

















A GUIDE TO FRESH HERBS

SPRING 2007

VARIETY			VARIETY		
	Basil	FLAVOR: Sweet and subtle with a clove-like aroma. GOOD WITH/IN: Tomato and pasta dishes, pesto, vegetable soups, eggs, poultry, fish, carrots, zucchini, eggplant, beans, and peas.		Marjoram	FLAVOR: Mild oregano flavor; sweeter and slightly minty. GOOD WITH/IN: Pork, lamb, poultry, fish, beef, veal, eggs, carrots, mushrooms, spinach, peas, broccoli, potatoes, and asparagus.
	Chervil	FLAVOR: A cross between parsley and anise. GOOD WITH/IN: Eggs, tomatoes, peas, celery, cucumbers, potatoes, eggplant, spinach, soups, chicken, veal, and broiled beef.		Oregano	FLAVOR: Pungent and spicy, similar to marjoram but stronger. GOOD WITH/IN: Poultry, lamb, pork, pizza, pasta, bean soups, Italian and Greek dishes, eggplant, zucchini, broccoli, and lentils.
	Chives	FLAVOR: Hint of onion. GOOD WITH/IN: Eggs, fish, vegetables, chicken, sauces, cottage cheese, potatoes, and herb butters.		Rosemary	FLAVOR: Bold, pine-like taste. GOOD WITH/IN: Lamb, poultry, pork, fish, herb breads, potatoes, peas, green beans, spinach, mushrooms, and cauliflower.
	Cilantro	FLAVOR: Sharp and tangy with a peppery bite. GOOD WITH/IN: Salsas, avocados, Mexican and Oriental dishes, peas, lentil or chicken soup, tomatoes, spinach, and egg salad.		Sage	FLAVOR: Aromatic and woody with a hint of eucalyptus. GOOD WITH/IN: Poultry, pork, veal, lamb, game, stuffings, cheese, potatoes, onions, tomatoes, and eggplant.
	Dill	FLAVOR: Slightly sharp, yet sweet. GOOD WITH/IN: Seafood, potatoes, eggs, chicken, lamb, pork, herb butters, peas, green beans, carrots, and cabbage.		Sorrel	FLAVOR: Slightly sour. GOOD WITH/IN: Sorrel soup, salads, fish, and cream sauces.
	Italian Parsley	FLAVOR: Slightly stronger flavor than regular parsley. GOOD WITH/IN: Soups, stews, and pasta sauces.		Summer Savory	FLAVOR: Slightly peppery. GOOD WITH/IN: Green or wax beans, poultry, soups, stews, pork, veal, stuffings, carrots, tomatoes, asparagus, and eggs.
	Lemon Balm	FLAVOR: Sweet and lemony. GOOD WITH/IN: Fruit salads, tea, fruit punches, custards, sauces, fish, rice, and chicken.		Tarragon	FLAVOR: Sweet and savory with a hint of licorice. GOOD WITH/IN: Poultry, seafood, beef, eggs, veal, herb butters, mushrooms, carrots, potatoes, and mayonnaise-based salad dressings.
	Lemon Grass	FLAVOR: Refreshing and light with a hint of ginger. GOOD WITH/IN: Thai salads, curries, stews, seafood soups, marinades, and tea.		Thyme	FLAVOR: Spicy, slightly sweet. GOOD WITH/IN: Braised meats, soups, stews, seafood, poultry, game birds, egg dishes, corn, tomatoes, green beans, peas, and carrots.

DID YOU KNOW?

» One teaspoon of dried herbs is equal to approximately one tablespoon of fresh herbs.

» Herbs can serve as a flavorful sodium-free substitute for salt.