

Herbs and Seeds

Fresh Herbs and Edible Hemp Seeds

Twelve everyday dishes using fresh herbs and culinary dehulled seed hearts



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

Fresh herbs bring distinct aromas to a dish, while edible dehulled hemp seeds add a small, tender seed texture. In this development edition, hemp always means commercially sold culinary seed hearts intended for food. These recipes use seed food only, with no cannabinoid extracts or infused oils, and make no medical claims. The twelve dishes range from pesto and chopped salads to a fish crust, bean patties and warm gnocchi. Choose herbs that look fresh, wash them carefully and dry them before chopping. Measure seed hearts as listed rather than replacing cooking oil with an unrelated product. These original development drafts explain where to add the seeds so their texture stays useful. Keep prepared dishes refrigerated as directed, and follow the seed package's storage guidance for the unused ingredient.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Basil Hemp Seed Pesto - AI-generated realistic food artwork, not a photograph or tested result.

Basil Hemp Seed Pesto

About 1 cup | Prep: 15 minutes | Cook: 0 minutes

Ingredients

- 2 cups loosely packed basil leaves
- 1/3 cup culinary dehulled hemp seeds
- 1/4 cup finely grated Parmesan
- 1 small garlic clove
- 1 tablespoon lemon juice
- 1/3 cup olive oil
- 1/4 teaspoon fine salt

Method

1. Wash basil and dry completely, then remove thick stems. Pulse hemp seed hearts, Parmesan and garlic in a food processor until finely chopped.
2. Add basil, lemon juice and salt. Pulse briefly, then add olive oil in a thin stream while processing until the mixture becomes a coarse spoonable sauce. Scrape the bowl once to incorporate hidden leaves.

3. Taste on a cooked vegetable or small piece of bread. Spoon into a covered container and refrigerate promptly. Stir before serving; if using with pasta, loosen only the serving portion with a spoonful of hot pasta water.

Cook's tip

Blend briefly; excessive processing warms herbs and erases the coarse texture.

Substitution

Replace Parmesan with 2 tablespoons nutritional yeast, and use parsley for half the basil if desired.

Storage

Refrigerate covered at 40°F or below within 2 hours. Use within 3 days; keep toppings separate.

Ingredient allergen notes

Milk

Parsley Hemp Tabbouleh

4 side servings | Prep: 25 minutes | Cook: 0 minutes

Ingredients

- 1/2 cup bulgur
- 3/4 cup boiling water
- 1 cup chopped parsley
- 1/4 cup chopped mint
- 1 cup diced tomatoes
- 1/2 cup diced cucumber
- 2 tablespoons sliced scallions
- 2 tablespoons culinary dehulled hemp seeds
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon fine salt

Method

1. Place bulgur in a heat-safe bowl and pour over boiling water. Cover for 20 minutes, or follow package soaking instructions, until tender. Drain any excess liquid and refrigerate in a shallow container to cool.
2. Dry washed herbs and chop finely. Combine cooled bulgur, parsley, mint, tomato, cucumber and scallions.
3. Whisk oil, lemon juice and salt, then fold into the salad. Add hemp seed hearts just before serving and toss lightly. Keep extra salad refrigerated; separate the seeds if preparing well ahead for the best texture.

Cook's tip

Keep parsley prominent; bulgur should support the herbs rather than dominate them.

Substitution

Use 1 1/2 cups cooled cooked quinoa instead of soaked bulgur for a different grain base.

Storage

Refrigerate covered at 40°F or below within 2 hours. Use within 3 days; keep toppings separate.

Ingredient allergen notes

Wheat

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Bring fresh herbs and seed hearts to dinner

Use fresh herbs for aroma and culinary hemp seed hearts for a gentle change in texture. Fresh Herbs and Edible Hemp Seeds offers twelve everyday recipes, including salads, warm grains, eggs, pesto, fish, and bean patties. Learn to select edible dehulled seed food, read its label, and wash and dry herbs before adding them to a dish. A spoonable basil pesto, a parsley-flecked cod crust, and white bean patties show three distinct uses for the same seed ingredient. Junction Table by CrownThrive, LLC focuses on measured kitchen methods and ordinary meal planning, with practical guidance for when seeds are blended, folded in, or left visible.

- Pulse basil and dehulled hemp seed hearts into a coarse Parmesan pesto.
- Press a parsley, breadcrumb, and hemp-heart crust onto mustard-brushed cod.
- Rest a mashed-bean mixture before shaping and baking herb seed patties.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Herb Hemp White Bean Patties

AI-generated realistic food artwork