

# Did you know...

Tarragon is an herb that is known for its glossy leaves and its aromatic qualities. Giving a complex licorice taste, tarragon adds a brightness and vibrancy to many dishes. A little goes a long way with tarragon!

Tarragon is commonly used in French cooking, especially in the spring, and is often found paired with fish, poultry, and in sauces and vinaigrettes. The French love tarragon so much, they often refer to it as "the king of the herbs" for the impact it can have on a dish.

Tarragon contains manganese, iron and potassium. It also may help decrease blood sugar and improve sleep!



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# Spice Club



April 2023  
Spice of the Month:  
Dried Tarragon

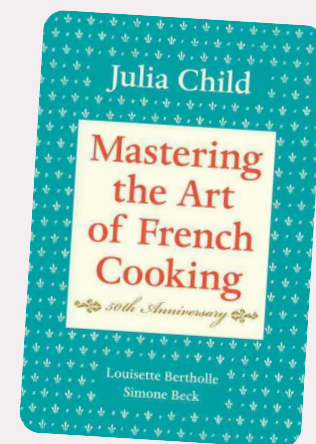
# Simple Herbed Scallops

## Ingredients

- 1/2 to 3/4 pound sea scallops
- 3 tbsp. butter, divided
- 3/4 tsp. lemon juice
- 1 tsp. minced fresh parsley
- 1 1/2 tsp. minced fresh chives
- 1/8 tsp. dried tarragon
- 1/8 tsp. garlic salt
- Dash pepper
- 2 tbsp. dry bread crumbs

## Directions:

- Preheat oven to 350°. Place scallops in a greased 1-qt. baking dish. Mix 2 tablespoons melted butter, lemon juice, herbs, garlic salt and pepper; drizzle over scallops.
- Mix bread crumbs with remaining melted butter; sprinkle over top. Bake, uncovered, until scallops are firm and opaque, 20-25 minutes.



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# Orzo Vegetable Salad

## Ingredients

- 1/2 cup uncooked orzo pasta
- 3 plum tomatoes, chopped
- 1 cup marinated quartered artichoke hearts, chopped
- 1 cup coarsely chopped fresh spinach
- 2 green onions, chopped
- 1/2 cup crumbled feta cheese
- 1 tbsp. capers, drained

## Dressing:

- 1/3 cup olive oil
- 4 tsp. lemon juice
- 1 tsp. dried tarragon
- 2 tsp. grated lemon zest
- 2 tsp. rice vinegar
- 1/2 tsp. salt
- 1/4 tsp. pepper



## Directions:

- Cook orzo according to package directions.
- Meanwhile, in a large bowl, combine the tomatoes, artichokes, spinach, onions, cheese and capers. In a small bowl, whisk the dressing ingredients.
- Drain orzo and rinse in cold water. Add to vegetable mixture.
- Pour dressing over salad; toss to coat. Chill until serving.