

Herb Guide

Basil



Bay Leaf



Coriander



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 soup

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

Herb Guide

Oregano



Character:

Fresh:
spicy, slightly smoky
flavour

Dried:
peppery bite

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