

Common Herbs

Name	Source	Flavor	Best used	Pair with
Basil (sweet)	Leaves and stems of the basil plant	Pungent, somewhat sweet	Fresh	Eggs, fish, marinades, meat, salads, sauces, seafood dishes, stews, tomato dishes, and vegetables
Bay leaf	Leaves of the sweet bay tree	Mild	Dried	Add two or three leaves to gravies, sauces, soups, and stews (remove leaves before serving)
Chive	Leaves of the chive plant, a member of the onion family	Sharp, onion/garlic flavor	Fresh, or frozen if fresh is not available	Chicken, cream cheese, cream sauces, eggs, fish, lamb, mayonnaise, sour cream, and vegetable dishes
Cilantro	Leaves of the coriander plant	Spicy, sweet, or hot	Fresh	Salsas, guacamole, and salads
Dill	Leaves and seeds of the dill plant	Mild, somewhat sour	Leaves are best fresh; seeds are used whole	Breads, cream cheese, cottage cheese, chowders, dips, meat, potato salads, rice dishes, soups, stews, and vegetables
Fennel	Leaves and stems of the fennel plant	Like anise, but sweeter and lighter	Raw or cooked	Fish, Italian sausage, seafood sauces, soup, spaghetti sauces, stews, and sweet potatoes
Oregano	Leaves of the oregano plant	Warm and bitter	Fresh or dried	Eggs, fish, green salads, Italian dishes, meats, Mexican dishes, mushroom dishes, omelets, poultry, sauces, soups, spaghetti, spreads, tomato sauces, and vegetables
Parsley	Leaves of the parsley plant	Mildly peppery	Fresh; dried is a poor substitute	Dips, dressings, garnishes, herb spreads, omelets, potato dishes, sauces, soups, and vegetables
Rosemary	Leaves of the rosemary plant	Very aromatic, slightly lemony, and piney	Fresh or dried	Fish dishes, herb breads, marinades, potato dishes, sauces, soups, and vegetables
Sage	Leaves of the sage plant	Musty, slightly bitter	Fresh or dried	Cheese dishes, chowders, omelets, pork, poultry, and rice dishes
Tarragon	Leaves of the French tarragon plant	Anise-like	Fresh or frozen	Chicken, fish, salads, salad dressings, sauces, shellfish, soups, and vegetables
Thyme	Leaves of the thyme plant	Minty, lemony	Fresh or dried	Cheese, fish, salad dressings, shellfish, soups, stews, stuffing, tomato sauces, and vegetables