

Community SPICE LIBRARY

PITTSBURG · FRONTENAC

August – Mustard Seeds

Mustard Seed Garden Veggie Dressing

Ingredients:

- 2 tbsp olive oil
- 1 tsp honey or maple syrup
- 1 tbsp apple cider vinegar
- salt and pepper to taste
- 1 tsp mustard seeds

Instructions:

Toast mustard seeds in a small skillet over medium heat for 1–2 minutes until fragrant. In a bowl, whisk together olive oil, vinegar, honey, salt, and pepper. Stir in toasted mustard seeds. Drizzle over fresh garden vegetables like cucumbers, tomatoes, carrots, or bell peppers.

Try adding minced garlic, chopped fresh herbs (like parsley or dill), or a squeeze of lemon juice. Level up by using an infused olive oil or try adding a pinch of red pepper flakes for a little heat!



August – Mustard Seeds



Mustard seeds have a sharp, pungent, and slightly bitter flavor, often described as having a warm, spicy kick similar to horseradish or wasabi. They are mild until crushed or wet, releasing aromatic oils that become more nutty and aromatic when toasted.

- Mentioned in Sumerian and Indian texts dating back to 3000 BCE, they were historically used by Hippocrates and early Ayurvedic physicians to treat everything from toothaches to inflammation
- Whole seeds are completely odorless. Pungency and heat are released only when the seeds are crushed and mixed with liquid, triggering an enzyme reaction.
- White/yellow mustard seeds are the mildest and base for American-style condiments. Brown seeds are more pungent and common in Dijon and Asian cooking. Black seeds are the rarest and spiciest

What is the Spice Library?

Stop by Pittsburg Public Library or Frontenac Public Library each month to pick up the Spice of the Month, along with a specially curated recipe by Heather Horton, chef and owner of TOAST. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at the your library, with one per family per month, while supplies last.

Special thanks to Heather Horton and our friends at TOAST Restaurant!

