Herb Reference Sheet

Herb	Forms	Tastes Good With
Angelica	Leaves: fresh & dried Seeds: fresh & dried	Fresh leaves: vegetable salads, custards, tart fruit, poached seafood.
Bay	Leaves: fresh & dried	Soups, meat, poultry, fish pasta
Basil	Leaves: fresh & dried	Tomatoes, spaghetti sauces, mushroom dishes, soups, stews, salads, chicken, egg and rice dishes
Chervil	Leaves: fresh & dried	Poached fish & shellfish, creamed soups, omelets, chicken, lettuce
Chives	Stems: fresh, chopped, freeze-dried, & frozen Flowers: fresh,	Stems: eggs, salads, cream cheese, potatoes, soups Flowers: salads
Cilantro/Coriander	Leaves: fresh & dried Seeds: Whole and ground	Leaves: soups, stews, curries, vegetables, salads, fish, chicken Seeds: meat & poultry, vegetables
Dill	Leaves: fresh & dried Seeds: whole & ground	Leave: mild cheeses, omelets, seafood, salmon Seeds: bread, meat stews, rice
Fennel	Leaves: fresh & dried Stems: fresh & dried Seeds: dried	Whole fresh leaves: seafood Leaves: Mayonnaise, sauces, stuffing Seeds: breads, crackers, sausage
Hyssop	Leaves: fresh & dried Flowers: fresh	Dried leaves: soups, stews, teas Leaves: soft butters & cheeses Flowers: green salad
Lemongrass	Whole Stalk: fresh, dried, ground	Curries, soups, stews, chicken, seafood
Marjoram	Leaves: fresh & dried	Oil and vinegar dressings, Italian and Greek dishes, seafood, poultry
Mint	Leaves: fresh & dried	Tea, soup, salads, sauces, deserts
Oregano	Leaves: fresh & dried	Oil and vinegar dressings, Italian and Greek dishes, seafood, poultry
Parsley	Leaves: fresh & dried	Omelets, salads, vegetables, soups, eggs, pasta, rice, pasta, fish, poultry
Rosemary	Leaves: fresh & dried Sprigs: fresh	Meat dishes, chicken, tomato-based sauces, breads, pizza
Sage	Leaves: fresh, dried, ground	Poultry stuffing, pork, sausage, goose, duck
Savory	Leaves: fresh & dried	Mixed greens, sandwiches, cream sauces, eggs
Tarragon	Leaves: fresh & dried	French sauces, omelets, fish, poultry, dressings
Thyme	Leaves: fresh & dried	Any "slow cooked" dish, breads, sauces, veggies

SIMPLE organized living