

# Herb Guide

## Basil



## Bay Leaf



## Cilantro



## Chives



## Dill



## Mint



### Character:

pungent, hints of licorice and cloves

### Character:

slightly bitter, very tough

### Character:

some people taste hints of citrus or sage, others taste metal or soap

### Character:

slight onion and garlic flavour

### Character:

tangy, pungent flavour

### Character:

cool, refreshing, mint flavour

### Use:

- good with tomato and chicken dishes, and Mediterranean cuisine

### Use:

- accent the taste of stews, soups and savoury sauces.
- remove from dishes before serving – tough consistency

### Use:

- Asian, Thai, Mexican, Indian cuisine
- good with chili, sour cream, spicy dishes, avocado, poultry

### Use:

- add to fish, poultry, eggs, salad, potatoes, vegetables
- great substitute for green onions

### Use:

- add to cucumber salads or sandwiches, fish dishes, eggs, rice, cottage cheese, dips

### Use:

- add to lamb, potatoes, or peas
- good garnish for desserts and beverages

### Storage:

Fresh: refrigerate, wrapped in damp towel and plastic wrap for up to 2 days

Dried or Ground Leaves: airtight container, in a cool dry place, for up to 6 months

### Storage:

Dried Whole Leaves: airtight container, in a cool dry place, for up to two years

### Storage:

Fresh: refrigerate, standing in a glass of water, cover with plastic wrap for 3 to 5 days

Dried: airtight container, in a cool, dry place for up to 6 months

### Storage:

Fresh: refrigerate, standing in a glass of water, cover with plastic wrap for 3 to 5 days

Dried: airtight container, in a cool, dry place for up to 6 months

### Storage:

Fresh: refrigerate, wrapped in damp paper towel and plastic wrap for 2 days

Dried: airtight container, in a cool, dry place for up to 6 months

### Storage:

Fresh: refrigerate, standing in a glass of water, cover with plastic wrap for 3 to 5 days

Dried: airtight container, in a cool, dry place for up to 6 months

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## Oregano



### Character:

Fresh:  
spicy, slightly smoky  
flavour

Dried:  
peppery bite

### Use:

Fresh:  
• for savoury dishes  
such as pizza sauce,  
casseroles, soups

Dried:  
• complements garlic

### Storage:

Fresh:  
refrigerate, wrapped  
in damp paper towel  
and plastic wrap for  
2 to 4 days

Dried or Ground:  
airtight container, in a  
cool dry place, for up  
to 6 months.

## Parsley



### Character:

grassy fresh and  
slight peppery  
flavour

### Use:

- add to grilled  
meat, poultry,  
stuffing, soups,  
stews, eggs,  
potatoes, salad,  
herb butters
- good plate garnish

### Storage:

Fresh:  
refrigerate, standing  
in a glass of water,  
cover with plastic  
wrap for 3 to 5 days

Dried:  
airtight container, in  
a cool, dry place for  
up to 6 months

## Rosemary



### Character:

hints of lemon and  
pine

### Use:

- savoury breads,  
stews, casseroles,  
meat, fish

### Storage:

Fresh:  
refrigerate, wrapped  
in damp paper towel  
and plastic wrap for  
2 to 4 days

Dried or Ground Leaves:  
airtight container, in a  
cool dry place, for up  
to 6 months

## Sage



### Character:

slightly bitter,  
musty-mint flavour

### Use:

- add to chicken or  
turkey dishes
- good in stuffing
- good with  
sausages

### Storage:

Fresh:  
refrigerate, wrapped  
in damp paper towel  
and plastic wrap for 2  
to 4 days

Dried:  
airtight container, in  
a cool, dry place for  
up to 6 months

## Tarragon



### Character:

aromatic, hints of  
licorice flavour

### Use:

- add to poultry,  
shellfish, rice,  
broccoli, mushrooms
- herb-butters and  
flavoured vinegars

### Storage:

Fresh:  
refrigerate, wrapped  
in damp paper towel  
and plastic wrap for 2  
to 4 days

Dried:  
airtight container, in  
a cool, dry place for  
up to 6 months

## Thyme



### Character:

unmistakable minty  
aroma

### Use:

- can bring a sweet,  
floral flavour to  
recipes
- ideal for meat,  
seafood, stuffing and  
sauces

### Storage:

Fresh:  
refrigerate, wrapped  
in damp paper towel  
and plastic wrap for 2  
to 4 days

Dried or Ground:  
airtight container, in a  
cool dry place, for up  
to 6 months