

Cooking With Fresh Herbs

Mostly excerpted from "The Herbfarm Cookbook" by Jerry Traunfeld

Fresh Herb	Parts Used	Goes Well With	Best Herbal Partners
Angelica	Stems, leaves	Rhubarb, oranges, ginger, almonds	Lavender, rose geranium
Anise hyssop	Leaves, flowers	Peaches, nectarines, berries, apricots, melons	Mint
Basil, sweet	Leaves	Tomatoes and other summer vegetables, fish, meat, poultry, potatoes, cheeses, garlic and summer fruit	Chives, cilantro, fennel, lemon verbena, marjoram, mint, oregano, parsley, rosemary
Bay laurel	Leaves	Meat, poultry, winter squash, pumpkin, potatoes, dried beans, apples, pears, custards, dried fruits	Parsley, rosemary, sage, thyme
Chervil	Leaves, flowers	Fish, shellfish, chicken, peas, carrots, squashes, fresh tomatoes, eggs	Chives, parsley
Chives	Leaves, flowers	All vegetables, eggs, chicken, potatoes, cheeses	Chervil, dill, marjoram, parsley, sorrel, tarragon
Cilantro	Leaves	Seafood, meat, chicken, carrots, avocados, corn, cucumbers, tomatoes, chiles, citrus	Basil, chives, lemon verbena, mint, parsley
Dill	Leaves, flowers, seeds	Chicken, fish, beef, asparagus, beans, beets, carrots, cabbage, corn, cucumber, mushrooms, onions, tomatoes, breads, eggs, cheeses	Chives, lemon balm, lemon thyme, lovage
Fennel	Leaves, flowers, seeds	Seafood, chicken, lamb, port, beets, carrots, tomatoes, eggplants, peppers, onions, garlic, peaches	Lavender, mint, parsley, rosemary, thyme
Hyssop	Leaves, flowers	Beans, beef, lamb, cabbage, carrots, beets, tomatoes	Parsley, rosemary, thyme
Lemon Balm	Leaves	Fish, carrots, beets, peas, cucumbers, asparagus, citrus, ginger, fruits, berries	Basil, chives, dill, mint, parsley
Lemon Verbena	Leaves	Fish, carrots, beets, chiles, ginger, citrus, fruits, berries	Basil, cilantro, lavender, mint, rose geranium
Lovage	Leaves, stem	Fish, clams, mussels, chicken, spinach and other greens, carrots, corn, tomatoes	Chives, dill, lemon balm, mint, parsley, sorrel
Marjoram	Leaves, flower heads	Fish, shellfish, meat, poultry, eggs, beans, carrots, beets, corn, eggplant, garlic, mushrooms, spinach, summer squash, tomatoes	Basil, chives, mint, parsley, rosemary, sage, savory, thyme
Meadowsweet	Flowers	Custard, honey, vanilla, apricots, cherries, peaches, figs	

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Mint (spearmint)	Leaves	Fish, shellfish, meat, poultry, beets, carrots, cucumbers, eggplants, garlic, lettuce, peas, potatoes, summer squash, chiles, tomatoes, fruits, ginger, chocolate	All other herbs
Oregano (Greek)	Leaves	Tomatoes, summer squash, eggplant, peppers, beef, lamb, oily fish, squid, garlic, citrus, olives, capers, anchovies	Basil, chives, mint, parsley, rosemary, sage, savory, thyme
Parsley	Leaves	All vegetables, meat, seafood, eggs, cheese	Basil, chervil, chives, dill, fennel, hyssop, lavender, lemon balm, lovage, marjoram, mint, oregano, rosemary, sage, savory, sorrel, tarragon, thyme
Perilla (Shiso)	Leaves	Salads, seafood, apples, pears	Chives, lemon balm, lemon verbena
Rosemary	Leaves, flowers	Meat, poultry, shrimp, mussels, tuna, swordfish, eggplant, tomatoes, peppers, onions, garlic, beans, potatoes, breads, citrus, apples, pears	Basil, chives, fennel, hyssop, lavender, lemon verbena, marjoram, mint, oregano, parsley, sage, savory, thyme
Sage	Leaves, flowers	Meat, poultry, shellfish, oily fish, asparagus, beans, corn, onions, garlic, potatoes, winter squash, mushrooms, pumpkin, citrus, garlic, apples, cherries, blueberries	Fennel, lavender, lemon balm, lemon thyme, lemon verbena, lovage, mint, oregano, parsley, rosemary, savory, thyme
Savory	Leaves	Meat, poultry, beans, cabbage, beets, eggplant, peppers, onions, potatoes, kale, summer squash	Chives, fennel, mint, parsley, rosemary, sage, thyme
Scented geranium (rose, lemon or orange)	Leaves, flowers	Berries, apples, cherries, peaches, apricots, plums, rhubarb, custard and ice cream, chocolate, ginger, citrus	Lavender, lemon verbena, mint
Sorrel	Leaves	Fish, shellfish, salads, eggs, spinach and other greens	Chives, dill, lemon thyme, lemon verbena, lovage, mint, parsley, tarragon
Tarragon	Leaves	All seafood, meat, poultry, eggs, asparagus, beans, beets, carrots, fennel bulb, peas, summer squash, tomatoes	Chervil, chives, lemon balm, lemon thyme, mint, parsley, sorrel
Thyme	Leaves, flowers	All seafood, meat, poultry, eggs, vegetables, apples, pears, cranberries, dried fruit	Bay, basil, chives, dill, fennel, hyssop, lavender, lemon verbena, lovage, marjoram, mint, oregano, parsley, rosemary, sage, savory
Lemon Thyme	Leaves, flowers	All seafood, meat, poultry, eggs, vegetables, fruits	Bay, basil, chives, dill, fennel, hyssop, lavender, lemon verbena, lovage, marjoram, mint, oregano, parsley, rosemary, sage, savory
Zaatar	Leaves	Hummus, dips, soups, mixed with olive oil and spread on flat bread	Combined with edible ground sumac, roasted sesame seeds and sometimes thyme and marjoram to create Middle Eastern herb mix, Za-atar

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