DILL TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on dill. Here is some information on 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. **Read trivia for the week.**

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. **Read trivia for the week.**

Fun Dill 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! **Read trivia for the week.**

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. **Read trivia for the week.**

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. **Read trivia for the week.**

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HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate
- the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month
- Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with
- the facts for the week and have students share the answer with you throughout the week. At the
- end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

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