



Fun
Facts

Every part
of the dill
plant is
edible

This lovely
herb grows
tiny white and
yellow flowers

Ancient
Greeks used
dill in their
perfume

Say hello to DILL



HOW DOES DILL HELP OUR BODY?

Dill is high in Vitamins A and C as well as fiber, folate, iron, and calcium. The vitamins help keep your body healthy and cancer free while fiber promotes digestive health and low blood pressure. Folate, iron, and calcium are all minerals that help your cells divide properly, your blood flow smoothly, and your bones grow strong. If you pair dill with yogurt as suggested in the recipe on this card, the yogurt provides your stomach with lots of probiotics that keep your digestive track running right. **YUM!**

GROW YOUR OWN!

- **Plant Seeds Indoors:** October - April
 - **Plant Seeds Outdoors:** March - August
-

In partnership with:



urban  roots

WWW.URGC.ORG | INFO@URGC.ORG | 775.636.5105



@URBANROOTSNV



Recipe for DILL YOGURT DIP

DIRECTIONS:

Combine ingredients, stir, enjoy!

With love from the kitchen of:

Jill Makoutz



LARKSPUR CAFE

• LOYALTON, CA •

INGREDIENTS:

- 1 cup Greek yogurt
- Juice of half a lemon
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon fresh dill or 1 teaspoon dried dill
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder

AND plenty of veggies for dipping!!!