

# TARRAGON

## QUICK INFO

- Tarragon is a perennial in USDA hardiness zones 5b and 6a.
- French tarragon is the most common variety used for cooking and it is generally sold as a plant since its seeds are sterile.
- Tarragon has a soft anise, or black licorice, flavor.

## COOKING TIPS

- Tarragon, along with parsley, chives, and chervil, make up the mix known in French as “fines herbes”. Together they are used to flavor chicken, fish, and egg dishes.
- Tarragon is often used to flavor vinegar by steeping lightly bruised sprigs in white or white wine vinegar. This can be used with oil to create a vinaigrette for salads.

## OTHER USES

- A sprig of tarragon makes an aromatic garnish for cocktails and mocktails, like a citrusy gin and tonic or a glass of lemonade.

## STORAGE AND PRESERVATION

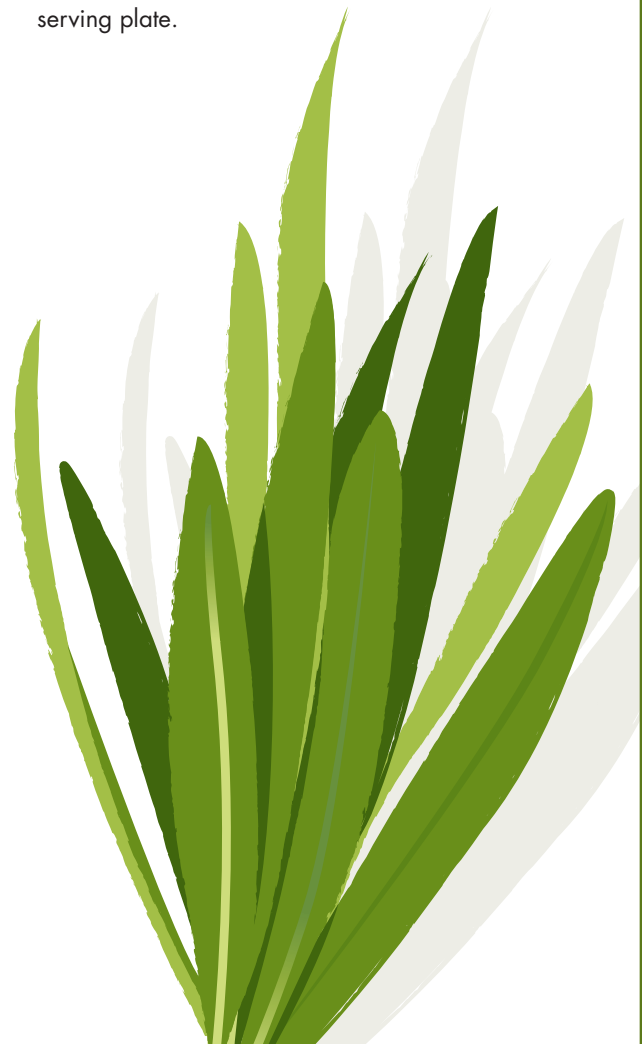
- Store fresh tarragon sprigs in the refrigerator either loosely rolled in a damp paper towel inside a plastic bag or in a glass jar with a small amount of water at the bottom and covered loosely with a plastic bag.
- Tarragon is best used fresh as much of its flavor is lost in drying.

## GROWING TIPS

- Tarragon prefers well-drained soil.
- Tarragon can be grown in part or full sun.
- It is a drought-resistant herb and does not do well in wet soil.

## QUICK & EASY RECIPE

- **Tarragon aioli:** Mix 1-2 tablespoons chopped fresh tarragon leaves and 1-2 grated garlic cloves with 1 cup store bought (or homemade) mayonnaise. Use as you would ordinary mayonnaise – as a sandwich spread or as part of a dressing for salads, particularly potato salad.
- **Omelet with tarragon or fines herbes:** Melt 1-2 tablespoons butter in a small, non-stick pan over medium-low heat; when butter has melted, swirl the pan to coat the bottom; beat 2 eggs with a whisk until well blended; pour eggs into pan; for a creamy omelet, stir gently to allow egg mixture to slowly cook, then fold in three and transfer to serving plate and sprinkle with chopped fresh tarragon or fines herbes; for a more set omelet, cook eggs until they have just about set, then gently flip in one piece with a large plastic spatula then crumble in some fresh goat cheese and chopped fresh tarragon or fines herbes and fold in thirds or half and transfer to serving plate.



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