



# Local fresh herbs

Availability:  
june to october

## Benefits

→ Because they are a great seasoning in so many dishes!

Adding fresh herbs to your cooking brings out many unique flavours and aromas. Chives, basil, rosemary, thyme, oregano, coriander, dill, parsley or mint: there's nothing like fresh herbs to please the taste buds!

→ Because we prefer them over dried herbs!

Don't know what to do with your leftover herbs? Just freeze them in ice trays with water, stock or olive oil and add them to your sauces, salad dressings and stews all year long!



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Tabbouleh



PORTIONS: 3 TO 4

15 MIN

### Ingredients

- 30 ml (2 tbsp) semolina or fine bulgur
- 500 ml (2 cups) tomatoes, diced
- 80 ml (1/3 cup) red onion, finely diced
- 1 large bunch (or 2 small bunches) flat parsley, chopped
- 30 ml (2 tbsp) lemon juice
- 30 ml (2 tbsp) olive oil

### Directions

- 1 Combine the first 4 ingredients in a bowl.
- 2 In a small bowl, whisk the oil and lemon juice and pour over the first mixture to combine.

Source : Julie Strecko, RD

### Tip!

- To bring out their full flavour, finely chop the herbs just before using them. Wash them at the last minute, but only if necessary. If you have only dried herbs in the cupboard, crush them in the palm of your hand before adding them to your dish.



## Falafels



PORTIONS: 26 FALAFELS

20 MIN 20 MIN

### Ingredients

- 250 ml (1 cup) dried chickpeas
- 1.25 ml (1/4 tsp) Cayenne pepper
- 2 gloves garlic
- 15 ml (1 tbsp) ground cumin
- 15 ml (1 tbsp) ground coriander
- 1.25 ml (1/4 tsp) salt
- 2.5 ml (1/2 tsp) baking soda
- 15 ml (1 tbsp) olive oil
- 45 ml (3 tbsp) water
- 125 ml (1/2 cup) fresh parsley, finely chopped
- 125 ml (1/2 cup) fresh coriander, finely chopped
- 125 ml (1/2 cup) onion, finely chopped

### Directions

- 1 Soak the chickpeas in a generous amount of water a day in advance.
- 2 Preheat the oven to 180°C (350°F). Line a baking sheet with parchment paper. Set aside.
- 3 Drain and rinse the chickpeas and purée them in the food processor.
- 4 Add the remaining ingredients and purée again to obtain a consistent paste.
- 5 Shape into balls using a 15-ml spoon and arrange on the baking sheet.
- 6 Bake in the oven for about 20 min, or until the falafels are slightly golden on the outside.

### Note

Serve with tzatziki:

- 250 ml seeded cucumber, finely sliced
- 500 ml plain Greek yogurt
- 30 ml lemon juice
- 15 ml olive oil
- 2 gloves garlic, finely chopped
- 30 ml mint or dill, finely chopped
- Salt and pepper to taste

Source : Inspired by [nospetitsmangeurs.org/recettes/falafels](https://nospetitsmangeurs.org/recettes/falafels)