

# “Families, Food & Fitness” Herb and Spice Guide



## Allspice

Flavor: clove, cinnamon, nutmeg combined  
Try with: breads, cooked cabbage, broccoli, Brussels sprouts, cauliflower, borscht soup, goulash, sausage, spareribs



## Bay Leaf

Flavor: Heavy, use sparingly  
Try with: soups, stews, roasts, poultry, fish



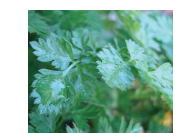
## Basil

Flavor: mild peppery with trace of mint and clove  
Try with: tomato sauces, salad dressings, poultry, fish, Italian/Mediterranean dishes



## Caraway Seeds

Flavor: like licorice, lightens flavor of heavy foods  
Try with: breads, cooked cabbage, broccoli, Brussels sprouts, cauliflower, borscht soup, goulash, sausage, spareribs



## Chervil

Flavor: warm, part-anise, part-parsley flavor  
Try with: omelets or green beans



## Chives

Flavor: mild, sweet onion taste  
Try with: salads, omelets, or potatoes



## Curry Powder

Flavor: blend of spices, unusual flavor, from India  
Try with: soups, rice casseroles, chicken, or sauces



## Dill

Flavor: slightly sweet with sharp tang  
Try with: fish, eggs, carrots, cauliflower, spinach, apple, potatoes, cucumbers, or dips/sauces



## Garlic

Flavor: strong, pungent  
Try with: meat, fish, poultry, salads, sauces, or soups



## Fennel

Flavor: soft, nutty, anise/celery  
Try with: fish, cabbage, soups, salads, or breads

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## **Marjoram**

Flavor: mild oregano taste, hint of balsam

Try with: stuffing, eggplant, or squash



## **Mint**

Flavor: cool, refreshing, sweet

Try with: tea, fruit, carrots, or peas



## **Oregano**

Flavor: pungent, peppery, slightly bitter

Try with: tomatoes, mushrooms, poultry, or lentils



## **Parsley**

Flavor: gentle flavor

Try with: chicken, shellfish, pasta, or potatoes



## **Rosemary**

Flavor: bold, piney

Try with: meat, fish, poultry, sauces, stews, or vegetables



## **Sage**

Flavor: pleasantly bitter, lemony zest

Try with: breads, stuffing, or potatoes



## **Summer Savory**

Flavor: light, sweet, peppery twang

Try with: beans, lentils, and vegetable juices



## **Tarragon**

Flavor: anise-like

Try with: chicken, fish, vegetables, or vinaigrette



## **Thyme**

Flavor: pleasant, fresh taste with faint clove aftertaste

Try with: poultry, salad dressings, dried beans, or soups

