



What do you use to flavor your food?

¿Que usa para añadir sabor a su comida?

Add some spice (and herbs) to your life with these pairings!

Breads/Pasta	try basil, oregano or parsley
Fruit	try mint, allspice, or tarragon
Vegetables	try hot peppers, garlic scapes, or thyme
Poultry	try ginger, cinnamon, or sage
Fish	try dill, tarragon or dried mustard
Soups/Beans	try bay leaf, marjoram, or parsley
Eggs	try chives, tarragon, or thyme
Beef /Pork	try hot peppers, rosemary, or thyme
Dips/Marinades	try dill, chives, or cilantro
Tea	try mint, ginger, or lavender

Tips for Using Herbs

- * **Store herbs in an open or perforated plastic bag. Fresh herbs can be stored in a refrigerator for up to a week.**
 - * **Place pre-measured amounts of herbs and olive oil in ice cube trays and freeze for future use.**
- Herbs stored like this can last for 3-6 months.**
- * **Trim and rinse your fresh market herbs under cold, running water and pat dry before use.**
 - * **When cutting, use a sharp knife to avoid bruising your herbs.**
 - * **If you can't use your herbs within a week, dry them and store in an airtight container away from heat and light.**

Herbs on front side (from top to bottom): mint, garlic, cilantro, dill, hot peppers, basil