

Herb Chart

Herb and Form	Flavor	Culinary Uses	Common Dishes	History/Lore
Sweet Basil Ocimum basilicum Leaves used fresh/dried/ground	Charming anise or licorice scent of the leaves and sweet, peppery taste.	Almost ANY Italian , Pesto, eggs, meats tomato dishes, soups Stews	Italian Cuisine Staple Marinaras, spaghetti, lasagna	Mediterranean native. Planted near tomatoes to improve their flavor. Folklore has it that basil is a sign of love in Italy...That if a woman places a pot of basil on her windowsill, she is ready to receive a suitor. And, if a man receives a sprig of basil from a maiden, he will fall hopelessly in love with her forever.
Bay Laurel Leaves dried or ground <i>A crown of bay good fortune brings to poets, cooks, scholars, kings.</i> --Carolyn Dille	Pungent/aromatic perfume-like	Meats, sauces, soups, stews, vegetables	Italian sauces, Stews, Creoles	Native to Asia Minor and Mediterranean. Laurel wreaths were worn for protective properties. Believed to protect against the anger of sky Gods and worn during thunderstorms to prevent from being struck by lightning. Doctors also wore laurel as it was considered helpful in curing nearly everything.
Chives Allium schoenoprasum Fresh or freeze-dried	Mild, delicate onion flavor	Appetizers, cream sauces and soups, eggs, garnish, salads. Can freeze as chive butter to preserve the great oniony flavor. Sour Cream and Chive Potato topping	Key culinary herb. Look like tiny clumps of onions; Most commonly known for their long, tender green stalks, they produce beautiful purple flowers in the summer which are used as a garnish.	Chives have been cultivated in Europe since the Middle Ages, although their usage dates back to 5000 years ago. Romans believed chives could relieve the pain from sunburn or a sore throat, eating chives could increase blood pressure and act as a diuretic. Romanian Gypsies have used chives in fortune telling. Bunches of dried chives hung around a house was believed to ward off disease and evil..
Dill Weed Fresh and dried/seeds	Tangy/pungent	Pickling, cheese dishes, fish, salads, sauces, vegetables, breads	Used as flavor in pickling recipes. Fresh used in salads.	Early Greeks and Romans hung bunches of the herb in their homes to freshen stale air and burned the seeds as incense. In the Middle Ages, witches used dill in magical spells to stave off storms. Aided digestion and teas used to help dispel gas, alleviate nausea and indigestion, and to help relieve reflux and colic.
Oregano Origanum Leaves fresh or dried, minced or crushed.	Hearty and assertive with a peppery bite and a zing. Pizza!	Italian dishes like spaghetti, pizza, marinara's, lasagna. Great complement to poultry dishes and turkey stuffing	THE PIZZA Herb - Essential to the popular Middle Eastern spice blend za'atar, used in vegetable dishes and on grilled meats.	Ancients used to promote good fortune, good health, and in magic spells to bring happiness, luck and protection. Greeks believed that oregano was an antidote to poisons, treat convulsions, skin irritations. In Shakespearean times, oregano was thought to cure overdoses of opium and hemlock. Grown near your home offers protection from evil. Placed near your head while sleeping promotes visions and dreams.

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<p>Parsley Fresh curly leaf or fresh Italian flat leaf, dried flakes "Parsley – the jewel of herbs, both in the pot and on the plate" Albert Stockli</p>	<p>Fresh: Slightly peppery Dried: Tasteless</p>	<p>Garnishes, herb mixtures, sauces, soups, stews, egg dishes</p>	<p>Italian Cuisine/Chicken Noodle Soup</p>	<p>Seeds take up to 2 weeks to sprout. (Known as the herb of the underworld. Tradition says "parsley seeds must go to the Hades and back nine times" before her pretty fronds can break the ground. Ancients also believed it would only grow well in a witch's garden. Also advised those in love to never cut parsley or you will sever your relationship. In the Middle Ages, known as a cleansing herb, placed on plates to protect the food from contamination. Ancient Romans/Greeks used parsley for refreshing their breath after indulging in garlic, wine and ale. Believed eating it would delay drunkenness. Worn at banquets because it was thought to absorb the wine vapors.</p>
<p>Rosemary Rosmarinus Officinalis Fresh and dried leaves</p> <p>Where Rosemary flourished, the woman ruled." - Unknown</p>	<p>Fresh, sweet flavor. Piney-scented</p>	<p>Lamb, potatoes, soups, vegetables, salads, fish, casseroles</p>	<p>Italian and Greek Cuisine</p>	<p>Native to Mediterranean. Believed to strengthen memory (stands for remembrance and fidelity). Placed in bridal bouquets and worn at funerals. Massaged into temples or worn during exams to stimulate memory. Stimulates circulation and blood flow. Aids digestion; placed under pillows to ward off nightmares; skin tonics.</p>
<p>Sage (Salvia Officinalis) Fresh and dried leaves, ground</p>	<p>Aromatic, slightly bitter</p>	<p>Poultry, meats, sausages, pork, stuffing, soups, fish</p>	<p>Rubs, Stuffing, Poultry ; Classic Thanksgiving seasoning and breakfast sausage</p>	<p>Antioxidant properties. Because of it's strong fragrance, in the seventeenth century England, herb "strewers" were employed by the Royal Family to scatter sage and lavender in the streets and the home to cover the not so pleasant smells associated with urban life.</p> <p>To the ancients, it symbolized not just wisdom, but skill, long life, and good health. It was even said that it was the herb of domestic virtue.</p>

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<p>Thyme (Thymus Vulgaris) Fresh and dried leaves, ground</p>	<p>Aromatic, pungent</p>	<p>Chowders, poultry, soups, stews, pork, fish, meats, tomato dishes, Essential Oils. Many Varieties: Lemon Thyme for fish and poultry dishes</p>	<p>Smell reminiscent of a good stew, chicken noodle soup, or even a nice pot roast</p>	<p>Native to Mediterranean . Essential Oils used for profumery and culinary purposes Antispasmodic (settles the upset stomach and aides in digestion) Antibacterial and antifungal properties</p>	
<p>Chamomile <i>Chamaemilum nobile</i> Fresh leave or dried. Flowers can also be used</p>	<p>Apple like fragrance</p>	<p>Used in tea's and some cooking.</p>	<p>Fresh leaves are good mixed with butter or sour cream for potatoes.</p>	<p>Greek meaning "ground apple", apple-like fragrance. Romans used Chamomile for incense. Used in ancient Egypt for fevers and was dedicated to their Sun God Ra. For Anglo Saxons, it was one of the <u>nine sacred herbs</u>. Also used in potpourri's</p>	