



Using Herbs and Spices instead of salt





- **Strong flavors:** Bay leaf, cardamom, curry (actually a blend of spices), ginger, pepper, mustard, rosemary, sage. Try not to use more than 1 at a time. Combine with mild flavored herbs.
- **Medium flavors:** Basil, celery seeds and leaves, cumin, dill, fennel, French tarragon, garlic, marjoram, mint, oregano, savory, thyme, turmeric.
- **Delicate flavors:** Burnet, chervil, chives, parsley. May be used in large quantities and combined with most other herbs and spices.
- **Sweet flavor:** (combined in sweet dishes may let you reduce sugar) – Cinnamon, cloves, allspice, ginger, cardamom, anise, fennel, mint.
- **Savory flavor:** Oregano, tarragon, chives, dill.
- **Peppery flavor:** Red pepper, mustard, black pepper, paprika. Use with care since their flavors stand out (approximately 1 teaspoon for 6 servings)

Here are some suggestion on how to use these herbs with foods...



Herb

Suggested uses

	Basil	Soups, salads, vegetables, fish, and meats.
	Cinnamon	Salads, vegetables, breads, and snacks.
	Chili Powder	Soups, salads, vegetables, and fish.
	Cloves	Soups, salads, and vegetables.
	Dill Weed and Dill Seed	Fish, soups, salads, and vegetables.
	Ginger	Soups, salads, vegetables, and meats.
	Nutmeg	Vegetables, meats, and snacks.
	Oregano	Soups, salads, vegetables, meats, and chicken.
	Parsley	Salads, vegetables, fish, and meats.
	Rosemary	Salads, vegetables, fish, and meats.
	Thyme and Sage	Salads, vegetables, fish, and chicken.

Note: Dried herbs are stronger than fresh herbs, and powder spices are stronger than crumbled ones. As a guide use $\frac{1}{4}$ teaspoon powder = $\frac{3}{4}$ to 1 teaspoon dried crumbled = 2 to 3 teaspoon fresh. Use small amounts of herbs to start to see if you like them!

