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Text and Script: Taken from The Herb Society of America's
Essential Guide to Dill

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The Herb Society of America

The Essential Guide to Dill



The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research and sharing the experience of its members with the community.

Knowledge



History and Origin



- ❖ Egyptians
- ❖ Babylonians
- ❖ Greeks
- ❖ English
- ❖ Americans

Taxonomy

❖ Family: Apiaceae (Umbelliferae)

❖ Latin Name: *Anethum graveolens*

Dill – means “to calm or soothe”

Anethum – combination of *ano* and *theo*
which means “*upwards I run*”

graveolens – combination of *gravis* and *oleo*
which means “*strong smelling*”



Description

❖ Nativity: Mediterranean

❖ Annual/Biennial

❖ Growth: 1' to 6'

❖ Characteristics:

❖ Umbels

❖ Hollow stems

❖ Lacy foliage

❖ Aromatic



Cultivation

- ❖ Soil
- ❖ Sunlight
- ❖ Water/Drainage
- ❖ Planting/Propagation
- ❖ Special Considerations:
 - Diseases
 - Pests
 - Weather



Harvesting/Storage

Harvesting

- ❖ Early Morning
- ❖ Dill weed
- ❖ Dill seed
- ❖ Collection
 - fresh
 - dried

Storage

- ❖ Fresh
- ❖ Dried
- ❖ Drying methods
 - air dry
 - freezing
 - dehydration



Chemistry and Nutrition

- ❖ Dill seed and dill weed have GRAS (Generally Recognized as Safe) status
- ❖ Essential oil is pale yellow
- ❖ Carvone is responsible for the strong smell of dill and is an anti-flatulent
- ❖ Limonene and phellandrene can cause skin irritation



Use



Commercial Use



FOOD INDUSTRY

- dill pickles
- fresh dill weed
- flavoring
- liquers
- baked goods
- condiments

FRAGRANCE INDUSTRY

- perfume

OTHER

- soaps
- detergent
- lotion

Culinary Use



- ❖ Dill weed vs. dill seed
- ❖ Fresh vs. dried
- ❖ Substitute for fennel

Culinary Use



- ❖ Pickles
- ❖ Fish/Salmon
- ❖ Vegetables
- ❖ Sauces
- ❖ Vinegars
- ❖ Soups/Stews
- ❖ Pasta
- ❖ Butters
- ❖ Cheeses

Culinary Use Worldwide

- ❖ Turkey – pureéd beans
- ❖ Germany–dill pickles
- ❖ North Africa–meat dishes

- ❖ Greece – dolmadakis
- ❖ India – dhansak
- ❖ Sweden – gravlax
- ❖ Holland – steeped in milk



Medicinal Use



- ❖ Digestion
- ❖ Flatulence
- ❖ Hiccoughs
- ❖ Sleep Aid
- ❖ Gripe water
- ❖ Nursing

Myths and Folklore

- ❖ Protection from witchcraft
- ❖ Charms
- ❖ Marriages/Weddings

“I have you mustard and dill,
Husband when I speak you stay
still!” –repeated by a bride at her
wedding so she could stay in charge

Lavender's blue, dilly dilly
Lavender's green
When you are king, dilly, dilly,
I shall be queen.
–Old lullaby

Other Uses



❖ Butterflies

❖ Crafts

Dill in the Bible



Dill or
Anise?



Photo courtesy of Billi Parus