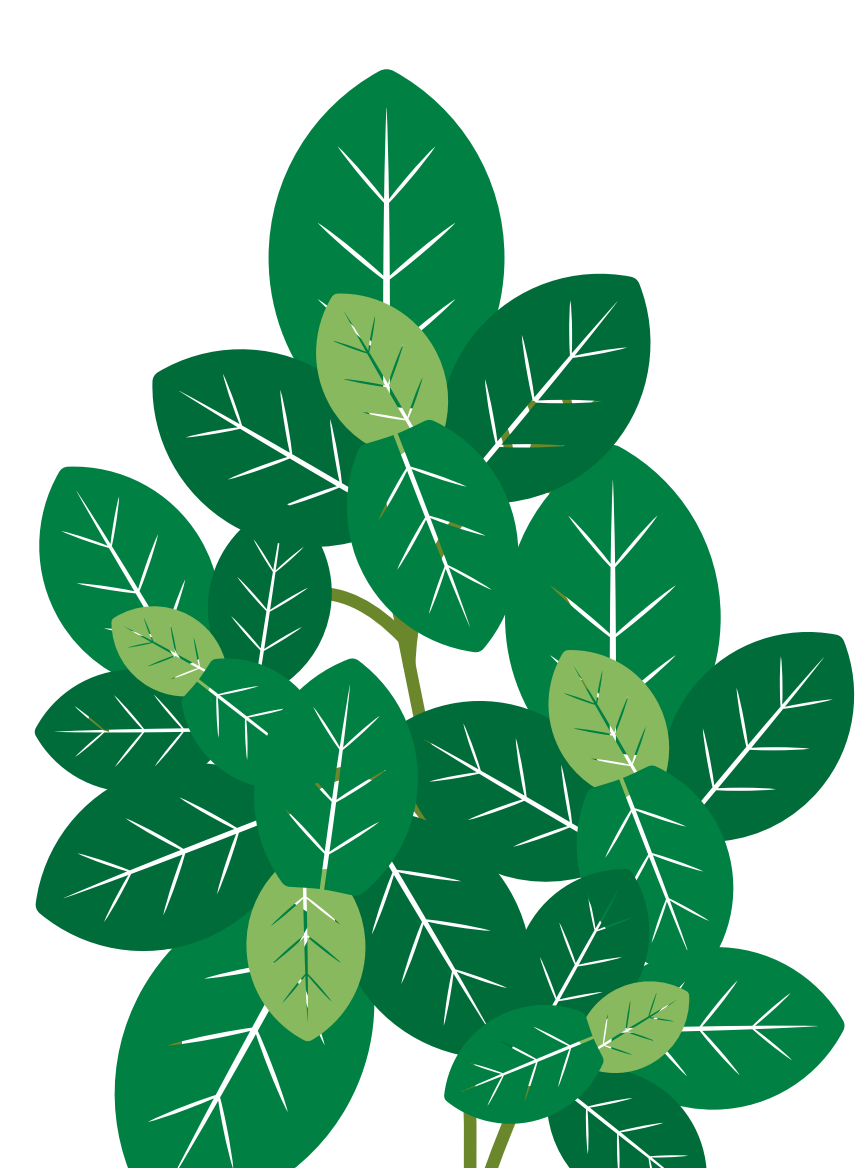


# How to Make Your Food Taste Better with Herbs

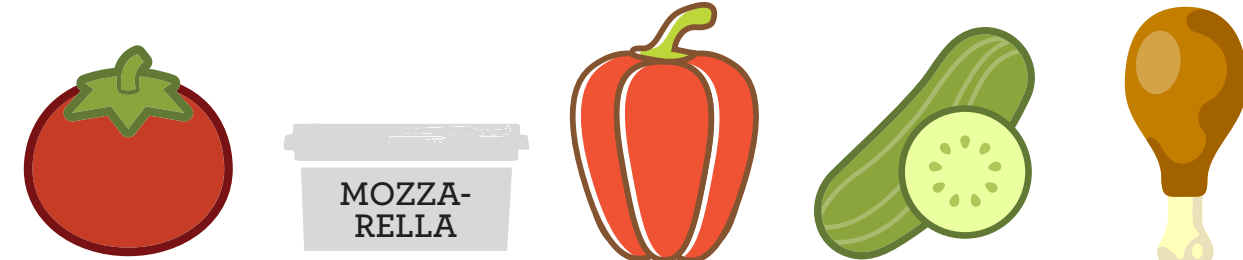
It's no secret fresh herbs can elevate meals to fragrant and flavourful new heights. Experiment and discover unique pairings to love, or go with these tried-and-true combinations.



**Basil**

- Sweet
- Aromatic
- Tender stems

**TRY WITH**



**USE IN**

Pasta sauce (after cooking), bruschetta, topping for sandwiches and pizza, garnishes

**PREP**

Pick leaves from stems



**Chives**

- Mellowest of the onion family
- Adds bite without overpowering other flavours

**TRY WITH**

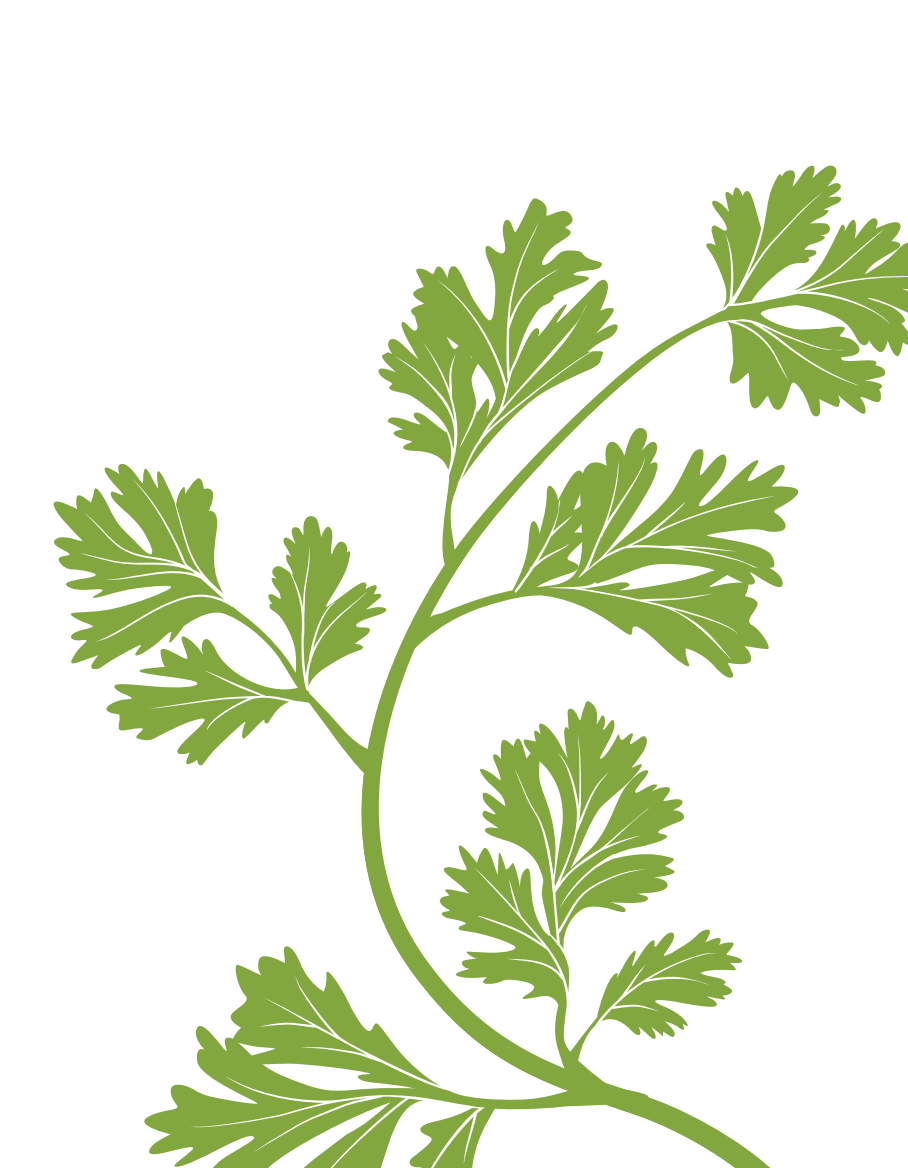


**USE IN**

Scrambled eggs, soft mild cheese, creamy sauces (after cooking), potato salad, pasta salad, garnish for soup

**PREP**

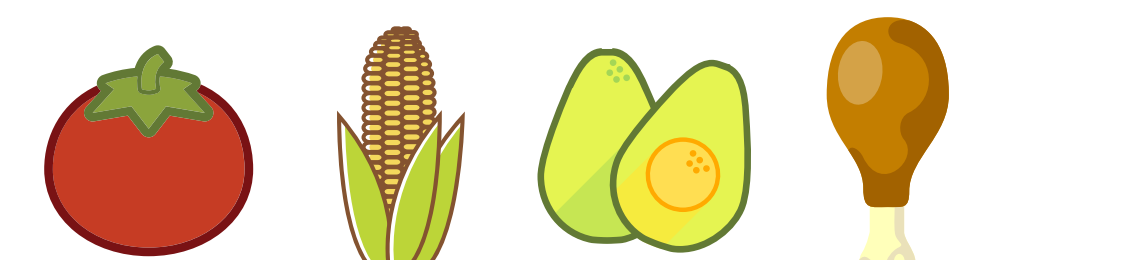
Chop or use whole



**Cilantro**

- Strong flavour
- Stems are tender and edible
- Bright, fresh, citrusy flavour

**TRY WITH**

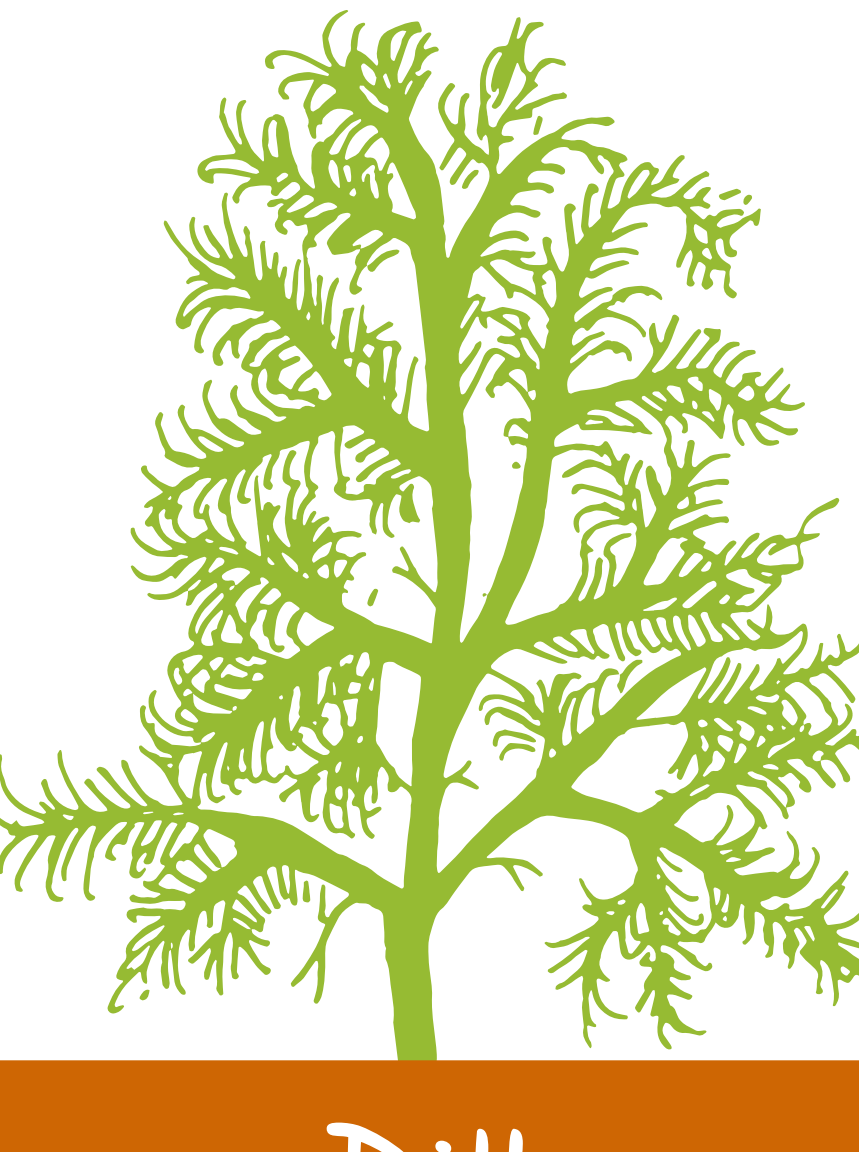


**USE IN**

Tacos, fresh salsa, garnish for Indian curries, many Latin American dishes, rice

**PREP**

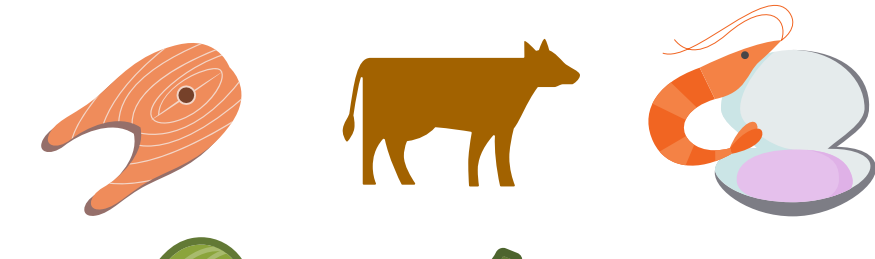
Pick leaves from stems or incorporate with finely chopped stems



**Dill**

- Grassy tang
- Part of the celery family

**TRY WITH**



**USE IN**

Salad dressings, cream-based sauces and dips, meatballs, garnish for fish and seafood, potato and pasta salads, creamy soups

**PREP**

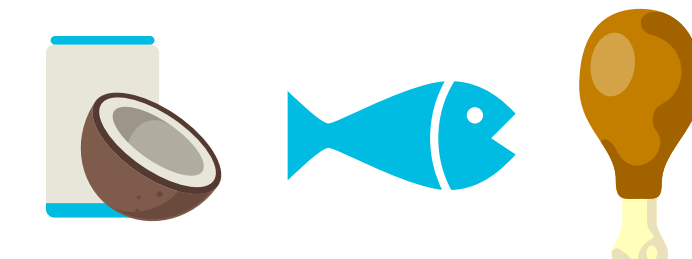
Chop or use whole, including stems



**Lemongrass**

- Tough, stalky exterior
- Subtle lemon flavour

**TRY WITH**

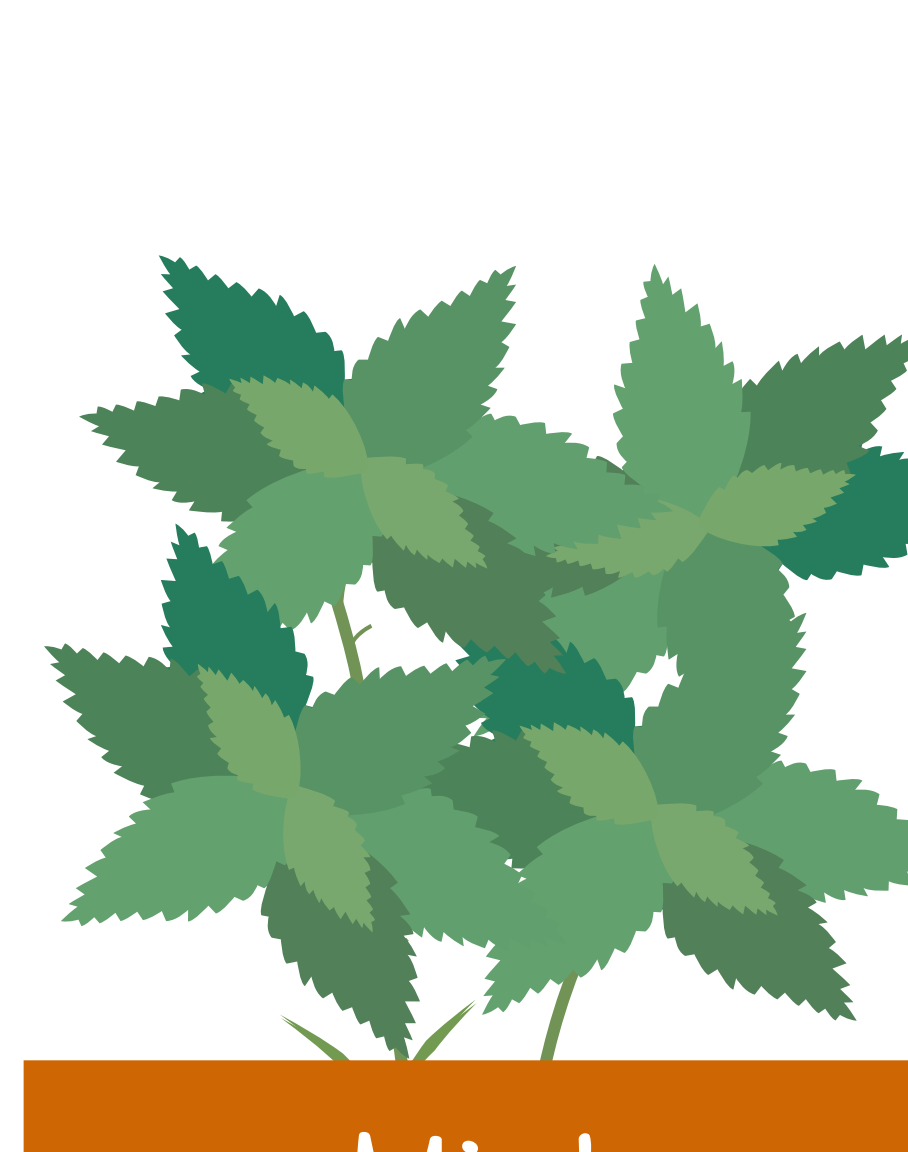


**USE IN**

Curries, stir-fries, soups, broths, teas

**PREP**

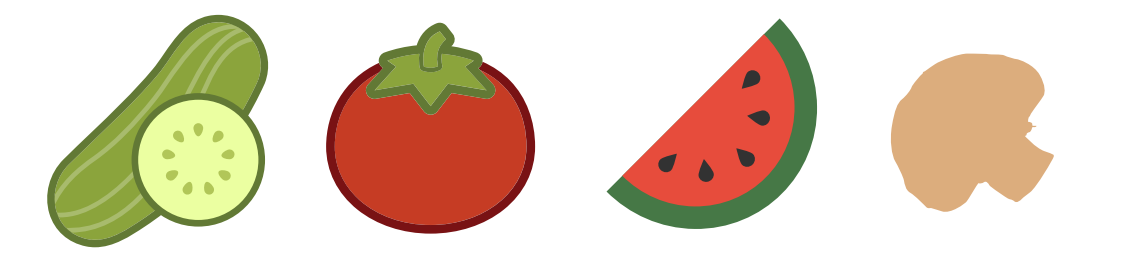
Trim and remove top of stalk, leaving bottom 4 inches (10 cm); or peel off tough layers and mince centre



**Mint**

- Assertive and cool on the tongue
- Versatile

**TRY WITH**

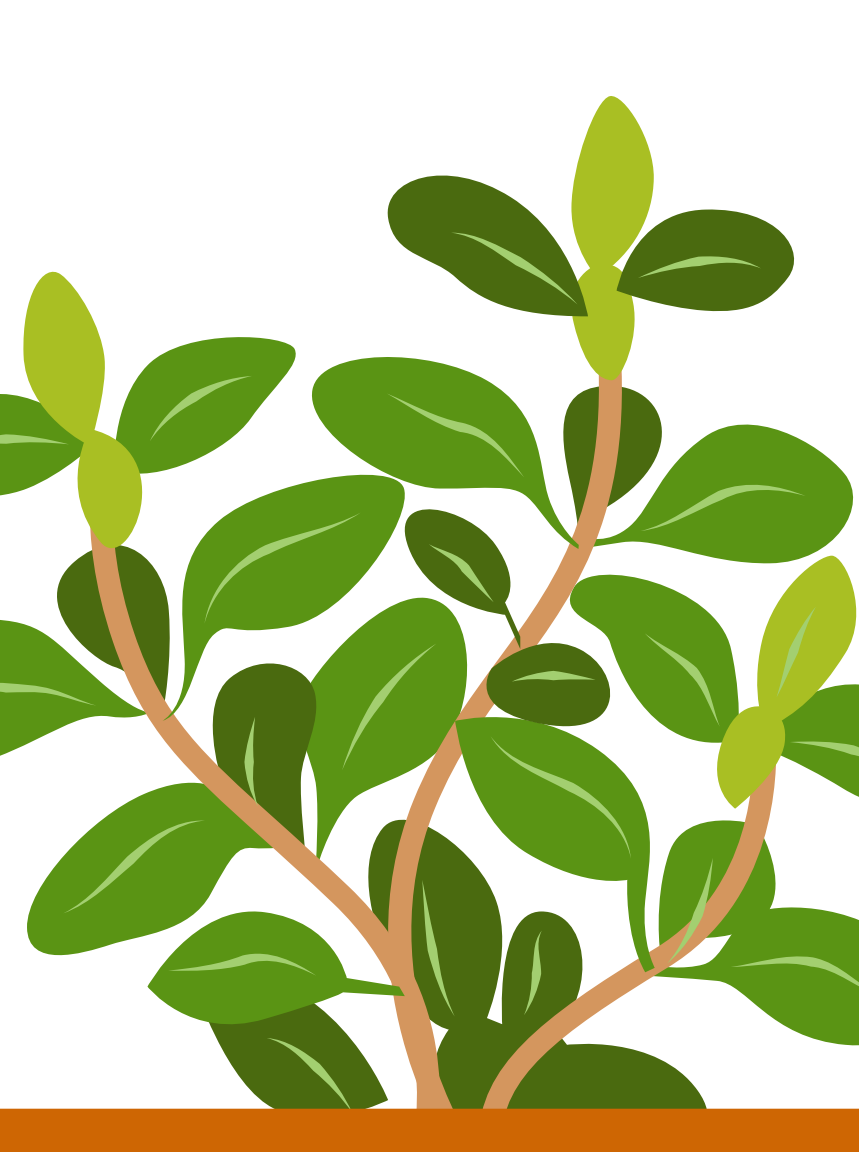


**USE IN**

Bean salads, teas, desserts, sauce and jelly for lamb, mojitos, mint julep cocktails

**PREP**

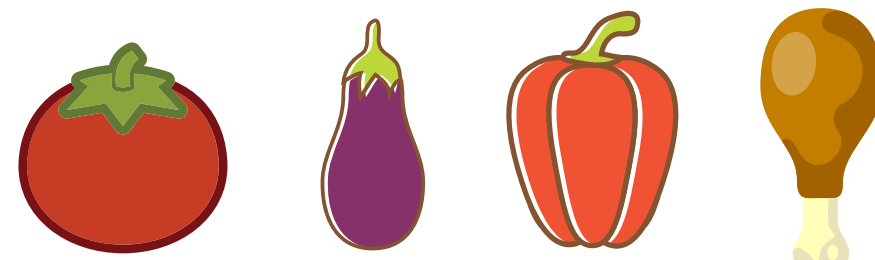
Pick leaves from stems



**Oregano**

- Earthy, peppery flavour
- Highly aromatic

**TRY WITH**



**USE IN**

Italian-style meat marinades, salad dressings, tomato sauces, pizza

**PREP**

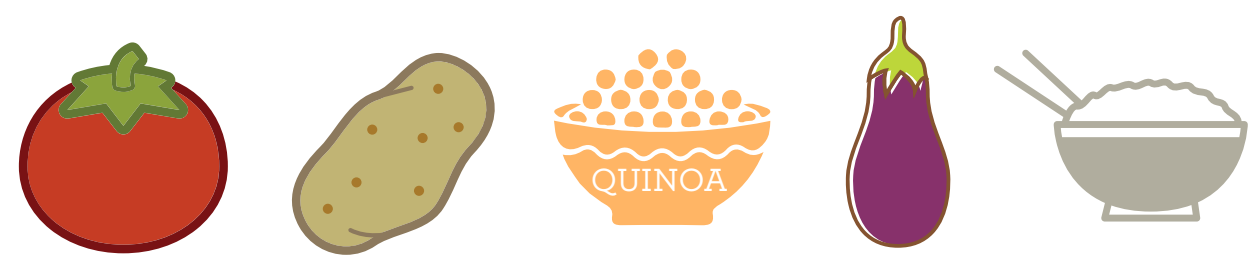
Pinch stem and drag fingers down stem to remove leaves



**Parsley**

- Mildly bitter
- Slightly peppery
- Curly and flat-leaf varieties; flat has stronger flavour

**TRY WITH**

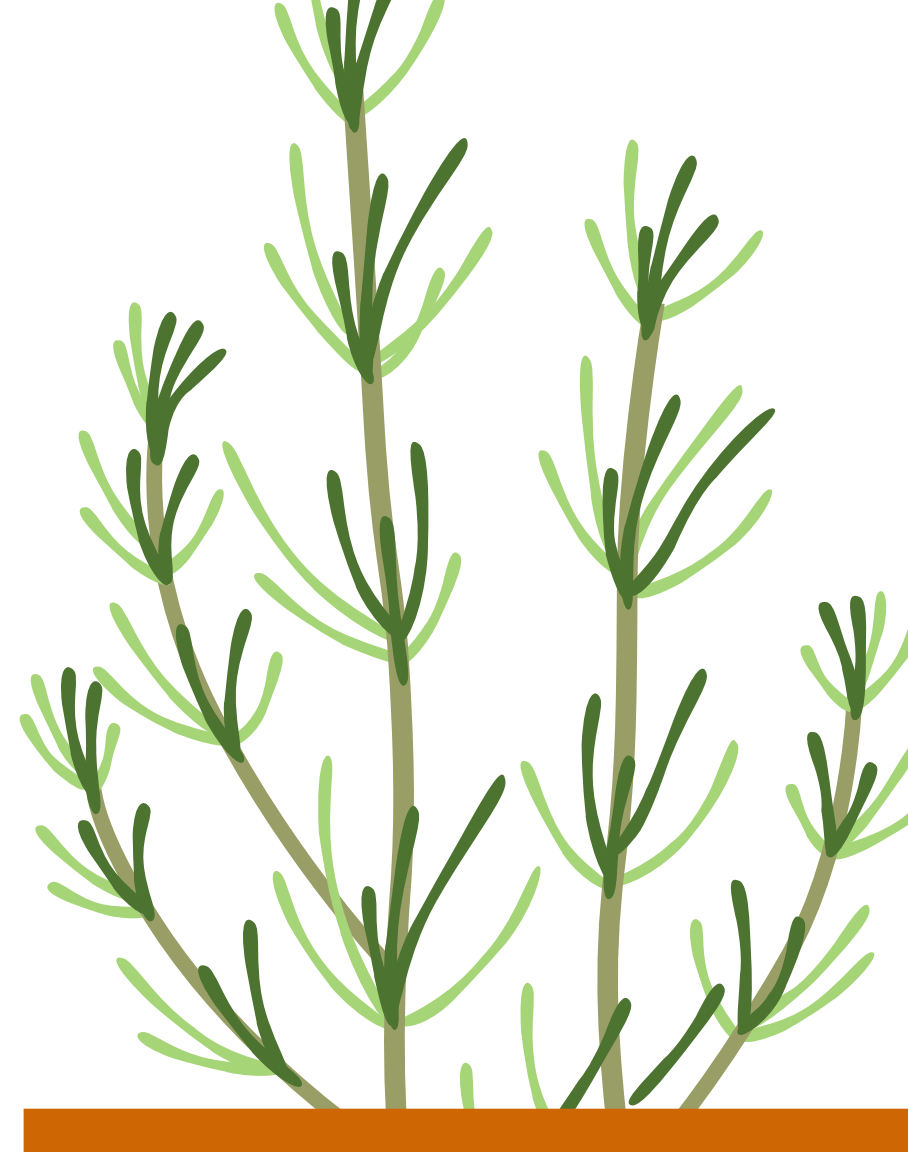


**USE IN**

Soups, salads, eggs, beef, garnish for tomato sauces, breath freshener (chew raw)

**PREP**

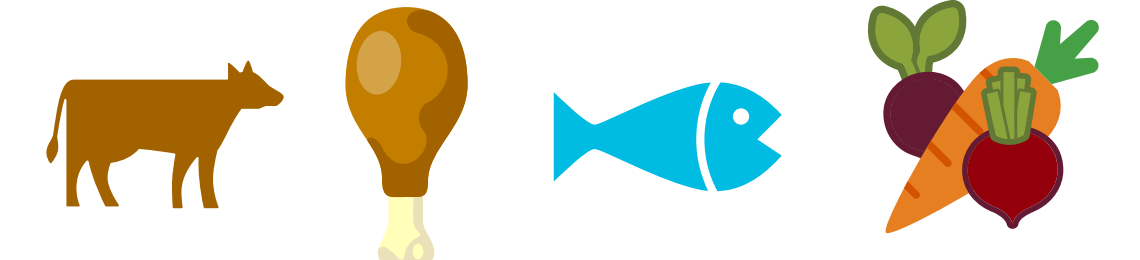
Pick leaves from stems or incorporate with finely chopped stems



**Rosemary**

- Woody flavour, with hint of lemon
- Pungent pine-like scent

**TRY WITH**



**USE IN**

Roasted vegetable and meat dishes, savoury breads like foccacia

**PREP**

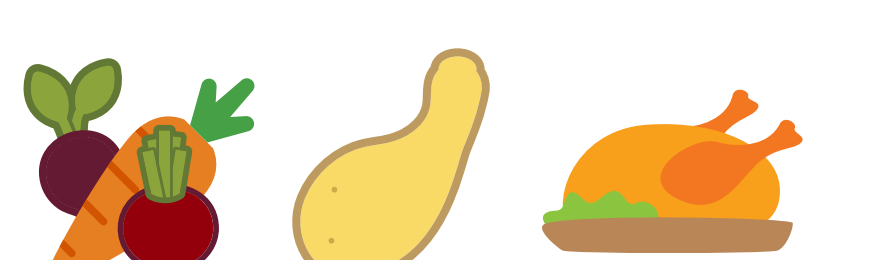
Pinch stem and drag fingers down stem to remove leaves



**Sage**

- Woody, complex and bold flavour
- From mint family

**TRY WITH**

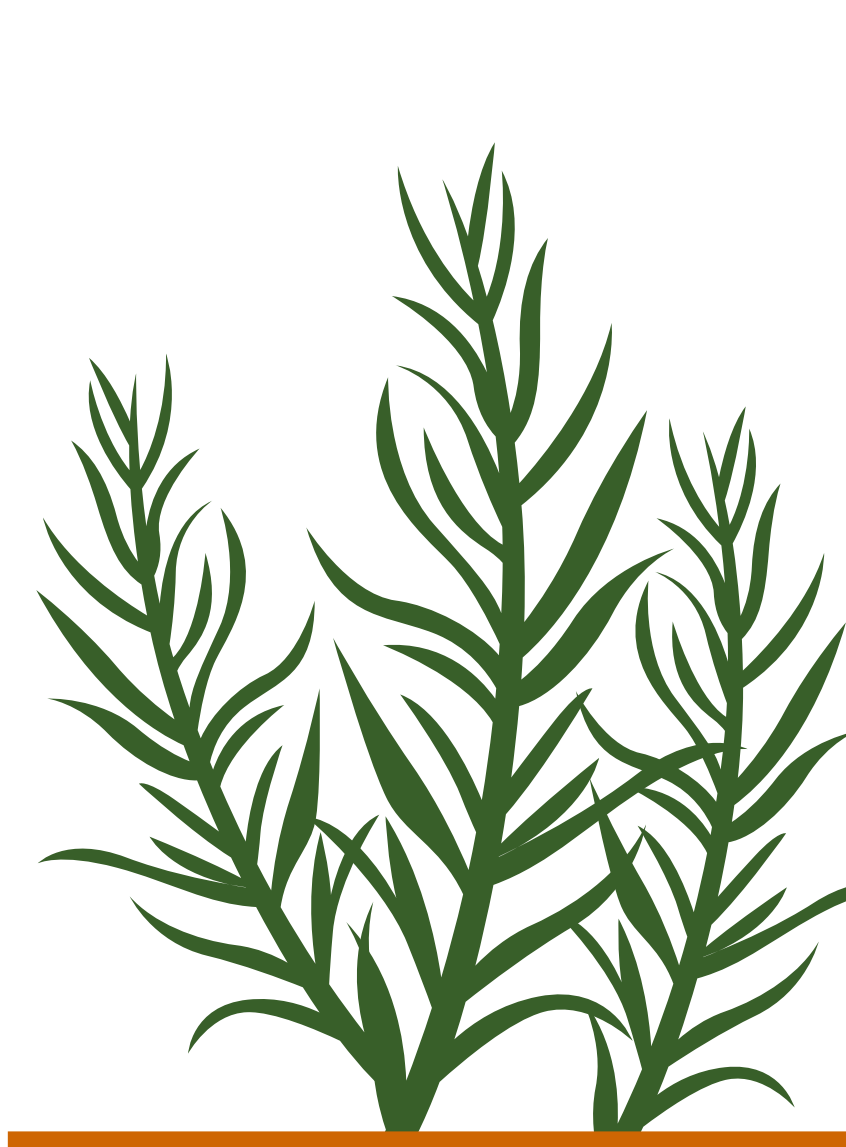


**USE IN**

Stuffing (particularly for turkey), brown butter sauces, roasted root vegetables, squash dishes, pork tenderloin

**PREP**

Pick leaves from stem



**Tarragon**

- Sweet anise (licorice) taste; peppery kick
- Member of lettuce family

**TRY WITH**

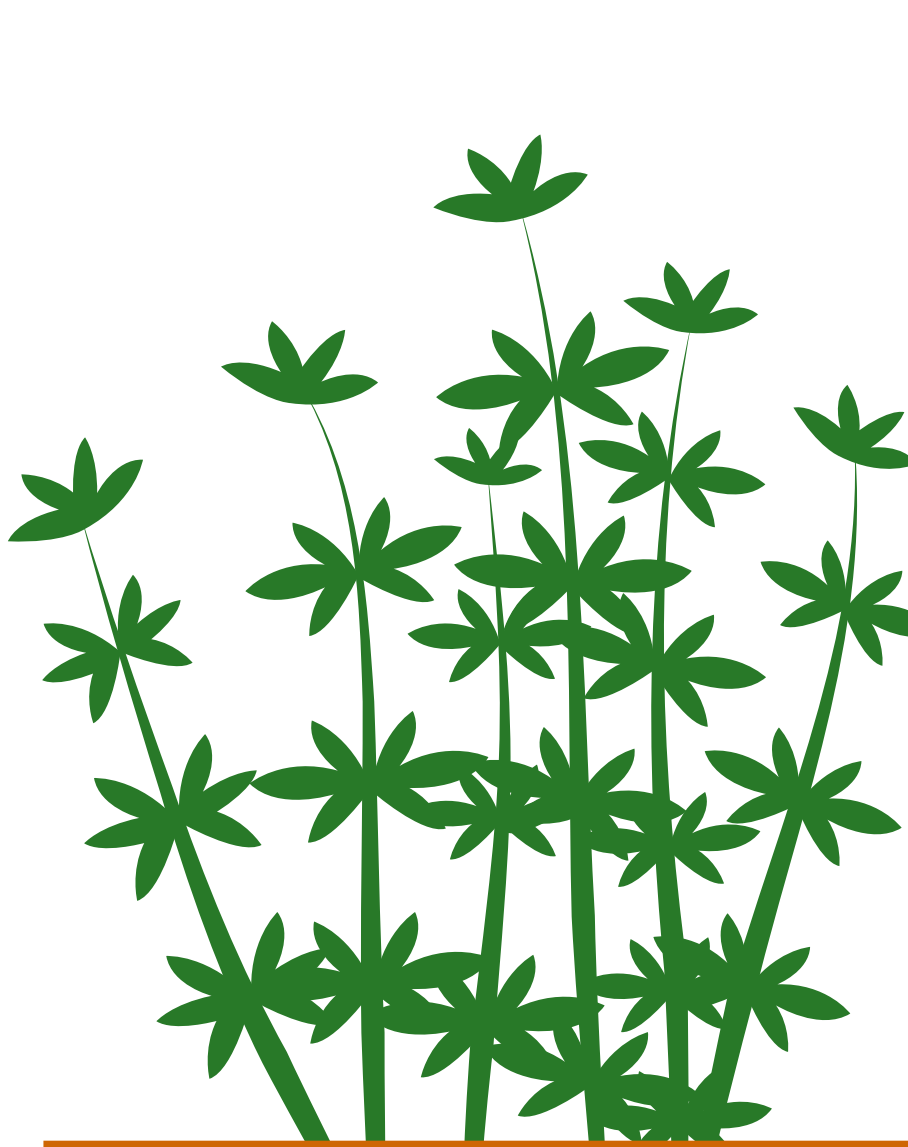


**USE IN**

Salad dressings, garnishes, Béarnaise sauce

**PREP**

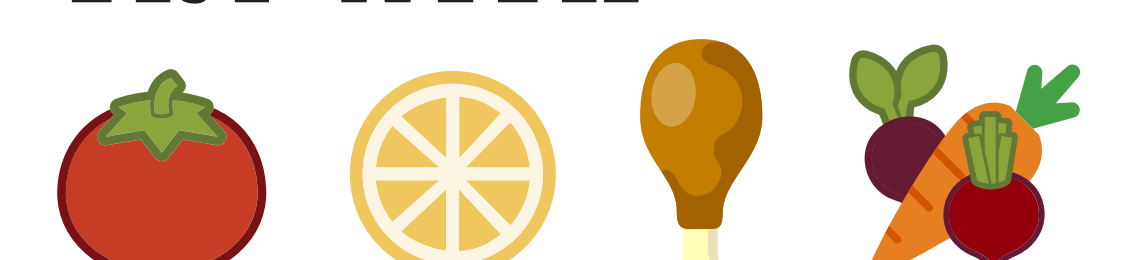
Pinch stem and drag fingers down stem to remove leaves



**Thyme**

- Fresh, strong and minty flavour

**TRY WITH**



**USE IN**

Roast chicken dishes, tomato sauces, stews, gravies

**PREP**

Pinch stem and drag fingers down stem to remove leaves

**LEGEND**

## HOW TO STORE FRESH HERBS

- Place herbs into resealable plastic bags and store in the crisper or vegetable bin of your refrigerator for up to five days.
- Basil should be stored unwashed and uncovered at room temperature.