

HERBS AND SPICES



FRESH HERBS

Is it leafy, green, and packed full of flavor? You've got yourself a fresh herb! Some examples: cilantro, parsley, rosemary, and thyme.

DRIED HERBS

Dried herbs can be stored in the pantry - rosemary, thyme, and oregano are three that pack a punch even when dried.

SPICES

Spices are seeds or roots that have been finely ground. Think cumin, turmeric, paprika, and coriander.

CITRUS

A fresh squeeze of lemon or lime juice brings a zing to many meals, and the zest adds a hit of flavor.

WHEN IT COMES TO MIXING HERBS AND SPICES, DITCH THE FEAR!

Many people are intimidated by herbs and spices, but you don't need a culinary background to mix and match flavors like a pro. Just keep an open mind and let your taste buds be your guide, and follow the simple tips below.

FOLLOW YOUR NOSE

If you aren't sure if a few spices will taste good together, open them up and smell them together first.

Because your sense of smell and taste are so closely linked, you can trust your nose!

START WITH DRIED

Dried herbs are a bit tough, so they need more cooking time.

Add them at the beginning, when you have hot oil in a pan, so that their flavor will be released and seep into the whole dish.

FINISH WITH FRESH

Most fresh herbs are too delicate to take a lot of heat. Roughly chop and add at the end of cooking.

Some exceptions are sage, rosemary, and thyme, add them earlier.

FIND YOUR FAVES

You don't need to spend lots of money on exotic herbs and spices to eat well.

Keep 3-5 of your favorites near your stove and use them often - and keep one bunch of cheap fresh herbs in the fridge.

ADDITIONAL TIPS, TRICKS AND RECIPES



STORAGE & SHELF LIFE

Fresh herbs last the longest if you keep them in a jar of water in the refrigerator (pictured here), or if you put them into a plastic bag with a damp paper towel.

Dried herbs last indefinitely, but they do start to lose strength as time goes on. Whole spices (like whole nutmeg or cloves) last the longest - up to four years. Ground spices last for up to two years, and dried herbs last for about one year. When in doubt, take a little taste to test the flavor.

A FEW OF OUR FAVORITE COMBINATIONS

Cumin, coriander & chili powder are a flavorful trio of dried spices that can be used to marinate or stew meat, especially beef and pork. They also go well with canned chipotles in Adobo - a favorite for adding heat.

Cilantro, ginger, chili flakes & lime are common ingredients in Thai cooking. With their balance of sweet, spicy, sour, and fresh, they liven up many dishes. Simmer in coconut milk and broth for a quick and delicious soup.

Fresh basil & mint are a delightfully fresh combination when mixed into grain salads (quinoa, farro, or rice). Add some feta, red onion, tomatoes, and homemade dressing and you've got a craveable and healthy dish!.

Dill & parsley make a great combination. Roughly chop and sprinkle on top of roast vegetables, chicken, or salads for a quick and easy flavor bomb. A spritz of fresh squeezed lemon juice adds a nice bright flavor, too.

FEATURED RECIPE: KURT'S CHIMICHURRI

INGREDIENTS

½ cup red wine vinegar
1 chipotle in Adobo sauce
2 bunches fresh cilantro, chopped
3 large cloves garlic
1 ½ teaspoons salt
¼ teaspoon pepper
1 cup extra-virgin olive oil
1 bunch Italian parsley, chopped
½ cup fresh dill, chopped
½ cup fresh mint, chopped

*You can customize the herbs depending on availability

DIRECTIONS

If you have a blender or food processor:

Add vinegar, chili pepper, 1 cup of the cilantro, garlic, salt, and black pepper and process until smooth.

Add the oil and all remaining herbs, and pulse until coarsely chopped.

To make without a blender or food processor:

Mince the garlic and chop the herbs finely. Add all ingredients to a bowl and whisk.

This will keep in the fridge for one week and is especially delicious drizzled on top of grilled meats and veggies.