



NOVEMBER 2025

TARRAGON



Each month from February to November, we'll offer a free "take-and-make" spice kit highlighting a different spice, herb, or blend. Each kit includes a small portion of the featured spice, enough for the suggested recipes on the back page. Kits will be available starting the first Monday of the month at the Adult Services desk at both Harnish and Eastgate branches. Supplies are limited. Please take one kit per household. After trying the recipes, we'd love to hear from you! Share your photos, tips, or feedback at info@aapld.org.

Tarragon is a fragrant herb with a slightly sweet, anise-like flavor and a hint of bitterness. You'll find it fresh, dried, or infused in vinegars and oils. Its delicate taste makes it a favorite in many kitchens, adding depth and brightness to both simple and elegant dishes.

Culinary Uses A staple of French cooking, tarragon shines in Béarnaise sauce, in vinaigrettes, and in fish or chicken dishes. It pairs beautifully with eggs and vegetables and works well in dressings, marinades, and cream-based sauces. You can also infuse it into butter, oil, or vinegar for a light herbal touch.

Health Benefits Tarragon has been used for centuries to aid digestion, ease mild indigestion, and support sleep. It contains antioxidants and may help balance blood sugar. Like most herbs, it's best enjoyed in moderation.

Cultural Facts Tarragon, known as estragon in French, has deep roots in European cuisine and tradition. Its botanical name, *Artemisia dracunculus*, means "little dragon," a nod to its twisting roots and bold, slightly fiery flavor. French cooks have prized it since the 16th century for its elegant taste and its role in classic dishes like Béarnaise sauce. In Russia, tarragon vinegar is a pantry staple, adding zest to salads, eggs, and pickled vegetables.

Fun Facts In medieval folklore, tarragon was believed to ward off serpents and evil spirits—perhaps another reason for its "dragon" name. It was also used in old herbal remedies to soothe toothaches and promote sleep. Today, beyond its culinary fame, tarragon continues to charm gardeners and cooks alike with its delicate leaves, aromatic scent, and reputation as the "herb of the kings" of French cuisine.



ALLERGEN WARNING AAPLD is not responsible for any reactions or sensitivities to any spice. Please be aware that spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.



TARRAGON CHICKEN SALAD

Ingredients

- 2 cups finely chopped, cooked chicken
- 1/4 cup dried cranberries, finely chopped
- 1 rib celery, finely chopped
- 1 teaspoon lemon juice
- 1/4 cup mayonnaise
- 1 teaspoon dried tarragon
- salt and ground black pepper

Instructions

- Make the dressing: In a large bowl mix the mayonnaise, lemon juice, and tarragon.
- Add the chicken, dried cranberries, and celery. Add salt and pepper to taste and mix.
- Serving ideas:
 - Serve over crisp lettuce for a light salad.
 - Spoon into a hollowed, ripe tomato for a fresh stuffed-tomato lunch.
 - Enjoy between slices of bread or on a croissant for a classic chicken salad sandwich.

Recipe and image Source:

https://www.simplyrecipes.com/recipes/chicken_salad_with_tarragon/



TRANSYLVANIAN POTATO AND TARRAGON SOUP

Ingredients

- 1 3/4 lbs smoked pork hock, ribs, or smoked sausage
- 1/2 lb bacon
- 2 medium carrots, sliced or diced
- 1 small celery root, diced
- 1 parsnip, diced
- 1 bell pepper, diced
- 1 large onion, finely chopped
- 2-2 1/4 lbs potatoes, peeled and cut into cubes
- 2 egg yolks
- 1 Tbsp all-purpose flour
- 1 1/4 cups sour cream
- 1 tsp tarragon
- Salt and pepper to taste
- 1 garlic clove, grated
- 8 cups chicken broth

Instructions

- In a large pot, sauté the onion, bacon, and carrots in a bit of oil for about 1 minute.
- Add the bell pepper and smoked meat. Cook for 3-4 minutes, stirring occasionally, until fragrant.
- Pour in 8 cups of chicken broth.
- As the soup heats, skim off any foam that forms on the surface.
- Add the parsnip, celery root, and garlic. Simmer on medium-low heat for 20 minutes.
- Add the potatoes and cook until tender, about 15-20 minutes. Season with salt to taste.
- In a medium bowl, whisk the egg yolks with a pinch of salt. Add the sour cream and flour, whisking until smooth.
- Temper the mixture: add 3 ladlefuls of hot soup, one at a time, whisking after each.
- Slowly pour the tempered mixture back into the pot while stirring. Cook for 1 more minute.
- Stir in the tarragon, then turn off the heat.

Recipe and image Source: <https://www.thebossykitchen.com/traditional-saxon-potato-tarragon-soup-from-transylvania/>