

Cook with Herbs:

Here is a list of herbs and foods that classically pair well together.

Basil: pesto, tofu, salads, tomato dishes, sauces, dressings, pasta, Italian, Thai

Bay Laurel: soup, stews, beans, sauces, curry powders

Chervil: fish, eggs, French cuisine

Chives: eggs, garnishes, dips, soups, dumplings

Cilantro: curries, stir fries, salsas, dressings, salads, black beans, Mexican, Asian

Dill: fish, eggs, dairy, salads, dressing, beets, pickles, soup, bread, crackers

Fennel: fish, soup, salad, eggs

Lavender: butter, beverages, ice cream

Marjoram: meats, soups, vegetables, beans

Mint: yogurt, dressings, lamb, grain salads, cold soups, drinks, ice cream, fruit

Oregano: meats, vegetables, soups, salads, dressing, Mexican, Italian, Greek

Parsley: grains, salads, dressings, vegetables, pastas, garnishes

Rosemary: meats, fish, root vegetables, soups, bread, crackers, stuffing

Sage: meats, cheeses, stuffing, potatoes, soups, polenta, white beans

Savory: beans, salads, vegetables, meats, eggs, fish, soups

Tarragon: eggs, meats, seafood, vinegar, dressings, sauces, cheese, butter

Thyme: poultry, lentils, potatoes, soups, sauces, fish, Italian

Herbs to use to enhance and compliment vegetables:

Asparagus-chervil, dill, tarragon, curry, mustard, white pepper

Beets- basil, caraway, fennel seeds, horseradish, tarragon, allspice, coriander, ginger

Broccoli-caraway, dill, mint, oregano, curry, ginger,

Brussels sprouts- basil, borage, caraway, dill, parsley, mustard, nutmeg, paprika

Cabbage- caraway, dill, fennel seeds, mint, savory, thyme, coriander, curry, ginger

Carrots- basil, chervil, fennel greens, parsley, thyme, coriander, ginger, mace

Cauliflower- basil, caraway, dill, fennel seeds, thyme, curry, nutmeg, paprika

Celeriac- basil, sill, fennel seeds, marjoram, thyme, allspice, coriander, nutmeg, paprika

Celery- basil, chervil, dill, lovage, parsley, curry, paprika

Chicory*- basil, dill, fennel green, marjoram, thyme, parsley, ginger, nutmeg

Cucumber- basil, borage, dill, mint, parsley, tarragon, allspice, coriander, mustard

Green beans- basil, chives, dill, lovage, oregano, rosemary, savory

Eggplant- basil, oregano, parsley, rosemary, savory, thyme, curry, pepper

Fennel bulb- basil, lovage, parsley, coriander, nutmeg, paprika

Kale** -caraway, dill, marjoram, tarragon, thyme, allspice, coriander, nutmeg

Kohlrabi- basil, chervil, chives, dill, fennel seeds, lovage, parsley, allspice, coriander, mace

Leeks- caraway, dill, lovage, sage, thyme, mustard, nutmeg, paprika

Onions- anise seed, basil, bay leaf, parsley, thyme, clove, curry, paprika

Parsnips- chives, fennel seeds, parsley, thyme, coriander

Peas- chervil, chives, dill, mint, parsley, rosemary, thyme, curry, nutmeg

Peppers- basil, lovage, oregano, parsley, rosemary, thyme, curry, ginger, mustard

Potatoes- chervil, marjoram, parsley, rosemary, sage, thyme, mace, paprika, pepper

Pumpkin- celery leaves, chives, onions, sage, thyme, curry, ginger

Radishes- basil, borage, chives, dill, lovage, mint, parsley

Red cabbage- basil, bay leaf, caraway, onions, thyme, clove, ginger, nutmeg

Rutabaga- basil, borage, caraway, dill, marjoram, parsley, rosemary, allspice, mustard, pepper

Spinach- basil, chives, dill, lovage, thyme, allspice, nutmeg

Squash, summer-^{}** basil, chives, dill, marjoram, onions, oregano, coriander, pepper

Squash, winter- celery leaves, marjoram, onions, parsley, sage, thyme, allspice, curry, ginger

Sunchokes- anise, chervil, chives, dill, fennel seeds, parsley, sage, coriander, mace

Sweet corn- basil, cilantro, oregano, parsley, rosemary, thyme, chili, mustard

Sweet potatoes- leeks, sage, thyme, allspice, chili, ginger

Swiss chard- lovage, marjoram, parsley, savory, allspice, nutmeg, paprika

Tomatoes- basil, cilantro, dill, oregano, parsley, rosemary, curry, paprika, pepper

Turnips- basil, borage, caraway, dill, marjoram, parsley, rosemary, allspice, mustard, pepper

* Chicory includes: endive, escarole, and radicchio.

^{**}Summer squash includes Zucchini; for collards use kale