

# Tarragon Mojito

## Ingredients

1 1/2 oz Tarragon infused vodka (overnight in the fridge)  
1/2 oz fresh lemon juice  
1/2 oz fresh lime juice  
1/2 oz simple syrup (bar syrup)  
3 to 4 fresh mint leaves  
1 sprig fresh tarragon leaves  
Sprite  
Lemon twist and mint sprig garnish

## Instructions

Muddle a pinch of mint/tarragon leaves with the lemon juice, simple syrup in bottom of rocks glass. Fill the glass with ice, pour in the vodka, and fill with Sprite. Garnish with a lemon twist and mint sprig.

# Pineapple Sage Pina Colada

## Ingredients

2 oz coconut-flavored rum  
3 oz pineapple juice  
1 oz crème de coconut liqueur  
6 leaves pineapple sage  
2 c ice cubes  
1 pineapple wedge, for garnish

## Instructions

In a blender, blend rum, pineapple juice, crème de coconut and pineapple sage with the ice cubes. Pour into a fishbowl glass and garnish with a pineapple wedge or pineapple sage flower.

# A Very Berry Thyme Cocktail

\* We did this one non-alcoholic at the fest but feel free to use gin

This combination of juicy fresh berries, gin, and the flavor of freshly muddled thyme creates an undeniably tasty treat.

## Ingredients

- 2-3 fresh thyme sprigs
- Sweet basil (4 leaves)
- Stevia (4 leaves)
- 1 handful (about 10) fresh raspberries or blackberries
- 2 slices of lemon
- 1 tablespoon sugar or simple syrup
- Sprite

## Preparation

1. Remove thyme leaves from stems and place in a tall glass. Add berries, lemon, and sugar. Muddle lightly to release essential herbal oils and fruit juice.
2. Add a few ice cubes to glass and pour in gin. Add enough club soda to fill glass.
3. Toss to mix and garnish with a sprig of thyme and a lemon slice. Enjoy!

# Herbal Sun Tea \*Non-Alcoholic

# Parsley Balls

<http://sharemykitchen.com/recipes/my-recipes/starters-and-appetizers/parsley-balls/>

Please follow the link to the online recipe

## Parsley-Pistachio Rice Salad

### Ingredients

1/2 cup basmati rice  
1 cup water  
1/4 cup olive oil  
1 tablespoon fresh lemon juice  
1 teaspoon coarse grained mustard  
Salt and pepper to taste  
1/2 cup chopped fresh flat-leaf parsley  
2 tablespoons chopped fresh mint leaves  
2 tomatoes, diced  
1/2 red bell pepper, seeded and diced  
1/4 cup chopped pistachio nuts  
1/4 cup chopped pitted kalamata olives

### Directions

1. Combine the rice and water in a small saucepan. Bring to a boil, and then reduce the heat to low and simmer until rice has absorbed all of the water, about 20 minutes. Transfer to a bowl and set aside to cool.
2. In a separate bowl, whisk together the olive oil, lemon juice and mustard. Season with salt and pepper. Pour the dressing over the rice, and stir in the parsley, mint, tomatoes, bell pepper, pistachios and olives.

## Parsley & Lentil Salad

### Ingredients

- 2 orange and red peppers
- 1 1/2 cups dry lentils (about 10 ounces)
- 1 bay leaf
- 1 small red onion, thinly sliced
- 2 medium lemons
- 6 ounces smoked mozzarella cheese, cut into 1/2-inch chunks
- 1 1/2 cups loosely packed fresh parsley leaves, finely chopped
- 1 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- lemon wedges (optional)
- 1/4 cup olive oil

### Method

1. Roast peppers. Preheat broiler. Line broiling pan with foil. Cut each pepper lengthwise in half; discard stems and seeds. Place peppers, cut side down, in the broiler pan. Flatten a little with your hand. Broil 5-6 inches from source of heat until charred, 10 - 15 minutes. Wrap foil around peppers and allow to steam at room temperature 15 minutes or until cool enough to handle.
2. Rinse lentils with cold water; discard any stones. In 3-quart saucepan, place lentils, bay leaf, and enough water to cover lentils by 2 inches; heat to boiling over high heat. Reduce heat to medium-low; cover and simmer 20 minutes or until lentils are just tender.
3. When lentils are done, place sliced onion in colander; drain lentils over onion. Discard bay leaf. Transfer lentils and onion to large bowl.
4. Remove peppers from foil. Peel off skin and discard. Cut peppers into 1/2-inch pieces. From lemons, grate 2 teaspoons peel and squeeze 1/4 cup juice.
5. To lentils, add peppers, lemon peel, lemon juice, mozzarella, parsley, olive oil, salt, and pepper. Serve warm, or cover and refrigerate until ready to serve. Squeeze juice from lemon wedges over each serving if you like.

# Parsley Potatoes

## Ingredients

1 1/2 pounds new red potatoes  
1 tablespoon vegetable oil  
1 onion, chopped  
1 clove garlic, crushed  
1 cup chicken broth  
1 cup chopped fresh parsley  
1/2 teaspoon ground black pepper

## Directions

1. Peel a strip of skin from around the center of each potato; place the potatoes in cold water. Set aside.
2. Heat oil in a large skillet over medium high heat. Sauté onion and garlic for 5 minutes or until tender. Pour in broth and 3/4 cup of the parsley; mix well. Bring to a boil.
3. Place the potatoes into a large pot full of salted water. Bring the water to a boil; then reduce heat. Simmer covered, for 10 minutes or until the potatoes are tender.
4. Remove potatoes with a slotted spoon to a serving bowl. Sprinkle the black pepper into the skillet and stir... Pour the peppered sauce over potatoes and sprinkle with remaining parsley.

# Parsley-Garlic Finger Sandwiches

## Ingredients

2 bunches of finely chopped parsley  
2 large cloves fresh garlic, pressed  
1/2 cup mayonnaise  
1 large loaf extra-thin white bread, crusts removed

## Instructions

Combine parsley, garlic and mayonnaise; mix well. Spread mixture between two slices of bread and cut diagonally to make four finger sandwiches. Refrigerate until ready to use. These can be made early on the day to be used, but not the day before.

# Herbal Salsa Cracker Dip

## Ingredients

1 small jalapeño- seeded  
1 bell pepper  
1 small red onion  
¼ cup cilantro Delfino  
1 medium tomato  
4 oz of sour cream  
4 oz of cream cheese  
(combine all ingredients)

# Nasturtium Cracker Dip

## Ingredients

8 oz of cream cheese  
8 oz of sour cream  
1 cup chopped nasturtium  
1 cup chopped chives  
(Combine all ingredients)