Whether you plant them or pick them up at the grocery store or farmers’ market, adding fresh herbs is a quick way to transform ordinary meals into extraordinary meals.

Besides helping flavor foods when cutting back on salt, fat and sugar, herbs may offer additional benefits of their own. Researchers are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease.

A snip of a fresh herb into a dish instantly kicks up the appearance a notch!

Unless directed otherwise by your recipe, add the more delicate herbs — basil, chives, cilantro, dill leaves, parsley, and mint — a minute or two before the end of cooking or sprinkle them on the food before it’s served. The less delicate herbs, such as oregano, rosemary, and thyme, can be added about the last 20 minutes of cooking.

Many herbs, such as chives, can easily be grown in a container or garden.

Substituting Fresh Herbs for Dried Herbs

A general guideline when using fresh herbs in a recipe is to use 3 times as much as you would use of a dried herb. When substituting, you’ll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, think potato salad with fresh versus dried parsley!

If you have extra herbs, enjoy herbal bouquets.

Popular Herb and Food Combinations

<table>
<thead>
<tr>
<th>HERB</th>
<th>POPULAR USES</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASIL</td>
<td>A natural snipped in with tomatoes; terrific in fresh pesto; other possibilities include pasta sauce, peas, zucchini</td>
</tr>
<tr>
<td>CHIVES</td>
<td>Dips, potatoes, tomatoes</td>
</tr>
<tr>
<td>CILANTRO</td>
<td>Mexican, Asian, and Caribbean cooking; salsas, tomatoes</td>
</tr>
<tr>
<td>DILL</td>
<td>Carrots, cottage cheese, fish, green beans, potatoes, tomatoes</td>
</tr>
<tr>
<td>MINT</td>
<td>Carrots, fruit salads, parsley, peas, tabbouleh, tea</td>
</tr>
<tr>
<td>OREGANO</td>
<td>Peppers, tomatoes</td>
</tr>
<tr>
<td>PARSLEY</td>
<td>The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking. Naturals for parsley include potato salad, tabbouleh, egg salad sandwiches</td>
</tr>
<tr>
<td>ROSEMARY</td>
<td>Chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes</td>
</tr>
<tr>
<td>SAGE</td>
<td>Beef, chicken, potatoes, pork, carrots, summer squash</td>
</tr>
<tr>
<td>THYME</td>
<td>Eggs, lima beans, potatoes, poultry, summer squash, tomatoes</td>
</tr>
</tbody>
</table>

Experience what a difference in appearance and flavor fresh herbs can make. Better yet … they do this without adding extra calories! For example, top a baked potato with a dollop of yogurt and a sprinkling of chives or parsley.

Top a baked potato with a dollop of yogurt and a sprinkling of chives or parsley. Compare the potato without an herb topping and you can see the difference!

Photos: Alice Henneman, UNL Extension in Lancaster County

When to Pick or Purchase Herbs

Purchase herbs close to the time you plan to use them. When growing herbs in your own garden, the ideal time for picking is in the morning after the dew has dried but before the sun gets hot. This helps ensure the best flavor and storage quality.

How to Store Fresh Herbs

Fresh herbs can be stored in an open or a perforated plastic bag in your refrigerator crisper drawer for a few days. If you don’t have access to commercial perforated bags, use a sharp object to make several small holes in a regular plastic bag.

If you have more herbs than you can eat, enjoy herbal bouquets throughout your house. You can use either single herbs, combinations of herbs, or you can use the herbs as greenery mixed in with other flowers. To help preserve the aroma and color of your herb bouquets, place them out of direct sunlight.
Use These Techniques for Chopping Herbs

**Basil, mint, sage and other large, leafy herbs** — a technique called “chiffonade” can be used:

- Stack 5 or 6 leaves, and roll tightly

**Chives:**
- Quickly snip small bundles of chives with a kitchen scissors OR
- Cut bundles on a cutting board with a very sharp chef’s knife

**Cilantro, parsley and other small-leafed delicate herbs:**
- Remove leaves (OK to include some tender stems)
- Bunch on cutting board
- Place fingertips on tip of a chef’s knife and rock blade briefly back and forth. Re-gather leaves and chop again if a smaller size is desired.

**Thyme, oregano, rosemary, tarragon and other sturdy stemmed, small-leafed herbs:**
- Hold thumb and index finger together; run down the stem in the opposite direction the leaves have grown.
- Chop the same as other herbs, if desired.

Photos: Alice Henneman, UNL Extension in Lancaster County
Fresh Herb Garnishes

Edible fresh herb garnishes add appealing color, plus flavor and added nutrients to foods. Here are some foods that pair well with herb garnishes:

• Soups
• Salads
• Vegetables
• Desserts
• Beverages
• Protein dishes
• Fruits
• Grains

The following photos give ideas how different forms of various herbs can be used in foods.