

# CULINARY HERBS



HERB NAME	PART USED	FLAVOUR/ SMELL	USED IN
BASIL	Fresh or dried leaves	Anise-like taste Strong, pungent smell	Pesto, tomatoes, chicken, fish, Mediterranean
CHIVES	Stalks	Mild onion flavor & aroma, vibrant	Sour cream, cream cheese dips, butter, eggs, potatoes
CILANTRO (CORIANDER)	All parts (fresh leaves, dried seeds)	Lemony, bright (some find it tastes or smells soapy)	Bean, cheese, egg & fish dishes Mexican or Thai
DILL	Fresh or dried leaves, seeds	Grassy, anise-like (licorice) flavor Caraway-like (seeds)	Salads & dressings Dill pickles Seafood, lamb
OREGANO	Fresh or dried leaves, flowers	Pungent aroma Earthy, astringent flavor	Pizza, tomato & spaghetti sauce Italian, Mexican
ITALIAN PARSLEY	Fresh or dried leaves	Fresh green taste (more pungent than Cilantro), peppery	Soups & sauces Salads & dressings Chicken, fish
ROSEMARY	Whole sprigs (minced fresh)	Minty, sage-like Peppery, spicy	Stews, soups Chicken, lamb Greek dishes
SAGE	Fresh or dried leaves	Evergreen flavor Fresh mint smell	Roasted poultry or pork, baked beans Stuffing, sausages
TARRAGON	Fresh or dried leaves	Licorice or anise-like flavor Anise-like smell	Fish, chicken Vinaigrettes, sauces French cuisine
THYME	Fresh or dried leaves	Sharp grassy, woody taste	Seasons protein & vegetable dishes



# MEDICINAL HERBS

HERB NAME	PART USED	BENEFITS
CALENDULA	Flower (head of plant incl green base)	Heals and strengthens skin Anti-oxidant, anti-inflammatory,
CHAMOMILE	Flower	Calms anxiety, relaxes Reduces inflammation
CHICKWEED	Leaf	Supports liver, kidney & urinary tract health Heals numerous skin issues
ECHINACEA	Leaf, stalk, root	Builds up immunity to prevent colds, flu & infections
FEVERFEW	Leaf	Treats fevers, migraines & arthritis
GOLDENSEAL	Root, rhizome (rootstalks)	Aids colds and other upper respiratory tract infections Benefits digestive system
HOLY BASIL	Leaf, stem, seeds	Reduces stress & anxiety Antibacterial, antiviral, anti-inflammatory, analgesic
LEMON BALM	Aerial leaves (just before flowering)	Relieves stress, anxiety & sleep disorders Boosts cognitive function
PEPPERMINT	Leaf, oil	Aids digestion, relieves gas Mild anti-spasmodic
VALERIAN	Root, rhizome (rootstalks)	Relieves insomnia, anxiety, headaches & digestive problems