

TARRAGON

A LEAFY GREEN HERB WITH A SUBTLE LICORICE FLAVOR.

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FUN FACT: TARRAGON IS ALSO KNOWN AS "LITTLE DRAGON."

COMMON USES

While there are some ancient traditional medicinal uses for tarragon, its most common use is as a culinary herb.

Used fresh, it imparts a spicy, minty licorice flavor to salads and egg dishes, as well as to cooked meats and poultry. It should not be used in soups, as the flavor is too strong.



HARVESTING AND STORAGE

Harvest: Remove a third of each branch. The best time to harvest the plant is in July or August of the second year of growth, once it has reached about 8 to 10 inches in height. Harvest leaves before they begin to turn yellow in the fall.

Storage: Place the chopped leaves or sprigs in tightly sealed plastic freezer bags.



FEATURED RECIPE: TARRAGON CHICKEN

INGREDIENTS

- 2 teaspoons garlic oil
- 2 fat scallions or 4 skinny ones, thinly sliced
- 1/2 teaspoon freeze-dried tarragon
- 2 chicken breast fillets, skinless and boneless
- 1/3 cup vermouth or white wine
- 1/2 teaspoon kosher salt or 1/4 teaspoon table salt
- 1/2 cup heavy cream
- Fresh white pepper, to grind over
- 2 teaspoons chopped fresh tarragon, plus a pinch more for sprinkling

