

# Common Herbs and How to Use Them

<b>Herb</b>	<b>Description</b>	<b>Suggested Uses</b>
Basil	Aromatic green leaf. Member of the mint family.	Tomato dishes, pesto, egg dishes, salads, marinades, fish, and compound butters.
Bay Leaf	Stiff dark green, oblong leaf with a pungent aroma similar to sassafras.	Stocks, sauces, soup, stews, and braised meats.
Chervil	Small, delicate, green leaf. Mild flavor of parsley and tarragon.	Soups, salads, sauces, egg dishes, chicken, fish, and dressing.
Chives	Fine, hollow, green top of a very small onion.	Salads, egg and cheese dishes, fish soups, and sauces.
Cilantro	Light green aromatic leaf. Shaped like flat parsley, but much more pungent flavor.	Salads, salsa, sauces, soup, eggs, and dressings.
Dill (herb)	Herb with "dill pickle" flavor.	Salads, soups, fish & shellfish, vegetables, sauces, and potatoes.
Marjoram	Gray green herb from mint family. Similar to oregano, but milder.	Beef, veal, lamb, sausage, pates, poultry, stews, soups, vegetables, salads, and sauces.
Mint	Aromatic herb with cool flavor. Spearmint and peppermint are most common.	Lamb, fruits, tea, fruit beverages, peas, carrots, potatoes, jellies, soups, and sauces.

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Oregano	Pungent herb. Similar to marjoram, but stronger.	Italian and Mexican dishes, tomato sauces, soups, sauces, stews, meats, salads, and marinades.
Parsley	Green leaf, curly or flat, with a delicate sweet flavor. An excellent source of vitamin C.	Garnish, fries, stews, sauces, salads, vegetables, and potatoes.
Rosemary	Very aromatic light green leaf resembling pine needles. Plant stays healthy and strong, even in cold or very hot weather.	Lamb, fish, beef, sauces, soups, stews, salads, and marinades.
Sage	Pungent gray green herb with fuzzy oblong leaves.	Stuffing, meat, poultry, soups, stews, salads, and fish.
Savory	Fragrant herb of the mint family.	Salads, eggs, vegetables, stuffing, soups, meats, fish, and sauces.
Tarragon	Delicate green herb with small oblong leaves. Flavor is similar to mint and licorice.	Béarnaise sauce, vinegar, chicken, fish, salads, dressings, and eggs.
Thyme	Tiny brownish green leaf, very aromatic.	Soups, chowders, stocks, sauces, meats, poultry, and salad dressing.

