

DELICATE	MEDIUM	ACCENT	STRONG
chervil chive cilantro parsley summer savory	dillweed fennel lemon thyme marjoram mint winter savory	basil lovage oregano tarragon	bay leaf rosemary sage



Photo by Doug Bergren

## Getting Started with Herbs

Combinations of herbs can be used to enhance the flavors of foods. Try these herb combos, mixed in equal parts unless specified.

Eggs: rosemary, thyme, garlic, and parsley

Fish: tarragon, lemon thyme, and parsley

Poultry: 1 part lovage, 2 parts marjoram, 3 parts sage

Salad: basil, dillweed, parsley, cilantro, and tarragon (any or all)

Tomato sauce: 2 parts basil, 1 part each, marjoram, oregano, and parsley

**Some Tips for Using Fresh Herbs:** Use a light hand when adding herbs. The aromatic oils are strong, and too much can overpower the flavor of the food. ✿ Use only one of the strongly flavored herbs (bay leaf, rosemary, or sage) in any combinations. ✿ Choose a primary flavor for herb blends, and combine two to four less-pronounced and complementary flavors to accompany it. ✿ Use only ¼ to ⅓ as much dried herbs as you would fresh. ✿ Add fresh herbs toward the end of the cooking time, as their delicate flavors can be lost with extended cooking.

## The After-Season

Diffusing the flavor of herbs (leaves, stems, and flowers) in vinegar uses minimal energy and provides maximum flavor throughout the year. Here's how:

1. Pack a glass jar with herb blossoms, e.g., chive blossoms or purple basil blossoms. Pour hot (not boiling) white vinegar over herbs. Cap and shake jar.
2. Shake and turn over (invert) jar at regular intervals during the next month: twice a day for three days, then once a day for another week, then every other day for the remainder of the month.
3. Decant liquid into decorative bottle(s) and discard herbs.

**Suggested Variations:** Add two or three different herbs or cut garlic cloves for taste variations. If color of herb vinegar is not important, you can use cider vinegar or even champagne vinegar! For a decorative look, add a sprig of your favorite herb to the decanted vinegar.

### For More Information

The Herb Guide ([www.the-herb-guide.com/](http://www.the-herb-guide.com/))