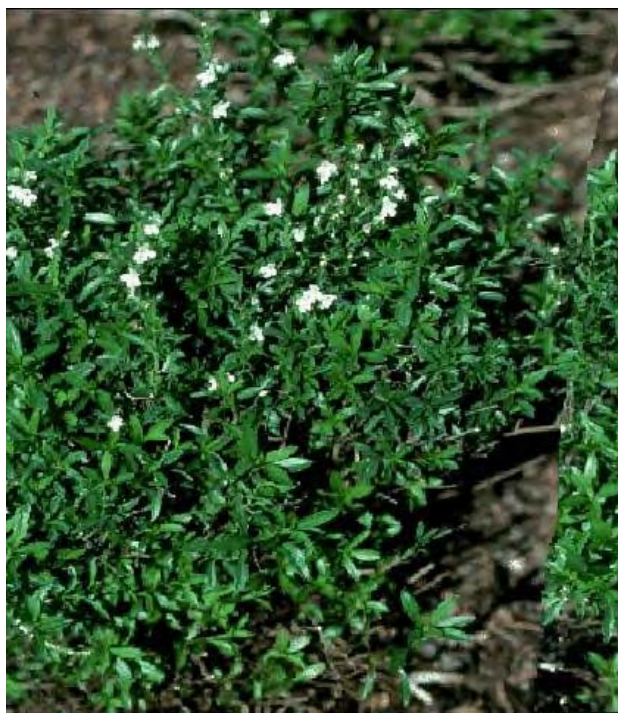


## SAVORY



*Satureja hortensis* (summer)  
[sa-tu-REE-ja hor-TEN-sis]



*Satureja montana* (winter)  
[sa-tu-REE-ja MON-tah-nuh]

**Family:** Lamiaceae

**Other names--Summer:** Bohnenkraut (German); sariette (French); santoreggia, erba cerea (Italian); Czaber, comber, modrak (Polish)

**Winter:** Winterbohnenkraut; French: sarriette des montagnes; Italian: santoreggia d'inverno  
*Satureia hortensis* and *Satureia montana*  
Labiatae

**Cultivation: Summer:** The seed of the summer savory may be sown early in the spring as soon as all danger of frost is past. A dry, gravelly, moderately rich soil where there is plenty of sun is the best for this herb. The seed should be sown in shallow drills of 1/2 inch in rows about 12 inches apart. The mature plants should be spaced about 6 inches; and since they grow very quickly, they may be planted at regular intervals of 3 weeks if a large quantity of the herb is desired. Keep well weeded.

**Winter:** Seed may be sown in the early spring in a rather poor soil that is well drained and where there is full sunshine. The herb may also be propagated from cuttings or the new growth, and since the woody stalks of the herb spread rapidly over the ground, it is best to set the cuttings at least 2 feet apart to give the plant plenty of room. To induce a full, heavy growth of new leaves, the shrub should be kept fairly well clipped. Winter savory will winterkill if the soil is rich and damp. As with many herbs, a poor, light soil gives the best results.

Light applications of fish emulsion and compost mulch for summer savory. Summer savory sometimes bothered by spider mites. Plant near beans or onions for mutual benefit. Soil pH 6.7 for winter and 6.8 for summer. Plant hardiness for winter zone 6

**Harvesting: Summer:** Some of the tender young tips may be cut any time during the season. By midsummer, when the herb begins to blossom, the whole plant may be

pulled up ready for drying, or only from 6-8 inches of the top growth may be cut. The stems may be tied in small bunches and hung up to dry, or spread on clean screens in a shady, airy spot until thoroughly dried. Strip the leaves from the stems and remove all small pieces of woody stems so that only the leaves are stored. Place them in small tightly covered containers. use whole leaves or crushed, as desired.

*Winter:* The tender young tips and leaves may be used fresh or dried as one uses summer savory or thyme. For winter use cut only the tenderest tips and flowering tops at the very beginning of the flowering season. The herb may be hung in small bunches or spread on a screen in a shady, dry spot. When the leaves are dry, remove from the stems and store them in a tightly closed container until needed.

There are two varieties of this herb, one annual and one perennial. Both come from the Mediterranean and are attractive for gardeners and cooks. They have a strong, slightly peppery taste thought by some to be reminiscent of thyme. In very early times, the Romans made a sauce of vinegar and summer savory, very much like the mint sauce of today. All beans and peas are greatly enhanced by this herb with which they have a particular affinity, and sausages, stuffings, and herb mixtures often contain savory. Winter savory, an evergreen, is a shrublike plant, growing up to 12 in with glossy, bright green leaves and pinkish flowers. The flavor is stronger, sharper and spicier than that of summer savory. The latter grows much higher, to about 18 in. and has narrow dark green leaves and lilac flowers. In Switzerland and other parts of Europe summer savory is commonly called Bohnenkraut, which means "the herb of the strong bean." Summer and winter savory are commonly grown alongside each other.

*How to store:* fresh leaves: keep in a plastic bag in the refrigerator, or chop finely and freeze in ice-cube trays. Dried: these retain their flavor for a considerable time if kept in airtight containers away from light.

**How to dry:** for best results savory leaves should be harvested just before the plant flowers. Hang in a dark, warm, well-ventilated place.

**History:** Native to Europe's Mediterranean countries. Several species of the savories were used by the Greeks and Romans for centuries, and they often blended a savory with wild thyme to flavor their soups, stuffings, meats, and game. Like so many of the herbs which the Romans took to England with them, savory became extremely popular and soon found an important place in Saxon recipes. Summer savory was one of the herbs of the famous garden of the Monastery of St. Gall and Charlemagne also grew the savories in his garden.

In Shakespeare's time, Savory was a familiar herb, for we find it mentioned, together with the mints, marjoram and lavender, in *The Winter's Tale*. In ancient days, the savories were supposed to belong to the Satyrs, hence the name Satureia. It was believed that eating savory gave the satyrs their extraordinary sexual stamina. John Josselyn, one of the early settlers in America, gives a list of plants introduced there by the English colonists to remind them of the gardens they had left behind. Winter and Summer Savory are two of those mentioned.

In the Middle Ages, a garland fashioned of savory leaves and flowers was worn as a crown or cap to revive the wearer from drowsiness.

For hundreds of years, both savories have had a reputation for regulating sex drive. Winter savory was thought to decrease sexual desire, while summer savory was said to be an aphrodisiac. Naturally, summer savory became the more popular of the two! The Egyptians used it in a popular love potion. The French sipped savory mixed with wine as a love potion. In England, savory was mixed with beeswax and used as a back massage lotion for unromantic women. Italian mothers who didn't want their daughters to be returned after the wedding night fed the brides-to-be savory daily

for a month so they would please their husbands.

**Parts used:** leaves: fresh and dried

**Culinary Uses:** Affinity with other herbs/spices: rosemary, thyme, sage, fennel, bay leaf. Tastes good with: legumes, especially lentils and white beans, cooked vegetable salads, broiled veal and pork, poultry, rabbit, soups, horseradish sauce, cucumbers, stuffings and charcuterie, goat cheese, tomato-based sauced, marinades, fish, especially trout.

**Cooking tips:** The flavor is biting, sweet-resinous, peppery and somewhat reminiscent of thyme. Add just before the end of the cooking cycle to preserve its flavor. Savory is useful for those on a salt-restricted diet because the leaves have a strong flavor. Use summer savory with fresh beans and winter savory with dried ones. For a more subtle savory flavor, infuse wine vinegar with fresh sprigs and use in dressings for salads containing fresh or dried beans. Add savory to stuffing mixtures for roast poultry.

Savory is excellent with cabbage and Brussels sprouts. It's wonderful with fresh corn. Soak fresh unhusked corn in lightly salted water for about 1 hour. Peel back the husks. Place a tablespoon of unsalted butter, cut into small pieces, around the corn kernels along with small sprigs of summer savory. Recover the corn kernels with the husks and grill over medium-hot coals, turning frequently, for 10-15 minutes.

Sprinkle chopped fresh savory onto sliced tomatoes, a broiled tomato, or into a baked potato. Use it over new potatoes instead of parsley or mint. Add savory to meatballs and meat loaves. Add a sprig to chilled tomato juice, vegetable juice, or a Bloody Mary.

The French use savory in terrines and the English like it with roast duck and game. In Switzerland, savory is used with most green vegetables.

Bees love savory; savory honey is delicious on hot biscuits and muffins. Stir

savory honey into baked beans, instead of brown sugar. Sprinkle chopped fresh savory over salads; add sprigs to warm vinegar and steep for a week. Use chopped fresh savory in vegetable soups or stews

French cooks frequently incorporate *sarriette* or savory, into their *bouquet garni* or throw sprigs of it on the coals before grilling. Savory is a beloved herb among Greek cooks, who use it in their, renowned spicy beef stew, *stifatho*, while French chefs use it to flavor their traditional *cassouletg*. In, a Venice, Italians serve *risi e bisi*, a traditional dish of rice and peas with savory. .

**Medicinal Action:** Savory has aromatic and carminative properties, and though chiefly used as a culinary herb, it may be added to medicines for its aromatic and warming qualities. It was formerly deemed a sovereign remedy for the colic and a cure for flatulence, on this account, and was also considered a good expectorant. A mild tea made with a few crushed dried leaves and boiling water has a pleasant, warming effect and since savory, like rue, is reputed to sharpen the eyesight, use it also to relieve eyestrain due to overtiredness or bad lighting. It will also help to disguise the flavor of unpalatable medicine, and a few leaves added to a bottle of white wine makes a refreshing tonic. In an emergency crushed leaves of savory can be applied to bee strings to bring rapid relief. In Elizabethan times, the leaves were crushed into poultices for the treatment of colds and chest ailments like asthma. A tea of savory can be helpful for diarrhea and can also stimulate the appetite. Cherokee Indians used the herb as a snuff to cure headaches.

In Europe, it is sometimes taken by diabetics to alleviate excessive thirst.

Savory's spicy flavor and aroma come from oil of savory, which contains *carvacrol*, the chief constituent of oil of thyme: *cymene*, which is used in lemon- and spice-flavored candy and chewing gum; lemon-scented *limonene*; and astringent tannins.

The old herbalist Coles ends his chapter on savory with this recipe (please tell me if you try it and it works): 'If a Woman's belly be swollen, as if she were with Child, when indeed she is not, savory stamped (pounded) and strained with Ale, and drunk with the powder of Jet and White Amber, and the said Herb with Hyssop and Leeks fryed with fresh Butter, and applied to the back and belly, maketh her gaunt, and reduceth her to due proportion', adding defiantly, 'and it is like enough to be true'.

ENERGETICS: spicy, slightly bitter, warm  
MERIDIANS: lung, stomach, liver

#### **Essential Oil Uses:**

SUMMER SAVORY:

EXTRACTION: essential oil by steam distillation from the whole dried herb. An oleoresin is also produced by solvent extraction  
CHARACTERISTICS: a colorless or pale yellow oil with a fresh, herbaceous, spicy odor.

BLENDS WELL WITH: lavender, lavandin, pine needle, oakmoss, rosemary and citrus oils

ACTIONS: anticatarhal, antiputrescent, antispasmodic, aphrodisiac, astringent, bactericidal, carminative, cicatrizant, emmenagogue, expectorant, fungicidal, stimulant, vermifuge

CONSTITUENTS: carvacrol, pinene, cymene, camphene, limonene, phellandrene and borneol

WINTER SAVORY:

EXTRACTION: essential oil by steam distillation from the whole herb. An oleoresin is also produced by solvent extraction

CHARACTERISTICS: a colorless or pale yellow liquid with a sharp, medicinal, herbaceous odor

ACTIONS: same as for summer savory

CONSTITUENTS: mainly carvacrol, cymene, thymol, with lesser amounts of pinenes, limonene, cineol, borneol and terineol

Not used in aromatherapy. Oils used in perfume and food products.

**Nutritional profile:** One teaspoon ground summer savory has 4 calories, It provides 0.1 g protein, 0.1 g fat, 1 g carbohydrates, 30 mg calcium, 0.5 mg iron and 72 IU vitamin A

**Ritual Uses:** An herb of Mercury and Pan; aphrodisiac. It may be used to invoke the spirit of Pan in his playful, fun-loving persona.

#### **Recipes**

##### **Savory Red Pepper Chowder**

4 Tbsp butter  
2 medium onions, chopped  
1 garlic clove, chopped  
1 Tbsp minced fresh savory  
1 bay leaf, ground with mortar and pestle  
½ cup chopped button mushrooms  
4 sweet red peppers (3 cups chopped)  
juice of ½ lemon  
2 cups chicken broth  
3 large potatoes, thinly sliced  
4 cups low-fat milk  
salt and freshly ground pepper  
¼ cup coarsely chopped fresh parsley

In a soup pot, melt the butter and cook the onions gently until they are soft and golden, not browned. After the first 5 minutes, add the garlic, savory, and bay leaf, along with the mushrooms, chopped peppers and lemon juice. Cook another 5 minutes. Add the broth and sliced potatoes. Simmer, covered, for 25 minutes, or until the potatoes are tender. Add the milk, stir well, and reheat. Add salt and pepper to taste and serve, garnishing with the chopped parsley. (Peppers Love Herbs)

##### **Green Beans with Summer Savory**

2 lb fresh young green beans, trimmed  
Salt  
4 T unsalted butter  
2 T finely chopped fresh summer savory leaves  
Freshly ground black pepper

Place the beans in a large saucepan of briskly boiling water. Add salt and continue to boil beans over high heat, uncovered for 8-10 minutes, depending on the age and freshness of the beans. They should be tender but still crisp.

Drain, rinse under cold running water, drain again, and return to the saucepan. Add the butter and savory. Season with pepper to taste and a little salt if necessary. Cook for 1-2 minutes and serve hot. (The Encyclopedia of Herbs, Spices & Flavorings by Elisabeth Lambert Ortiz, Dorling Kindersley 1992)

### **Green Bean Salad with Gruyere Cheese and Summer Savory**

¼ cup thinly sliced red onions  
1 lb green beans, cut into 2 inch pieces  
1/3 cup olive oil  
1 ½ T red wine vinegar  
1 t finely minced fresh marjoram  
1/4 t black pepper  
1 T finely minced fresh summer savory  
1/2 cup shredded Gruyere cheese

Coarsely cut onion slices. Steam beans until crisp/tender, 3 to 5 minutes. While still hot, place in a medium-size bowl, and add all ingredients except cheese. Let stand at room temperature for 1 hour or longer, mixing occasionally. When ready to serve, transfer to a serving dish, and sprinkle with cheese. (The Herb & Spice Cookbook: A Seasoning Celebration by Sheryl & Mel London, Rodale Press 1986)

### **Black and White Bean Soup with Savory**

1 lb small dried black beans  
1 lb small dried white beans  
12 garlic cloves, chopped  
6 T olive oil  
2 T minced summer savory or 1 1/2 to 2 t crumbled dried savory  
6 T red wine vinegar  
4 jalapeno peppers, stemmed, seeded, and diced  
1 t toasted and ground cumin  
Salt  
Nasturtium flowers

Rinse and pick over the beans. Soak them separately overnight. Drain them and rinse well. Put the beans in separate pots and cover with 3 inches water. Simmer them for about 1 1/2 hours, or until they are very tender. Soften the garlic in the olive oil over low heat. Divide the softened garlic and oil between the

beans. Add the savory to the white beans. Add the vinegar, jalapenos, and cumin to the black beans. Simmer the soups for about 10 minutes. Purée each soup separately and return them to low heat for about 5 minutes. They should be rather thin; add a little water if necessary. Adjust the seasoning with salt. To serve, ladle about 1/2 cup black bean soup in each warm soup plate. Carefully ladle 1/2 white bean soup in the center of the plate. Garnish the soup with nasturtium blossoms.

(Herbs in the Kitchen by Carolyn Dille & Susan Belsinger, Interweave Press)

### **Savory Baked Apple Custard**

2 cups milk  
9 sprigs summer savory, about 6 inches long  
1 T butter  
3 medium sized tart cooking apples, such as Winesap, McIntosh, or Granny Smith  
¼ and 1/3 cup light honey  
2 T lemon juice  
½ t cinnamon  
¼ t freshly ground nutmeg  
3 eggs  
2 egg yolks

Scald the milk with 6 savory sprigs and let the mixture stand for 30 minutes. Generously butter 1 10-inch glass pie plate or ceramic quiche dish. Peel and core the apples and slice them thinly into a bowl. Toss them with 1/4 cup honey, the lemon juice, cinnamon and nutmeg.

Remove the savory from the milk and squeeze the extra liquid from the leaves. Combine the eggs, egg yolks, and 1/3 cup honey in a bowl. Whisk the mixture until blended. In a slow, steady stream, pour the scalded milk into the egg mixture, whisking continually. Preheat the oven to 325degrees

Drain the apples, reserving the liquid. Arrange them around the bottom of the baking dish in overlapping concentric circles. Strain the custard through a fine sieve and pour it carefully over the apples. Place the baking dish in a larger dish and add hot water to a depth of half the custard dish. Bake about 35 minutes, testing with a cake tester for doneness.

Remove the custard to a rack to cool.

After the custard has cooled to room temperature, gently loosen the edges with a spatula. Slide a flat platter over the custard dish and invert the custard onto it. Pour the reserved apple liquid into a small saucepan and add the remaining savory sprigs. Bring the sauce to a simmer and cook on low heat for 10 minutes. Serve the custard at room temperature and pass the sauce separately. The custard may be made ahead and refrigerated. Allow it to stand at room temperature for 30 minutes before serving. If you refrigerate the custard, reduce the sauce while the custard is standing. (Herbs in the Kitchen by Carolyn Dille & Susan Belsinger, Interweave Press)

### **Apricot--Summer Savory Bread Pudding**

1 loaf day-old French bread  
6 extra large eggs, lightly whisked  
whole milk  
1/8 tsp salt  
1/8 tsp freshly ground black pepper  
nutmeg  
4 Tbsp butter, softened  
1/2 medium white onion, diced  
1 ½ Tbsp finely chopped parsley  
1 ½ Tbsp finely chopped summer savory  
1 Tbsp orange zest  
1/4 cup diced dried apricots

Remove the crust from the bread. Cut the bread into pieces to fit your baking dish. Place the bread in a medium bowl. Over the eggs, add enough milk to equal 6 cups. Whisk the egg mixture in another bowl with the salt, pepper, and a pinch of nutmeg. In a small pan over medium heat, melt 2 tbsps of the butter and sauté the onion until it is soft and golden. Remove the pan from the heat, and stir in the parsley, summer savory, orange zest and apricot. Let the apricot mixture cool, and stir it into the egg mixture. Pour the egg mixture over the bread, combine gently, and let the bread mixture stand, refrigerated, for 60 minutes. Butter the baking dish with the remaining 2 tablespoons of butter. Layer the bread in the dish, making sure that the apricot and onion get tucked between the layers of

bread. Refrigerate overnight or at least 2 hours to let the bread absorb the custard. Preheat the oven to 325F. Cover the baking dish with foil. Place the baking dish in a larger one, and add enough boiling water to reach halfway up the smaller baking dish. Bake the pudding for 45 minutes. Remove the foil, and bake another 15 minutes to crisp the top of the pudding a bit. When the pudding is done, it will pull away from the sides of the baking dish and puff up in the middle. (My Favorite Herb)

### **Aromatic Pancakes**

1 egg  
½ cup milk, possibly more  
2 Tbsp oil  
1 cup sifted pastry or unbleached all-purpose flour  
2 tsp baking powder  
3 Tbsp sugar  
1 large, ripe peach, finely chopped  
3 tsp minced fresh savory, or 1 tsp ground maple syrup or yogurt

Beat the egg, then add the milk and oil. Sift the flour with the baking powder and sugar into the egg mixture and stir just enough to blend. Add the chopped peach, including juice, and the savory. The batter should be easy to pour, and more milk may be added as needed. Lightly grease a griddle or electric skillet, heat, and pour the batter in ¼ cup amounts to make small pancakes. Flip when bubbles circle the pancakes, and serve with maple syrup or a dollop of yogurt. (Herbal Breads)

### **Lemon Chicken in Savory Champagne Sauce**

4 whole chicken breasts, boned and skin removed  
½ cup dry white wine  
1 cup fresh lemon juice  
Grated zest of 2 lemons  
2 T vegetable oil  
5 T chopped fresh savory  
3 to 4 Italian plum tomatoes, quartered  
2 T Cognac or brandy  
2 T unsalted butter  
4 to 6 lemon slices

1 cup nonvintage champagne  
½ cup heavy cream  
½ cup creme fraiche

With a sharp knife, cut chicken breasts in quarters, lengthwise. Arrange in a single layer in a large glass baking dish. In a small bowl, combine wine, lemon juice, lemon zest, oil, and 3 T savory. Pour over chicken breasts. Cover and refrigerate for 6 hours or overnight.

Preheat oven to 375 ° F. Bake for 20 to 25 minutes or until chicken is tender, adding tomato quarters to baking dish during last 10 minutes. Meanwhile, pour Cognac in a small saucepan. Warm it and flame with a match. When the flames subside, add butter and sauté lemon slices for 2 minutes per side. Remove lemon slices and set aside.

Add champagne to saucepan and cook over high heat until reduced by half. Whisk in cream and creme fraiche. Boil to the consistency of thick cream. Add remaining 2 T chopped savory. Arrange chicken and tomatoes on individual serving plates. Spoon sauce over, then garnish with reserved lemon slices.

(Kitchen Herbs by Sal Gilbertie, 1988, Bantam Books)

### **Savory Potato Bread**

2/3 cup lukewarm water  
4 t dry yeast  
3 T honey  
2 cups lukewarm buttermilk  
3 T oil  
2/3 cup mashed potatoes  
2 T minced savory or 2 t dried savory  
2 t dill seed  
2 cloves garlic, minced  
1 cup whole wheat pastry flour  
5 – 5 ½ cups whole wheat flour

Combine the water, yeast and honey in a cup. Set aside for 10 minutes to proof (yeast will become foamy). In a large bowl beat together the buttermilk, oil, potatoes, savory, dill and garlic until well combined. Stir in the yeast mixture.

Add 1 cup of whole wheat pastry flour and beat vigorously until well mixed. Beat in 2

cups of whole wheat flour, one at a time, until they're well mixed. Stir in enough additional flour, using a wooden spoon, to produce a soft, kneadable dough. Turn the dough out onto a floured surface. Knead vigorously for about 10 to 15 minutes or until the dough is smooth and elastic. Add only enough additional flour to prevent sticking. The finished dough will remain a bit sticky. Transfer to an oiled bowl. Turn dough to coat. Cover the bowl and set in a warm place to rise. Let rise until doubled in bulk, about 40 to 60 minutes.

Punch down dough and divide into two pieces. Form each piece into a loaf. Butter two 8-1/2 by 4-1/2 inch loaf pans, or coat them with equal parts of oil and liquid lecithin. Transfer dough to the pans. Cover loosely and set in a warm place to rise until doubled in bulk, about 40 to 60 minutes. Bake at 375° F for about 40 minutes, or until the loaves sound hollow when tapped with the fingers. (Cooking with the Healthful Herbs by Jean Rogers, Rodale Press, 1983)

### **Polenta with Sweet Pepper and Savory**

1 Tbsp olive oil  
1/3 cup very finely minced onion  
1/3 cup very finely minced red sweet pepper  
1 large clove garlic, very finely minced  
2 Tbsp finely minced winter savory or 3 Tbsp finely minced summer savory  
3½ cups stock or 1 cup milk and 2½ cups water  
1 cup coarse-grind polenta  
½ cup freshly grated Parmesan cheese (optional)  
salt and freshly ground pepper to taste

In a heavy saucepan over medium heat, warm oil. Add onion and sweet pepper, cover, and cook until onion starts to soften (about 3 minutes). Add garlic and savory and cook 2 minutes. Add stock, bring to a boil, and gradually stir in polenta. Bring back to a boil, lower heat, and cook, stirring, until mixture begins to thicken (about 10 minutes). Continue cooking on low heat, stirring often and keeping mixture at very slow boil, until polenta pulls away from the sides of the pan and is thick and

creamy (about 30 minutes). Add cheese (if used), remove from heat, and stir until cheese melts. Season with salt and pepper and serve at once. (Cooking from the Gourmet's Garden).

### **Stifatho (Greek Beef Stew)**

½ cups best quality olive oil plus 3 T  
3 lb lean rump roast, cut into ¾ inch cubes  
1½ lb small boiling onions with papery skin removed  
4-6 cloves garlic, shopped  
2 cups dry red wine  
1 6-oz can tomato paste  
4 Tbsp Mediterranean marinade vinegar or oregano chile garlic vinegar or red wine vinegar  
1 tsp brown sugar  
½ tsp whole allspice, freshly ground  
1 tsp whole coriander seeds, freshly ground  
1-2 3-inch sticks cinnamon  
2 Tbsp chopped fresh savory  
1 2-inch sprig rosemary  
1 tsp dried oregano  
2 bay leaves  
salt to taste  
½ cup walnut pieces (optional)  
8 oz feta cheese cut into ½ inch cubes (Optional)

Heat ½ cup olive oil in a 10-inch skillet. Brown the meat in batches and set aside. Discard remaining oil and wipe skillet clean. Add 3 Tbsp olive oil to pan and heat; sauté onions until gently browned on the outside (shake the pan frequently). Remove onions with a slotted spoon. Set aside. Briefly sauté the garlic in the remaining oil; do not brown! In a large stewpot over medium heat, dissolve the tomato paste in the wine and vinegar, add the sugar and garlic. Grind the spices in a spice grinder and add to the pot, along with the cinnamon sticks. Add the meat, savory, rosemary, oregano, and bay; bring to a boil. Reduce heat and simmer, covered, for 30 minutes. Add salt and onions and simmer another 30 minutes until meat is tender. Add the walnuts and feta the last 5 minutes of cooking. Add 2 tsp freshly chopped savory and allow stew to sit covered a few minutes before

serving. Serves 6-8. (The Herb Garden Cookbook by Lucinda Hutson)

### **Swordfish with Winter Savory**

4 swordfish steak, 1 inch thick  
1/3 cup milk  
¼ cup all-purpose flour  
4 Tbsp extra virgin olive oil, divided  
2 Tbsp butter  
1/3 cup capers  
2 Tbsp winter savory flowers

Dip swordfish in milk, dredge in flour. Brush with 2 tablespoons olive oil. Sauté in a preheated skillet until golden, turning once. Remove swordfish from pan and keep warm. Add remaining 2 tablespoons olive oil and butter to skillet over a low heat. When butter is melted add capers and winter savory flowers. Cover skillet for 3-4 minutes to allow flavors to meld. Remove lid and whisk sauce briefly. Pour over fish and serve immediately. (Edible Flowers from Garden to Palate)

### **Quinoa Barley Salad**

1 ½ cup water, stock, or vegetable juice  
¼ cup bulgur  
1 ½ cups water, stock or vegetable juice  
1/3 cup barley  
1/3 cup quinoa  
2/3 cup water, stock, or vegetable juice  
Dressing:  
1 small red onion, diced  
1 Tbsp finely snipped chives  
1 Tbsp thyme leaves  
1 cup olive oil  
½ cup dried cherries  
½ cup sherry vinegar  
¼ cup savory leaves  
salt and pepper

To prepare the bulgur, bring the water to a boil, and add the bulgur. Let stand until all the water is absorbed, about 20-30 minutes. To prepare the barley, bring the water to a boil, and add the barley. Cook the barley until tender about 15 minutes. To prepare the quinoa, rinse it under cold, running water, and drain. Combine the quinoa and water in a medium saucepan, and bring to a boil. Reduce



the heat to medium-low. Cook until the liquid is absorbed and the quinoa is transparent, about 8 minutes. To prepare the dressing, combine the onion, chives, thyme, oil, cherries, vinegar, savory and a little salt and pepper. Combine the bulgur, barley, and quinoa, and toss with the dressing. (My Favorite Herb)

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### **Resources:**

Companion Plants, [www.companionplants.com](http://www.companionplants.com)  
plants, seed

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