

## Basil

Italian basil: Sweet, mild anise flavor

- Italian classic for marinara, tomato-mozzarella salad, and pesto; perfect with veggies, esp tomatoes
- Thai basil: rich, licorice flavor (edible purple flowers)
  - essential for Thai cuisine
- delicious with chicken, seafood, pork, and beef

## Tarragon

- Fresh, light licorice flavor
- perfectly suited for carrots, zucchini, corn & tomatoes
- great with chicken and seafood
- tarragon compound butter

# The FarmGirl Cooks



## Guide to Culinary Herbs

## Chives

- oniony flavor
- edible purple flowers
- great in soup, with potatoes and eggs
- perfect for tuna, chicken, or egg salad

## Dill

- bright, fresh flavor
- fern-like leaves; freeze or dry
- essential for dill pickles
- add to green and grain salads
- great with seafood & chicken, esp. w/lemon

## Thyme

- (English & Lemon)
- intense, aromatic
  - meats, fish, poultry, pork
  - soups, stews, veggies, salad dressing & marinades
  - great with tomatoes

## Parsley

- fresh, intense, earthy
- add to green & grain salads
- parsley-garlic compound butter
- gremolata (parsley, garlic, lemon)
- terrific with poultry, pork, seafood

## Oregano

- Greek, Italian, Mexican
- pair with citrus
- pork, poultry, seafood
- pasta, potatoes, veggies
- pizza & tomato dishes

## Rosemary

- fresh, piney flavor
- potatoes & winter squash
- flavored olive oil for dipping
- soups, stews, roasted veg
- classic for roasted chicken & pork

## Sage

- aromatic & earthy
  - potatoes & winter squash
  - brown butter & sage
  - pasta, soup, stuffing
  - pork, chicken, turkey
- Pineapple Sage: fruity, bright
- cocktails, chicken, seafood

## Lemon Balm

- incredible lemon fragrance
- steep in water with ginger for tea (hot or iced)
- flavor simple syrup for cocktails
- fruit salads
- poultry, pork & seafood

## Mint

- (Spearmint, Mojito Mint, AppleMint, Peppermint, Chocolate Mint, Orange Mint)
- excellent for all types of hot & cold tea
  - make a mint simple syrup for cocktails, mojitos
    - classic pairing with chocolate
  - add to desserts, fruit salads, infuse into ice cream base
    - savory: salad dressings & marinades
    - tabbouleh; lamb, chicken, pork, shrimp

## Cilantro

- Mexican, Chinese, Indian cuisines
- fresh, bright, earthy flavor with delicate leaves
  - tacos, rice bowls, curries, stir fry add-in
  - make pesto with chile peppers, garlic, & lime
    - leaves are great in salad