



LUMINARI™

Camp Delicious!
All About Herbs

Whether you have a large garden in the country or a small window-box garden in an urban area, educator, environmentalist, and gardening enthusiast Will Tolliver Jr. shows you how to grow, care for, and cook with fresh herbs! See step-by-step demonstrations to start a “pizza garden,” “tea garden,” or “salsa garden,” and then discover recipes to dial up the flavor in your favorite recipes using fresh herbs!

TRANSCRIPT

Will Tolliver, Jr.:

Hey there, I'm Will Tolliver Jr. I'm an educator, environmentalist and a Pittsburgh native. In this video, we're going to learn about herbs. Traditionally, herbs are used in health and wellness, cultural and artistic practices, and my favorites, food.

Now, whether your garden is in a window box, a raised bed, or a farm, this video is going to help you learn how to use, store, and enjoy some of my favorite herbs. Let's get into it.

So one of the things I wanted to talk to you about today was really putting some intentional thought behind how you organize your garden for the foods that you enjoy. So for me, pizza, tea and salsa. I thought about those things and I said, ‘What can I use, what herbs, can I use every day?’ So for my pizza, I've got basil and I've got it right now. Just because I like those doesn't mean that those will work for you. Maybe you enjoy some red pepper, or maybe you enjoy some thyme, or maybe you enjoy garlic on a pizza.

But I really want to introduce a thought about organizing your garden in the way that you can enjoy it because that's what a garden is for, for us to use and enjoy every day.

(MUSIC)

“Pizza!”

(MUSIC)

So once you have your favorite pizza, out of the oven or delivered, you can simply add your oregano or basil to the pizza, any way that you see fit. To add some flavor right on there. Perfect. And I've got a few basil leaves here, like to smack them a little bit to activate flavor that right on there. And that heat will actually help activate to *bada bing bada boom*, and you're ready to enjoy!

One of my favorite things to enjoy at home is tea in the morning, afternoon or right before bed. You really can't go wrong.

So what I have here spearmint, peppermint plants in my planters. I love them so much. Now, you could put them directly in tea. But one of the things that I did was froze them in ice cubes. Simply rip up pieces and put them into the ice tray. Now try to avoid adding the stems. But, if they're in there it's not gonna hurt. And once you do that, you're just gonna want to pour some water right over those, and there you have it. This is chamomile. There you are. My favorite.

Another thing that I love to enjoy at home is salsa. Whenever I think of salsa, I often think about onions, or cilantro. Now, in this case, I do have some cilantro here, and this cilantro, is an herb that is traditionally were most commonly used in Latin America. And I also have chives here. Now, not onions, but still emulating that flavor, which is really great. So what I have here is some salsa. Now you can make your own salsa from tomatoes or you can buy it in the store. I do have some cilantro. In chopped up chives. Who's gonna dump those in there. And I have tortilla chips. Now, you can mix it all up together to give that fresh taste and enjoy. *EATS* It's actually really good!

It's important to know that whenever you have herbs, they need water. About two times a week. You can pick a spray bottle just like this one, sprays the base of the plant, which is where the plant meets the dirt, just want to make sure that it is moist, to the touch, now you don't want to overwater, just enough. And you can look online for different care instructions for your specific herbs.

After you harvest your herbs, there are a few different ways that you can serve them. One way is to dry them. But my favorite, and the most straightforward is storing them in the fridge. To do that, which we'll need is a paper towel inside of a plastic bag. Make sure you damp in the paper towel first. What you're going to do is throw the herbs right in between the wet paper towel and put them in the fridge to last for about a week, and you can enjoy them on your salsa on your pizza, or maybe in your tea. Either way, you'll be good to go if you start like this.

Thanks for tuning into my video. I hope you've learned something new about herbs, how to store, use, and enjoy them. And if you take care of them, they'll take care of you. So enjoy your salsa garden, pizza garden, or tea garden. Either way, garden. See you later.

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