



COOKSMARTS GUIDE TO FLAVORING WITH FRESH

HERBS

This Guide has everything you need to know about how to properly store and cook with fresh herbs. Use them to add flavor and freshness to your meals!

KEY	BASIL SWEET, PEPPERY	CHIVES MILDER-ONION	CILANTRO BRIGHT, CITRUSY	DILL GRASSY	LEMONGRASS ZESTY, CITRUSY	MARJORAM GRASSY, SLIGHTLY SWEET	MINT SWEET, COOL	OREGANO PUNGENT, PEPPERY
 PRODUCE								
 PROTEINS	Bell Peppers, Eggplant, Tomatoes, Zucchini	Potatoes, Asparagus, Onions, Leeks	Avocado, Tomatoes, Bell Peppers	Cabbage, Potatoes, Cucumbers, Carrots, Green Beans, Tomatoes	Bell Peppers, Tomatoes	Carrots, Mushrooms, Peas, Spinach, Zucchini, Tomatoes	Carrots, Eggplant, Watermelon, Mushrooms, Tomatoes, Potatoes, Zucchini	Artichokes, Bell Peppers, Eggplant, Mushrooms, Tomatoes, Potatoes, Zucchini
 USE IN	Chicken, Beef, Fish, Tofu	Chicken, Fish, Shellfish, Eggs	Chicken, Fish, Shellfish, Lamb, Lentils, Tofu	Fish, Shellfish	Chicken, Beef, Pork, Fish	Chicken, Beef	Beans, Lentils, Lamb	Chicken, Beef, Lamb, Fish
 HOW TO STORE	Pestos, Tomato Sauces, Soups, Stews, Stir Fries, Curries	Garnishes, Dips, Soups, Sauces, Risottos, Rice	Salsas, Guacamole, Chutneys, Soups, Curries, Salads	Omelets, Yogurt Dishes, Potato Salad, Sauces, Salad Dressings	Asian Soups, Rice, Curries, Marinades, Teas	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce	Fruit Salads, Curries, Cream Sauces, Soups, Marinades	Tomato Sauces, Pizzas, Salad Dressings
	In a jar, countertop, for 7–10 days	Rolled in a damp paper towel, in the fridge, 10–14 days	In a jar, in the fridge, for 7–10 days	Rolled in a damp paper towel, in the fridge, for 10–14 days	Rolled in a damp paper towel, in the fridge, for 10–14 days	Rolled in a damp paper towel, in the fridge, for 10–14 days	In a jar, in the fridge, for 7–10 days	Rolled in a damp paper towel, in the fridge, for 10–14 days

PARSLEY FRESH, GRASSY	ROSEMARY WOODY, PUNGENT	SAGE WOODY	TARRAGON PEPPERY, LICORICE	THYME MINTY
				
Mushrooms, Peas, Potatoes, Tomatoes, Cucumbers, Zucchini	Mushrooms, Peas, Tomatoes, Potatoes	Brussel Sprouts, Eggplant, Peas, Winter Squash	Artichokes, Carrots, Leeks, Mushrooms, Potatoes, Spinach	Carrots, Peas, Potatoes, Winter Squash, Tomatoes
Lamb, Beef, Chicken, Fish, Tofu	Chicken, Lamb, Pork, Fish	Pork, Beef, Turkey	Chicken, Beef, Lamb, Fish	Chicken, Pork, Lamb, Duck, Fish
Sauces, Salads, Garnishes	Focaccia Bread, Tomato Sauces, Pizza, Soups, Stews, Roasted Veggies	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce, Roasted Veggies	Omelets, Gazpachos, Salad Dressings, Garnishes	Rice, Dips, Stews, Roasted Veggies, Tomato Sauces
In a jar, in the fridge, for 7–10 days	Rolled in a damp paper towel, in the fridge, for 10–14 days	Rolled in a damp paper towel, in the fridge, for 10–14 days	In a jar, in the fridge, for 10–14 days	Rolled in a damp paper towel, in the fridge, for 10–14 days

HOW TO STORE FRESH HERBS

“PLANTING” METHOD

- Trim the base of the stems with scissors or a knife
- Fill a jar (an old condiment jar works great) about 1/3 to halfway with cold water
- Place the cut stems into the water
- Cover the jar with a plastic bag
- Secure with a rubber band at the base of jar to enclose the bag around the jar
- Place the “planted” herb in the fridge or leave it out on the countertop depending on the herb



TOWEL METHOD

- Wrap the herbs in a damp paper towel
- Put the wrapped herbs in a Ziploc bag
- Place the herbs in the fridge

