

## **HERBS**

### **Basil**

- Use it in Italian and other Mediterranean dishes
- It goes well in soups and sauces, egg dishes, and with spinach, tomatoes, zucchini, eggplant, broccoli, peas, and green beans
- Use your extra basil to make pesto sauce
- Goes well with tomato-based soups

### **Cilantro**

- Adds the extra boost to your fresh summer salsas
- The strong pungent flavor goes well with beans or beef

### **Dill**

- Can be used in salads, soups, fish dishes, sauces, dips, dressings, egg dishes and with many vegetables
- Use in potato or onion soups.
- Add near the end of cooking to retain flavor
- Goes well in breads

### **Parsley**

- One teaspoon of dried parsley is equal to one tablespoon of fresh parsley
- Use it in dips, salad dressings, stuffings, sauces, gravies, butters

### **Thyme**

- Use it in soups, chowders, stuffings, fish dishes, tomato juice, in cheeses, with carrots, celery, mushrooms, tomatoes, zucchini, potatoes, and beets.
- Add a small amount of thyme to your favorite bread and biscuit doughs
- Good with vegetable and rice soups

### **Oregano**

- Use it in pizza and other tomato dishes, omelettes, gravies, beef stew, and lamb dishes

### **Sage**

- Use it with pork dishes and sausage
- It is also good in salad dressings, chowder, stuffings, fish dishes, cheeses, and seasoning blends

### **Mint**

- Use it in desserts and sweet dishes
- Makes a great hot or iced tea

### **Other Uses for Herbs**

**Herbal Teas:** Add boiling water to the whole fresh herb (leaves and stem), let it steep for 10-15 minutes and then strain out. Try mint and lemon balm iced for a cool summer drink.

**Herbed Oil or Vinegar:** over the time the oil or vinegar will take up the qualities for the herb

**Herbed Butter:** Mix fresh, finely chopped herbs into softened butter, press into a butter dish, refrigerate until it hardens and use as desired. Especially good are parsley and garlic or thyme.

## **How to Match your Herbs**

Beans: parsley, sage, thyme

Breads: basil, dill, oregano, sage, thyme

Cheese: basil, dill, mint, parsley, sage, thyme

Eggs: basil, dill, oregano, parsley, sage, thyme

Beef: basil, cilantro, oregano, parsley, sage, thyme

Chicken: basil, dill, sage

Lamb: basil, dill, mint, parsley, thyme

Fish: basil, dill, mint, oregano, parsley, thyme

Potatoes: basil, dill, oregano, parsley, thyme

Salad dressing: basil, dill, oregano, parsley, thyme

Soup: basil, dill, parsley, sage, thyme

Sweets: mint, lemon balm

Tomatoes: basil, oregano, parsley, thyme

## **Storing Herbs**

### **Freezing Herbs**

#### **Single Leaf Method**

- Wash and dry herbs completely
- Place on a cookie sheet in one layer and make sure no leaves are touching. Cover with aluminum foil and freeze until frozen.
- Slide the leaves into a freezer bag.
- When you need the herbs take a pinch or a handful from the bag and throw them into soups, stews, or sauces

#### **Ice-cube Tray Method**

- Wash and dry herbs completely
- Remove leaves from the stem
- Pack into ice-cube trays leaving a little bit of space at the top.
- Fill the trays with water and cover with aluminum foil
- Place in the freezer until frozen
- Remove frozen herb cubes from tray and put into a plastic freezer bag
- Add ice cube to soups, stews, or sauces.

### **Drying Herbs**

- Wash and dry the herbs completely
- Bundle the stems of the herbs together and tie with twine or rubber bands
- If you leave the herbs to dry for a couple of weeks you will want to cover it with a paper bag with lots of little holes in it. The bag will prevent dust from landing on your herbs.
- Hang the herbs upside down in a warm, dry, and dark place.
- Herbs are dry when they crumble easily. Make sure they are completely dry to avoid mold growth. If you have an electric drying machine you can put the herbs in the machine for extra drying right before storage.
- Place dried herbs in an airtight container and store away from light in a cupboard or pantry.