

Everyone Eats

Cultural Community Garden

SAVORY

Savory is an herb that stems from the mint family, and it contributes an aroma and taste that enhances the overall flavors of almost any dish. They are considered to be aromatic herbs, with a very strong scent, and are typically found in European/ Mediterranean regions as

well as Latin American countries. This herb is similar to marjoram, thyme and mint, but is also divided into two different types: summer savory, which is hot and peppery; and winter savory which is earthier and milder with hints of sage and pine.

BENEFITS

- Can add flavor without adding sodium
- Can be made into a tea to sooth a sore throat or help with digestive concerns

HOW TO STORE

Dry fresh savory by bundling the stems and hanging it in limited sunlight. To freeze, remove stems and place in an airtight container. Also try combining it with olive oil or butter and pouring into ice cube trays.

HOW TO PREPARE

Use fresh savory to season meat, fish, soups, or roasted vegetables.

Dried savory may be added to oil used to sautee meat or vegetable.

Try adding it to vinegar as the acid will extract flavor that lends well to salad dressings, sauces, and soups.



WHERE TO FIND

- St. Mary's Episcopal Church – 3055 Main Street, Barnstable
- Marina F. Andrews Community Garden at Tony Andrews Farm – Berry Patch Lane, East Falmouth
- Faith Assembly of God – 154 Bearses Way, Hyannis
- Canaan Seventh-Day Adventist Church – 204 Route 28, West Yarmouth



Summer Savory and Garlic Green Beans

Serves: 5-6

Time: 20-25 minutes

Ingredients

- Ice
- 2 tbsp olive oil
- 1 ½ pounds trimmed green beans
- 3 cloves garlic, minced
- 1 tbsp fresh summer savory removed from stem
- Salt and pepper to taste

Instructions

1. Fill a large bowl with cold water and ice.
2. Next, fill a large pot with water and bring it to a boil. Add salt to the water until the water itself tastes salty (you will be dumping most of this out).
3. When the water comes to a boil, add the green beans and cook for 3-4 minutes or until they become bright green.
4. Transfer the beans to the cold water bath for 1-2 minutes, remove, and pat dry.
5. Place the oil in a skillet over medium-high heat and add the beans, cooking for 3-5 minutes, or until they become tender but with a slight crisp. Add in the garlic and savory, until you begin to smell the garlic, and remove from heat.
6. Lightly season with salt and pepper.

Source: <https://www.lifesambrosia.com/summer-savory-and-garlic-green-beans-recipe/>

Savory Herb Rub

Time: 10 minutes

Ingredients

- ¼ cup fresh savory, chopped
- ¼ cup fresh parsley, chopped
- ¼ lime, sliced thinly and chopped
- Fresh squeezed juice from 2 limes
- 1 tbsp mustard
- 4 garlic cloves, chopped finely
- 2 tsp brown sugar
- ¼ tsp salt
- Pepper to taste



Instructions

1. Combine all ingredients into one bowl.
2. This can be served over chicken, pork, steak, or roasted mushrooms.

Everyone Eats

Cultural Community Garden



Visit BuyFreshBuyLocalCapeCod.org to watch cooking videos and for more information about the Everyone Eats program.