

# 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

### Fruits and Vegetables

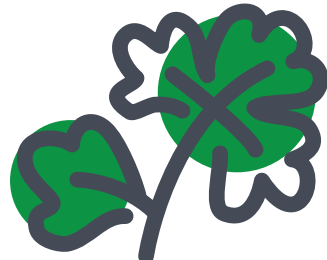
Bell Peppers, Broccoli, Chickpeas, Cucumber, Green Beans, Lettuce, Melon, Peas, Pineapple, Summer Squash, Tomato

### Meats/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

### Fruits and Vegetables

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

### Meats/Meat Alternates

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

## DILL

Lemony, Sweet, Grassy, Floral



### Best Used In

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

### Fruits and Vegetables

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

### Meats/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

### Fruits and Vegetables

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

### Meats/Meat Alternates

Legumes, Tofu, Yogurt

## OREGANO

Pungent, Peppery, Earthy, Bitter



### Best Used In

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

### Fruits and Vegetables

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

### Meats/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

### Fruits and Vegetables

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

### Meats/Meat Alternates

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

## ROSEMARY

Woody, Pungent, Lemon-Pine



### Best Used In

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

### Fruits and Vegetables

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

### Meats/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

### Fruits and Vegetables

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

### Meats/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 to 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 or stand upright in a plastic hotel pan with a little water at the base.