

FRESH HERBS

BASIL

Sweet, Peppery, Light Licorice Flavor



Best Used In

Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stir-fry, Tomato Sauce

Produce

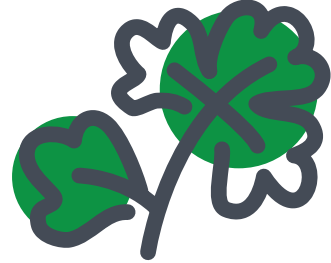
Bell Peppers, Broccoli, Chickpeas, Cucumber, Green Beans, Lettuce, Melon, Peas, Pineapple, Summer Squash, Tomato

Meat/Meat Alternates

Chicken, Egg, Fish, Legumes, Tofu, Turkey, Yogurt

CILANTRO

Bright, Citrusy



Best Used In

Chili, Condiments, Curry, Fruit Salads, Marinades, Salad Dressing, Salads, Salsa, Sauces, Soups, Stir-fry

Produce

Bell Peppers, Black Beans, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Lettuce, Melon, Pineapple, Summer Squash, Sweet Potato, Tomato

Meat/Meat Alternates

Beef, Chicken, Egg, Fish, Legumes, Pork, Tofu

DILL

Lemony, Sweet, Grassy, Floral



Best Used In

Condiments, Marinades, Salad Dressing, Salads, Sauces, Soups

Produce

Bell Peppers, Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Cucumber, Green Beans, Lettuce, Peas, Potato, Summer Squash, Tomato, White Beans

Meat/Meat Alternates

Chicken, Egg, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

MINT

Sweet and Cool



Best Used In

Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces

Produce

Cabbage, Carrot, Cauliflower, Chickpeas, Cucumber, Lettuce, Melon, Peas, Pineapple, Potato, Summer Squash, White Beans

Meat/Meat Alternates

Legumes, Tofu, Yogurt

OREGANO

Pungent, Peppery, Earthy, Bitter



Best Used In

Chili, Marinades, Salad Dressing, Sauces, Soups, Tomato Sauce

Produce

Bell Peppers, Black Beans, Cauliflower, Chickpeas, Mushrooms, Potato, Root Vegetables, Summer Squash, Tomato, White Beans, Winter Squash

Meat/Meat Alternates

Beef, Chicken, Fish, Legumes, Tofu, Yogurt

PARSLEY

Fresh, Bright, Grassy, Mild-Bitter



Best Used In

Condiments, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stews

Produce

Bell Peppers, Broccoli, Cabbage, Carrot, Cauliflower, Cucumber, Melon, Mushrooms, Peas, Potato, Summer Squash, Sweet Potato, Tomato, White Beans

Meat/Meat Alternates

Beef, Chicken, Fish, Legumes, Tofu, Turkey, Yogurt

ROSEMARY

Woody, Pungent, Lemon-Pine



Best Used In

Condiments, Marinades, Sauces, Soups, Stews, Tomato Sauce

Produce

Carrot, Cauliflower, Mushrooms, Peas, Potato, Root Vegetables, Sweet Potato, Tomato, White Beans, Winter Squash

Meat/Meat Alternates

Chicken, Legumes, Pork, Tofu

THYME

Earthy, Sweet, Mild-Mint



Best Used In

Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Sauces, Soups, Tomato Sauce

Produce

Carrot, Cauliflower, Chickpeas, Mushrooms, Peas, Root Vegetables, Summer Squash, White Beans, Winter Squash

Meat/Meat Alternates

Chicken, Legumes, Pork, Tofu, Turkey, Yogurt

PURCHASING TIP



Work with your vendor to see if you can purchase herbs by the bunch versus by the case.

PRO TIP



If you have access fresh herbs, puree them with a little water and freeze the mixture for later use as a flavor booster.

STORAGE TIP



Trim the stem ends and either wrap in a damp paper towel of stand upright in a plastic hotel pan with a little water at the base.