**Make Thyme for Fresh Herbs!**

Herbs give a burst of flavor to food without adding any unhealthy fat or sodium. When cooking with fresh herbs, remember:
- always wash them beforehand
- cut them finely to release their flavor
- add them gradually
- never mix two very strong herbs
- 1 tbsp. fresh herbs = 1 tsp. dried

### #1 Cilantro
- **Taste:** Bright and citrusy
- **Uses:** Mexican, Indian, or Vietnamese foods

### #2 Mint
- **Taste:** Cool with a peppery bite
- **Uses:** Sweet treats, salads, sauces, jellies, cocktails, teas, Thai and Middle Eastern food

### #3 Parsley
- **Taste:** Light, clean, and peppery
- **Uses:** Sauces, salads, pasta, eggs, garnishing, French and Italian food

### #4 Dill
- **Taste:** Tangy, clean, and earthy
- **Uses:** Fish, creamy dips, tzatziki sauce, pickling, European and Middle Eastern food

### #5 Basil
- **Taste:** Peppery, minty, and slightly sweet
- **Uses:** Tomato dishes, pesto, meat or seafood, soups, stir fries, curries, Mediterranean food

### #6 Oregano
- **Taste:** A mix of sweet and spicy
- **Uses:** Mediterranean (often Italian) and Mexican foods

### #7 Rosemary
- **Taste:** Strong, pungent, and pine-like
- **Uses:** Soups, sauces, roasts, potatoes, pork, poultry, infused oils

### #8 Chives
- **Taste:** Similar to onions but with less “bite”
- **Uses:** Salads, sauces, garnishing

### #9 Sage
- **Taste:** Mild to slightly peppery
- **Uses:** Pork, beans, potatoes, cheese, and cream

### #10 Savory
- **Taste:** Peppery
- **Uses:** European dishes containing meat or poultry and/or beans, soups or stews

### #11 Thyme
- **Taste:** Lemony and peppery
- **Uses:** Nearly any meat, poultry, fish, or veggie; paired with basil, sage, oregano, or marjoram

### #12 Tarragon
- **Taste:** An anise flavor similar to licorice
- **Uses:** Foods that easily absorb other flavors (chicken, scallops, eggs)

### #13 Marjoram
- **Taste:** Grassy and lemony
- **Uses:** Meat, poultry, fish, tomato sauces, white bean salads, vinaigrettes