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, Cabbage, Chickpeas, Cucumber, Green Beans, Lettuce, Melon, Peas, Pineapple, Summer Squash, Tomato

Meats/Meat Alternates
Beef, Chicken, Egg, Fish, Legumes, Tofu, Turkey, Yogurt

CILANTRO
Bright, Citrusy

Best Used In
Chili, Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, 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, Legumes, Pork, Tofu

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, Turkey, Yogurt

OREGANO
Pungent, Peppery, Earthy, Bitter

Best Used In
Chili, Condiments, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stree

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, Turkey, Yogurt

PARSLEY
Fresh, Bright, Grassy, Mild-Bitter

Best Used In
Condiments, Fresh Fruit, 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, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, 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
Condiments, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stews

Fruits and Vegetables
Carrot, Cauliflower, Chickpeas, Cucumber, Green Beans, Lettuce, Peas, Potato, Summer Squash, White Beans

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, purée 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.

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