ALL ABOUT DILL





WHAT IS DILL?

Dill is a popular green herb with thin, feathery leaves that people use to make food taste fresh and tangy. Dill belongs to the same plant family as parsley, celery, and carrots.

HOW DOES DILL GROW?

Dill grows from seed. It is a perennial, meaning it comes back every year. It grows tiny yellow flowers clustered together in umbrella-like shapes called umbels. The green leaves are called "dill weed," and the oval-shaped dried fruits are called "dill seeds". It can grow 3 feet tall.

HEALTH BENEFITS OF DILL

Dill offers antioxidants, vitamins A and C, and minerals like calcium and iron. It helps calm digestion, supports heart health, and may help manage blood sugar levels.

Nutrition Facts

Portion Size	**1 g**
Amount Per Portion	
Calories	**0.4**
	% Daily Value *
Total Fat 0g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 0.1g	0 %
Dietary Fiber 0g	0 %
Protein 0g	0 %
Vitamin D 0mcg	0 %
Calcium 2.1mg	0 %
Iron 0.1mg	1 %
Potassium 7.4mg	0 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.





Tasty



DILL IN SOUTH DAKOTA

To grow dill successfully in South Dakota, sow seeds directly into the garden in spring after the danger of frost passes, as dill has a delicate taproot and does not transplant well. Most dill is planted to use during pickling. This gives pickled foods their tangy flavor.

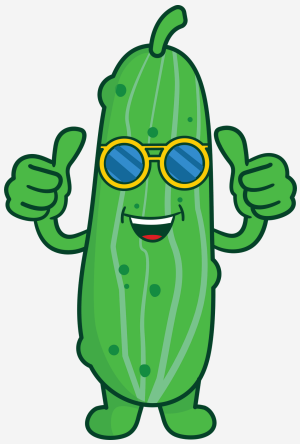
FUN FACTS

- Dill is the main ingredient that gives dill pickles their famous sour and tangy crunch.
- The word "dill" comes from an Old Norse word meaning "to soothe," because people used it long ago to calm upset stomachs.
- Caterpillars of the black swallowtail butterfly love to munch on dill plants in the garden.
- In the past, people called dill seeds "meetinghouse seeds" because kids and adults used to chew on them during long church sermons to stay quiet and stop their stomachs from growling.
- Ancient Egyptians grew dill 5,000 years ago, and it was even found hidden inside the tomb of an Egyptian pharaoh.
- Ancient Greeks believed that chewing on dill could cure hiccups!

WAYS TO EAT DILL

- Fish: Chop fresh dill and put it on salmon, white fish, or lox with lemon and butter.
- Potatoes: Mix chopped dill into warm boiled potatoes, potato salad, or creamy potato soups.
- Eggs: Stir dill into egg salad, scrambled eggs, or omelets.
- Cucumbers: Toss dill with sliced cucumbers and sour cream or yogurt for a quick side dish.
- Tzatziki: Mix chopped dill with Greek yogurt, grated cucumber, garlic, and lemon juice for a delicious veggie dip.
- Herb Butter: Stir minced dill into soft butter to melt over corn on the cob or steak.





Farm to School
SOUTH DAKOTA