



Bluelady Muse Idea Cards to make the most of your body, mind, spirit and senses

Dill Weed (*anethum graveolens*)

The people of the Mediterranean have a lovely and nutritive food culture. Vegetables and fruits are staples; meats season and complement main dishes, but they are not the focus. The food helps to create an atmosphere of peace in which families sit down together to celebrate each other, the day, and the nutrition they are about to receive.

So, it comes as no surprise that dill is a staple of the Mediterranean diet. Dill's calmative properties

create peaceful attitudes, and its ability to induce mindfulness complements the enjoyment of togetherness of the family meal. To top it off, dill packs a nutritive and healthy punch! It is packed with calcium, acts as an anti-bacterial agent, and offers protection from carcinogens and free radicals.

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Dill Weed (*anethum graveolens*), cont.

Incorporating dill into your diet and food culture can be an important step toward creating more peace, mindfulness and togetherness at your family meals.

Dill is also known medicinally for its soothing effects on an upset stomach, and is safe for children and adults. Be aware that too much dill (a jar of dill pickles) can cause diarrhea – ‘more’ is not always better!

To make dill weed tea

- Boil a cup of water, add 2 tsp of dill weed, and simmer for three minutes
- Pour the dill water through a coffee strainer into a mug and sip slowly.

You may want to give this infusion to colicky babies or children in a medicine cup or dropper. Check with your doctor to discern proper dosages.