

COOKSMARTS GUIDE TO FLAVORING WITH FRESH

HERBS



This Guide has everything you need to know about how to properly store and cook with fresh herbs. Use them to add flavor and freshness to your meals!

KEY FLAVOR PROFILE

PRODUCE

PROTEINS

USE IN

HOW TO STORE

BASIL

SWEET, PEPPERY



BELL PEPPERS, EGGPLANT, TOMATOES, ZUCCHINI

CHICKEN, BEEF, FISH, TOFU

PESTOS, TOMATO SAUCES, SOUPS, STEWS, STIR FRIES, CURRIES

IN A JAR, COUNTERTOP FOR 7-10 DAYS

CHIVES

MILDER-ONION



POTATOES, ASPARAGUS, ONIONS, LEEKS

CHICKEN, FISH, SHELLFISH, EGGS

GARNISHES, DIPS, SOUPS, SAUCES, RISOTTOS, RICE

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, 10-14 DAYS

CILANTRO

BRIGHT, CITRUSY



AVOCADO, TOMATOES, BELL PEPPERS

CHICKEN, FISH, SHELLFISH, LAMB, LENTILS, TOFU

SALSAS, GUACAMOLE, CHUTNEYS, SOUPS, CURRIES, SALADS

IN A JAR, IN THE FRIDGE, FOR 7-10 DAYS

DILL

GRASSY



CABBAGE, POTATOES, CUCUMBERS, CARROTS, GREEN BEANS, TOMATOES

FISH, SHELLFISH

OMELETS, YOGURT DISHES, POTATO SALAD, SAUCES, SALAD DRESSINGS

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, FOR 10-14 DAYS

LEMONGRASS

ZESTY, CITRUSY



BELL PEPPERS, TOMATOES

CHICKEN, BEEF, PORK, FISH

ASIAN SOUPS, RICE, CURRIES, MARINADES, TEAS

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, FOR 10-14 DAYS

MARJORAM

GRASSY, SLIGHTLY SWEET



CARROTS, MUSHROOMS, PEAS, SPINACH, ZUCCHINI, TOMATOES

CHICKEN, BEEF

STUFFINGS, SALAD DRESSINGS, SOUPS, RISOTTOS, BROWN BUTTER SAUCE

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, FOR 10-14 DAYS

MINT

SWEET, COOL



CARROTS, EGGPLANT, WATERMELON, MUSHROOMS, TOMATOES, POTATOES, ZUCCHINI

BEANS, LENTILS, LAMB

FRUIT SALADS, CURRIES, CREAM SAUCES, SOUPS, MARINADES

IN A JAR, IN THE FRIDGE, FOR 7-10 DAYS

OREGANO

PUNGENT, PEPPERY



ARTICHOKE, BELL PEPPERS, EGGPLANT, MUSHROOMS, TOMATOES, POTATOES, ZUCCHINI

CHICKEN, BEEF, LAMB, FISH

TOMATO SAUCES, PIZZAS, SALAD DRESSINGS

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, FOR 10-14 DAYS

PARSLEY

FRESH, GRASSY



MUSHROOMS, PEAS, POTATOES, TOMATOES, CUCUMBERS, ZUCCHINI

LAMB, BEEF, CHICKEN, FISH, TOFU

SAUCES, SALADS, GARNISHES

IN A JAR, IN THE FRIDGE, FOR 7-10 DAYS

ROSEMARY

WOODY, PUNGENT



MUSHROOMS, PEAS, TOMATOES, POTATOES

CHICKEN, LAMB, PORK, FISH

FOCACCIA BREAD, TOMATO SAUCES, PIZZA, SOUPS, STEWS, ROASTED VEGGIES

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, FOR 10-14 DAYS

SAGE

WOODY



BRUSSEL SPROUTS, EGGPLANT, PEAS, WINTER SQUASH

PORK, BEEF, TURKEY

STUFFINGS, SALAD DRESSINGS, SOUPS, RISOTTOS, BROWN BUTTER SAUCE, ROASTED VEGGIES

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, FOR 10-14 DAYS

TARRAGON

PEPPERY, LICORICE



ARTICHOKE, CARROTS, LEEKS, MUSHROOMS, POTATOES, SPINACH

CHICKEN, BEEF, LAMB, FISH

OMELETS, GAZPACHOS, SALAD DRESSINGS, GARNISHES

IN A JAR, IN THE FRIDGE, FOR 10-14 DAYS

THYME

MINTY



CARROTS, PEAS, POTATOES, WINTER SQUASH, TOMATOES

CHICKEN, PORK, LAMB, DUCK, FISH

RICE, DIPS, STEWS, ROASTED VEGGIES, TOMATO SAUCES

ROLLED IN A DAMP PAPER TOWEL, IN THE FRIDGE, FOR 10-14 DAYS

COOKING TIP FOR FRESH HERBS

If you'd like to use fresh herbs instead of dried herbs in a recipe, add 3-4 times more fresh herbs than the recipe calls for and add it in at the end.

HOW TO STORE FRESH HERBS

"PLANTING" METHOD

- 1 Trim the base of the stems with scissors or a knife
- 2 Fill a jar (an old condiment jar works great) about 1/3 to halfway with cold water
- 3 Place the cut stems into the water
- 4 Cover the jar with a plastic bag
- 5 Secure with a rubber band at the base of jar to enclose the bag around the jar
- 6 Place the "planted" herb in the fridge or leave it out on the countertop depending on the herb



TOWEL METHOD

- 1 Wrap the herbs in a damp paper towel
- 2 Put the wrapped herbs in a Ziploc bag
- 3 Place the herbs in the fridge



To learn more about adding flavor to your meals visit cooksmarts.com/flavor

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