

# HERBS



Fresh herbs are in season from July through October.

**C**ook with herbs for more flavorful dishes with less fat and less salt. Here are a few ways to cook with popular herbs.

## Basil

Use basil in stews, soups, and egg dishes. Basil lends excellent flavor to tomato sauces.

## Chives

Add chives to cheese sauces, eggs, and potatoes for extra zip.

## Cilantro

Cilantro is commonly used in many Mexican-style dishes. Add a little to broth-based soups for additional flavor.

## Dill

Use dill in dishes other than pickles! Try stir-frying dill with shrimp.

## Garlic

Although it is not an herb, garlic is a popular seasoning. Fresh garlic can be pressed into soups and casseroles or added to roasted meats. Try baking a whole bulb in your oven, then spread the baked garlic onto fresh bread or toast.

## Marjoram

Fresh marjoram can be added to salads and gives flavor to cooked vegetables like broccoli, brussels sprouts, cauliflower, carrots, peas, and green beans.

## Mint

Mint pairs well with lamb, but also enhances cabbage and peas! Add a sprig to a cup of tea for a refreshing treat.

## Oregano

Use oregano on meats and fish, or in salads and cooked vegetables. Oregano can be added to soups and sauces.

## Parsley

Besides being a wonderful garnish, parsley can season potatoes and various soups and sauces.

## Rosemary

Try a little rosemary on your next meat dish for a flavor adventure. Can also be added to potato, spinach, and bean dishes.

## Sage

Although sage is commonly used in stuffing, it is also good sprinkled on chicken before baking.

## Tarragon

Add tarragon to chicken and egg salad for a licorice-like flavor similar to anise. Tarragon is also used on ham, fish, and in creamy soups.

## Thyme

Thyme pairs well with mushrooms and onions, but also works well in soups, sauces, stuffing, eggs, and cheese.



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