

## Herb Chart

| Herb and Form  | Flavor  | Use  |
|--|---|--|
| <b><u>Basil</u></b><br>(fresh and dried leaves, ground)                      | Sweet, with clove-like pungent tang               | Eggs, meats, pesto, salads, soups, stews, tomato dishes                            |
| Bay leaves<br>(dried leaves, ground)   | Pungent, aromatic                                 | Meats, pickling, sauces, soups, stews, vegetables                                  |
| Chervil<br>(fresh and dried leaves)  | More aromatic than parsley, slight anise flavor   | Eggs, fish, salads, sauces, soups, stuffings                                       |
| Chives<br>(fresh, freeze-dried)  | Onion-like  | Appetizers, cream soups, eggs, garnish, salads                                     |
| Dill weed<br>(fresh, dried)  | Pungent, tangy                                    | Breads, cheeses, fish, salads, sauces, vegetables                                  |
| Marjoram<br>(fresh and dried leaves, ground)                                 | Aromatic, with slightly bitter overtone           | Cottage cheese, fish, lamb, poultry, sausages, soups, stews, stuffings, vegetables |
| <b><u>Mint</u></b><br>(fresh, dried)   | Strong, sweet with cool aftertaste                | Beverages, desserts, fish, lamb, sauces, soups                                     |
| Oregano<br>(fresh and dried leaves, ground)                                  | Strong, aromatic with pleasantly bitter undertone | Cheese, eggs, fish, Italian dishes, meats, sauces, soups, vegetables               |
| <b><u>Parsley</u></b><br>(fresh curly leaf, fresh Italian flat leaf, flakes) | Slightly peppery                                  | Garnishes, herb mixtures, sauces, soups, stews, egg dishes                         |
| <b><u>Rosemary</u></b><br>(fresh and dried leaves)                           | Fresh, sweet flavor                               | Casseroles, fish, lamb, salads, seafood, soups, vegetables                         |
| Sage<br>(fresh and dried leaves, ground)                                     | Aromatic, slightly bitter                         | Fish, meats, poultry, salads, sausages, soups, stuffings                           |
| Savory<br>(fresh and dried leaves, ground)                                   | Aromatic, slightly pungent                        | Poultry, meats, salads, sauces, soups, stuffings, vegetables                       |
| Tarragon<br>(fresh and dried leaves)   | Piquant, anise-like                               | Eggs, meats, pickling, poultry, salads, sauces, tomatoes                           |
| <b><u>Thyme</u></b><br>(fresh and dried leaves, ground)                      | Aromatic, pungent                                 | Chowders, fish, meats, poultry, stews, stuffings, tomato dishes                    |

## **Preserving Herbs**

The shelf life of many herbs is six months to one year, but this period is shorter when herbs are exposed to light, heat and open air. Herb leaves keep their flavor best when they are stored whole and crushed just before use. When herb seeds are to be used for cooking, the seeds should be stored whole and ground up as needed.

### **Bag Drying**

To prepare plants for drying, remove blossoms from the herb plant and rinse the leaves on the stem in cold water to remove soil. Allow plants to drain on absorbent towels until dry. Then place the herbs in a paper bag and tie the stems. Leave 1 to 2 inches of the stems exposed. This allows the plant oil to flow from the stems to the leaves. Place the bag in a warm, dry location. In about one to two weeks, when the leaves become brittle, tap them free of the stems and the leaves will fall into the bag. Store leaves in an airtight container away from the light.

### **Tray Drying**

Clean herbs as for bag drying but the heavy stalks can be discarded. Put the leafed stems one layer deep on a tray in a dark, ventilated room. Turn over the herbs occasionally for uniform drying. The leaves are ready for storage when they are dry and the stems are tough.

### **Microwave Drying**

If you have a microwave oven, you can use it to dry herbs, however we do not recommend it. It is WAY TO EASY to start them on fire in the microwave! This process actually cooks the herbs, and the end product is just not the same as air drying. If you must however, place the herbs between paper towels and set them in the microwave. Close the door and turn the oven on a medium setting for about 2-3 minutes. Then check for dryness; the leaves should feel brittle and should crumble easily. If they are not done, turn the oven on for 30 seconds longer. Store the dried herbs in closed containers.

### **Freezing Flavor**

Herbs may also be frozen. Rinse herbs in cold water and lay them out in a single layer on a cookie sheet. Place the herbs in the freezer until fully frozen then remove from cookie sheet, place in plastic bags, label, and return to freezer until use. You may also rough chop the herbs

and put them into an ice cube tray. Fill the ice cube cells with water or oil and freeze. Remove when fully frozen, place in freezer bags with a good seal, label and return to freezer.