
















	<p>Basil</p>	<p>Common Types: Sweet, Italian, Lettuce Leaf, Opal, Red or Purple</p> <p>Flavor Facts: Dried basil tastes completely different from fresh, so if you want to add a shot of basil flavor try blending basil with olive oil and storing cubes in the freezer.</p> <p>Food Combinations: A natural with tomatoes; terrific in fresh pesto; pasta sauce, peas, zucchini; egg dishes; stews, soups, & salads.</p>
	<p>Bay Leaves</p>	<p>Common Types: Turkish and Californian</p> <p>Flavor Facts: The longer, narrower California bay leaves are more pungent than the Turkish ones, so check what you've got before following a recipe. Fresh bay leaves, which are much more flavorful than dried, are becoming more commonly available in supermarkets.</p> <p>Food Combinations: Tomato dishes, fish and meat dishes.</p>
	<p>Chamomile</p>	<p>Common Types: German (Wild) and Roman</p> <p>Flavor Facts: Chamomile has a delicate, mellow flavor.</p> <p>Food Combinations: Common in herbal tea infusions. Used for relaxations and to calm stomachache and diarrhea. Has also been used to alleviate insomnia and lessen the intensity of menstrual cramps.</p>
	<p>Chervil</p>	<p>Common Types: Flat Leaf and Curly Leaf</p> <p>Flavor Facts: Flavor is sweet and grassy with a touch of licorice. Dried chervil is virtually tasteless.</p> <p>Food Combinations: Salads, soups, butter sauces, vegetables, egg and cheese dishes; meats.</p>
	<p>Chives</p>	<p>Common Types: "Ordinary" and Garlic</p> <p>Flavor Facts: Chives add a flavor similar to onion without the bite. Add these delicate herbs at the very end to maximize their color and flavor. Purple chive blossoms are more pungent than the stems and can be a beautiful addition to a salad.</p> <p>Food Combinations: Dips, potatoes, tomatoes.</p>

	<p>Cilantro</p>	<p>Common Types: Cilantro (leaves, stems, roots) and Coriander (seeds)</p> <p>Flavor Facts: Cilantro stems are quite sweet and can be added raw along with the leaves while the roots are prized by Thai chefs for curry pastes.</p> <p>Food Combinations: Latin American, Indian, and Asian dishes, salsa, stir fry, legume or rice salads, or hot cooked rice; grilled chicken or fish, or a dish of ripe tomatoes.</p>
	<p>Dill</p>	<p>Common Types: Dill Weed (leaves) and Dill Seed (seeds)</p> <p>Flavor Facts: The feathery leaves of the dill plant add a light anise flavor to seafood, soups, salads, and lots of other dishes. Dill is almost always added at the very last minute.</p> <p>Food Combinations: Tuna or salmon salad, potato salad, pickles, dips, and sauces; cottage cheese.</p>
	<p>Lavender</p>	<p>Common Types: English</p> <p>Flavor Facts: Lavender has a sweet, floral flavor with hints of citrus and lemon. Potency increases with drying.</p> <p>Food Combinations: Adds color to salads and can be substituted for rosemary in many bread recipes; hearty stews and wine-reduced sauces; jellies, honeys, desserts, drinks.</p>
	<p>Lovage</p>	<p>Common Types: Garden lovage (also called "love parsley")</p> <p>Flavor Facts: The greens have a celery-like flavor. The leaves and seeds are used to flavor dishes.</p> <p>Food Combinations: Beef broth, tomatoes, eggplant, corn, clams, pork, ricotta cheese, garlic, and vinegar.</p>
	<p>Marjoram</p>	<p>Common Types: Sweet, Pot, and Wild</p> <p>Flavor Facts: Marjoram is a member of the mint family and is closely related to oregano. Its flavor is sweeter and less intense than oregano's and has a light mint taste.</p> <p>Food Combinations: Egg and cheese dishes, meats, fish, poultry, and vegetables; pizza.</p>

	<p>Mint</p>	<p>Common Types: Spearmint and Peppermint</p> <p>Flavor Facts: Although more commonly associated with sweet treats, mint lends its cooling, peppery bite to plenty of savory dishes.</p> <p>Food Combinations: Fruit salads & soups, melon, berries, and cold fruit beverages; cooked carrots or peas; chilled yogurt soup, lamb, tabouli, and teas.</p>
	<p>Oregano</p>	<p>Common Types: Greek and Mexican</p> <p>Flavor Facts: Use convenient dried oregano for longer stewing or dry rubs, but make sure to use half as much dry as you would fresh since the flavor is so intense. Oregano can also be used as a substitute for its close cousin marjoram.</p> <p>Food Combinations: Italian dishes, chili, omelets, beef stew, meat loaf, pork and vegetables such as broccoli & tomatoes; pizza.</p>
	<p>Parsley</p>	<p>Common Types: Flat Leaf and Curly Leaf</p> <p>Flavor Facts: Fresh parsley is coming into its own for its fresh flavor and great health benefits, but dried parsley lacks both flavor and color. Flat leaf is more flavorful for cooking.</p> <p>Food Combinations: Meat, soup, or vegetable dishes; potato salad, tomatoes. Adds color.</p>
	<p>Rosemary</p>	<p>Common Types: Upright and Prostrate (Creeping)</p> <p>Flavor Facts: A tough, woody herb with a pungent flavor, rosemary's spiky leaves can be used fresh or dried for long cooking in soups, meats, stews, sauces, etc. Because the flavor is strong, it's best to add rosemary sparingly at first and more if needed.</p> <p>Food Combinations: Egg dishes, meats, fish, soups & stews, vegetables, tomatoes.</p>

	<p>Sage</p>	<p>Common Types: Common sage</p> <p>Flavor Facts: The flavor can be somewhat overwhelming — particularly with dried sage — so start off with a small amount and build on that.</p> <p>Food Combinations: Poultry seasonings, stuffings; pork, beans, potatoes; cheese dishes; sauces.</p>
	<p>Savory</p>	<p>Common Types: Summer and Winter</p> <p>Flavor Facts: Summer savory has a mildly spicy flavor. Winter savory has a stronger, less refined flavor than the summer variety.</p> <p>Food Combinations: Dried bean dishes, stews, stuffings, meat dishes, pates.</p>
	<p>Tarragon</p>	<p>Common Types: French and Russian</p> <p>Flavor Facts: Tarragon has an anise-like or licorice flavor that can be overpowering if used in excess.</p> <p>Food Combinations: Chicken, eggs, fish; béarnaise sauce; vinaigrettes; French dishes.</p>
	<p>Thyme</p>	<p>Common Types: Lemon, Silver, Creeping, Common</p> <p>Flavor Facts: Thyme has a sharp, pungent flavor.</p> <p>Food Combinations: Eggs, gravies, herb butters, potatoes, poultry, summer squash, tomatoes; fish and meats; soups & stews.</p>



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