

Eat Fresh Herbs Daily!



- Make herb salads (e.g., Tabbouleh)
- Substitute 1/2 of the greens in salads with herbs such as parsley, dill, and basil
- Mix handfuls of herbs into cold potato and pasta salads
- Top soups with handfuls of fresh herbs
- Garnish a dinner plate with fresh herbs
- Substitute herbs for lettuce (e.g., grilled cheese with basil)
- Add fresh herbs to drinks (mint lemonades and rosemary ice teas)
- Use fresh herb sauces (pesto in pasta; mint sauce on lamb)
- Sprinkle lavender, rosemary, and mint leaves on cakes, ice creams, and fruit cocktails



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Cook with Fresh Herbs

- Fresh is milder than dried (2-4 x)
- Chop finely for most flavor
- Combine in butter or oil before cooking to blend flavors
- Have one primary flavor and 2 to 4 supporting flavors
- Use bouquets for soups and gravies
- Add near the end of cooking to preserve flavors



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