fill a large bowl with lots of ice cubes and water.
- Wash your greens, then blanch them in the boiling water for 1-2 minutes.
- Remove from the pot and put immediately in ice water to stop the cooking process.
- When greens are cool, squeeze out excess water, chop, and freeze in a labeled freezer bag.