



Culinary Herbs

Locally grown culinary herbs include:

anise, basil, borage, chervil, chives, coriander or cilantro, dill, fennel, oregano, parsley, rosemary, sage, sweet marjoram, tarragon and thyme.

Fun Facts: Culinary herbs (pronounced “erb” with the h being silent) are soft-stemmed plants where the leaves, flowers, roots or seeds are used to flavor foods or beverages. Parsley, the most widely used and popular herb, is usually used as a garnish.

Selecting Freshly Cut Culinary Herbs: Choose fresh clean herbs that are not discolored or damaged. Avoid herbs with bruised, limp, brown or black leaves.

Measuring Culinary Herbs: 2 to 3 tablespoons fresh herbs = 1 tablespoon dried crushed herbs = 1 1/2 teaspoons ground herbs

Handling and Preserving:

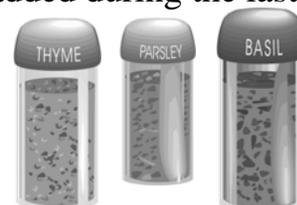
Handle herbs gently to avoid bruising. Refrigerate unwashed fresh herbs in an open or a perforated plastic bag in the vegetable bin for use within a few days. To extend freshness for a week or more, snip off the stem end diagonally, place herbs in a tall glass with an inch of water, cover them loosely with a plastic bag, and refrigerate, changing the water daily.

Refrigerate homemade oil-based herb mixtures for up to 2 days and commercial mixtures up to 3 weeks. **To freeze** herbs for use in cooked dishes, rinse under cool running water, shake, drain, pat dry, and wrap a few sprigs or leaves in freezer wrap, place in a freezer bag, seal, label and freeze for up to 6 months.

Preparation and Serving:

Rinse herbs under cool running water to remove dirt, shake off excess moisture, and pat with clean paper towels. Unless your recipe gives other directions, mince herb leaves very fine before cooking to release more flavor. Chop with a knife, or snip them with kitchen scissors, discarding stems. Mild or savory herbs impart a delicate flavor to foods, while stronger or pungent herbs add zest. When using culinary herbs, start with small amounts to discover what you like. Add

fresh herbs to refrigerated foods several hours before serving, so the flavors have time to blend. When cooking, preserve the delicate flavor of basil, chervil, chives, coriander or cilantro, dill leaves, mint, parsley and sweet marjoram by adding them just minutes before the end of cooking, or sprinkle them on the food just before serving. Oregano, rosemary, tarragon and thyme have stronger flavors and can be added during the last half hour of cooking.





Ideas for Using Culinary Herbs:

Anise – stewed fruit, soups, beverages, pork, poultry, fish

Basil – beans, Brussels sprouts, carrots, cauliflower, cucumbers, eggplant, peas, potatoes, salads, spinach, squash, tomatoes, zucchini, rice, eggs, meats, poultry, fish, Italian/Spanish dishes

Borage – salads, fruit beverages, soups

Chervil – potatoes, salads, soups, eggs, French dishes

Chives – baked potatoes, salads, tomatoes, steamed vegetables, soups, spreads, fish, Chinese dishes

Coriander/Cilantro – tomatoes, African/Caribbean/Chinese/Mexican dishes

Dill – beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cucumbers, peas, potatoes, salads, tomatoes, soups, sauces, cottage cheese, rice, breads, fish, German dishes

Fennel – carrots, cucumbers, squash, tomatoes, breads, eggs, fish, marinades, African/German dishes

Oregano – beans, carrots, eggplant, onions, peas, potatoes, salads, spinach, squash, sweet bell peppers, tomatoes, turnips, soups, sauces, cheeses, meats, Greek/Italian/Mexican dishes

Parsley – beans, carrots, cauliflower, eggplant, onions, potatoes, salads, tomatoes, zucchini, soups, meats, poultry, fish, Caribbean/French/Greek/Italian/Spanish dishes

Rosemary – beans, Brussels sprouts, cabbage, carrots, cauliflower, peas, roasted potatoes, squash, tomatoes, turnips, soups, rice, cheese, pork, poultry, lamb, fish, marinades, Greek/Spanish dishes

Sage – Brussels sprouts, eggplant, lima beans, onions, peas, tomatoes, stuffing, soups, meat, poultry, fish

Sweet marjoram – beans, carrots, eggplant, mushrooms, peas, salads, spinach, squash, tomatoes, soups, eggs, breads, meats, Caribbean/French dishes

Tarragon – asparagus, beans, broccoli, cabbage, cauliflower, cucumbers, salads, tomatoes, yogurt, sauces, eggs, poultry, fish

Thyme – beans, beets, broccoli, Brussels sprouts, carrots, eggplant, lima beans, mushrooms, onions, potatoes, squash, tomatoes, soups, breads, eggs, meat, poultry, fish, Caribbean/French dishes

Nutrition Facts: Culinary herbs contribute virtually no calories, protein, fat or carbohydrates to the diet, but are plentiful in healthful antioxidants and pigments. Two sprigs of parsley provide 11 mcg. vitamin K, or 14% of an adult’s need for this nutrient.

References: www.oznet.ksu.edu/library/4h_y2/4H712.pdf; www.aboutproduce.com; www.oznet.ksu.edu/dp_hfrr/extensn/Hort_Tips/Vegetable_Crops/herbs.htm; <http://lancaster.unl.edu/food/ftapr03.htm>; <http://ohioline.osu.edu/hyg-fact/5000/5520.html>; www.oznet.ksu.edu/dp_hfrr/Teaching_and_Courses/Courses/Hort560/Herbs_files/v3_document.htm



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