Dill is an aromatic herb native to the Mediterranean region that is related to parsley, cilantro, and fennel. The word “dill” comes from the Old Norse word “dilla,” which means calm, soothe, or lull. This is likely because of the plant’s well known ability to calm troubled stomachs and soothe infants.

Dill is primarily known as an essential ingredient in dill pickles. This week, try making quick pickled cucumbers, or green beans!
**FEATURED RECIPE: Refrigerator Dilly Beans**

**ADAPTED FROM:** Sustainable Cooks

**INGREDIENTS**
- 1/4 stick of unsalted butter, room temperature
- 1 tablespoons (packed) coarsely chopped fresh dill plus more for garnish
- Kosher salt, freshly ground pepper
- 1 pounds new potatoes or other small potatoes
- 1/2 tablespoon crushed toasted caraway seeds (optional)

**Directions**
1. Mash butter and dill in a small bowl. Season dill butter with salt and pepper. This is something you can do ahead of time. Dill/herb butter can be stored for 1 week ahead of using. Cover and chill.
2. Place potatoes in a large pot. Cover with cold water by 1 inch; season with salt. Bring to a boil; reduce heat to medium and simmer gently until tender, 10–12 minutes. Drain.
3. Transfer hot potatoes to a medium bowl; add dill butter and 1 Tbsp. water. Toss, adding water by teaspoonfuls as needed, until butter lightly coats potatoes with a glossy sauce. Season with salt and pepper and transfer to a serving bowl. Garnish with more dill and caraway seeds, if desired.

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**FEATURED RECIPE: New Potatoes with Dill Butter**

**ADAPTED FROM:** Bon Appetite

**INGREDIENTS**
- 2 pounds green beans (washed and trimmed)
- ice water (for blanching)
- 1 cup white vinegar
- 1 cup apple cider vinegar
- 1 cup water (plus more for boiling the beans)
- 2 tbsp sugar
- 2 cloves garlic (halved)
- 1.5 tsp kosher salt
- 1/2 cup onion (minced)
- 4 sprigs fresh dill
- 1/2 tsp black peppercorns
- 1/2 tsp red pepper flakes (dried)
- 2 small chilies (optional)

**Directions**
1. Make your brine: in a saucepan, bring water, vinegar, salt, sugar, and garlic to a boil.
2. Once it has boiled and the sugar has dissolved, remove from heat, set aside and allow it to come to room temperature.
3. Blanch the beans: boil green beans for 1 minute, and then drain and immediately put in a bowl of ice water for 5 minutes. Drain the beans and set aside.
4. In clean jars, place onion, peppercorns, and red pepper flakes in the bottom.
5. Add beans to the jars. Tuck some of the dill amongst the beans.
6. Pour the brine over the beans, put a lid on them and keep them on the counter for 12 hours.
7. After 12 hours, transfer to the fridge. Allow them to sit in the fridge for 2 days before consuming.