





Fresh herbs can turn a simple dish into something fabulous. They're good for you, and you can even grow your own to save money. Herbs grow wonderfully outside during the summer. In the winter, they just need a pot and a sunny spot indoors to grow.

Herbs are generally inexpensive and easy to grow. All they need is a warm spot in your garden, sun, water, and some nice talking to from you will do the trick! Keep your herb plants lush and bushy by regularly pinching 2-3 inches off the stem tips. This encourages branching and new growth. For more leaves, pinch-off any flowers that form. Stop pinching or pruning woody herbs at least eight weeks before the first frost of fall to give the new growth time to harden off before winter.

Grow annual herbs in pots, and perennials anywhere in your garden. Beware of mint! It is extremely invasive. It is one perennial herb that you will want to grow in pots. You can also plant your mint in a partially-buried bucket to allow it to remain somewhat contained.



## preparing fresh herbs

Wash fresh herbs in a large bowl of cold water. If there is a lot of grit at the bottom of the bowl, wash them again until the water is clean. Dry the herbs with a paper towel or a clean kitchen towel. A salad spinner is great for washing herbs and to spin them dry.

If stored properly, fresh herbs can last for a week or longer when refrigerated. Wrap the clean herbs loosely in paper towel and put in a large plastic or paper storage bag. Leave the bag slightly open so that air can circulate.



For ease, a coffee grinder may be used for chopping dried herbs and sturdy fresh herbs, like fresh rosemary and thyme.

For softer fresh herbs, use scissors. Chopping with a knife will often bruise fresh herbs too much. If you do chop herbs, toss a little salt onto the cutting board; it will keep the herbs from flying around. Cilantro, dill, parsley, and other leafy herbs with soft stems can be chopped with their stems included. Oregano, rosemary, thyme and mint have tough stems, so strip the leaves from the stem. Pinch the stem gently but firmly at the top and strip the leaves in a quick downward movement.



Always have a bunch of fresh herbs and garlic in your home. Every week, make a jar of extra virgin olive oil infused with garlic, chopped fresh herbs, and a bit of fresh ground black pepper and salt.

For quick dinners, sauté fish fillets (tilapia is perfect for this) in a couple of tablespoons of this oil and/or wilt some fresh vegetables for a quick healthy and flavorful meal. For a Friday 'movie at home night', brush the oil on some whole wheat naan (Indian flat bread available in most supermarkets), cover with a bit of your favorite tomato sauce, add sliced buffalo mozzarella and grill for about ten minutes on a very hot grill. Before serving add some shredded fresh basil. Of course, you can add all kinds of other things to this pizza, some chopped onions, sliced mushrooms, pancetta, whatever you like. If you keep it simple you can really taste the different flavors of the herbs, tomatoes and mozzarella.



## ratio of fresh to dry herbs

When cooking with fresh and dry herbs, there is a general rule when it comes to the ratio of fresh to dry. Because dried herbs are more intense and concentrated than fresh herbs, dried herbs can be substituted for fresh herbs at a ratio of 1 to 3. For example, if a recipe calls for 1 tablespoon of fresh oregano, you need only 1 teaspoon of dried oregano, since 3 teaspoons equal 1 tablespoon. Dried herbs are convenient but they don't have the same pure flavor as fresh herbs.



## storing herbs

Fresh-cut herbs should be wrapped in a paper towel, stored in resealable plastic bags, and then put into the refrigerator. Dried herbs should be stored out of the light and in a cool, dry place. Keep an eye on how long your dried herbs have been open. If they've been open for too long, they'll smell and taste less potent. You can check on the freshness of your dried herbs by crushing a few leaves to see if the aroma is still strong. If the color of the herbs has started to fade, it may be time to replace them. As a general rule, keep herbs or ground spices for one year and whole spices for two years. A good recommendation is to buy smaller containers of herbs or spices that you do not use very often.



## Olive Oil with Herbs and Garlic

### Ingredients:

- 1 cup olive oil (note: extra virgin olive oil will not sauté as well)
- ½ cup fresh rosemary
- ½ cup fresh thyme
- 4 cloves finely minced garlic
- 1 Tbsp. lemon juice
- Salt and black pepper to taste

### Directions:

Put in a sealed container and shake well. Let it steep at least a couple of hours before using and shake well before use. This will keep for at least two weeks in the refrigerator.

*\* To make peeling garlic easier, microwave the garlic cloves for about 10 seconds. Microwave them for too long and they'll get too soft and lose flavor. This trick will make the garlic cloves slide out easy!*

**Tip:**  
**For a smoother consistency you can put it all in a blender.**

## Basil Oil

Basil oil is great because of the vibrant green oil. Try cherry or grape tomatoes injected with some basil oil for a delicious treat! The oil can be used to dress a salad or even just to dunk some good pieces of bread in it. Make a simple salad of sliced tomatoes and slices of buffalo mozzarella and drizzle with the oil. It is very easy and will look great. You can use the following recipe with a lot of other green herbs as well, for instance, parsley, cilantro, tarragon, oregano, mint and marjoram.

### Ingredients:

1 1/2 cups (packed) fresh basil leaves  
3/4 cup extra virgin olive oil

### Directions:

1. Blanch the basil in heavily salted water in a steel sauce pan. You'll only want to blanch for 15-20 seconds.
2. Shock the basil - drain and rinse basil under cold water immediately to stop the cooking. Or put the basil in an ice bath.
3. Use paper or lint free kitchen towels to dry the basil.
4. Add the basil to a blender and puree the basil, while very slowly adding the olive oil.
5. Blend until smooth.
6. Return mixture to steel sauce pan and bring to a boil. Boil while stirring for about three minutes. Return sauce pan to ice bath to stop boiling. (Adding salt to the ice bath will help lower the temperature even more)
7. Strain oil through cheesecloth or coffee filter.
8. Store the basil oil in an airtight container in the refrigerator. Good for about two weeks.

*\*Allow oil to infuse for about 24 hours in the refrigerator before use.*



## Herb Stock

In a medium heavy bottomed sauce pan or stock pot, sauté ½ cup chopped celery, 1 cup chopped onion, 4 cloves chopped garlic, ¼ cup chopped carrots until translucent. Add two cups of mixed herbs – stems and leaves included – and 1 quart of water. Simmer gently for about 30 minutes. Strain and store in the refrigerator. You can keep it in the refrigerator for about a week or for about three months in freezer. Great for vegetable soups or risotto!

# Suggested Herb and Food Combinations

**ASPARAGUS** – Chives, Lemon balm, Sage, Savory, Tarragon, Thyme

**BEANS, DRIED** – Cilantro, Cumin, Garlic, Mint, Onions, Oregano, Parsley, Sage, Savory, Thyme

**BEANS, GREEN** – Basil, Caraway, Clove, Dill, Marjoram, Mint, Sage, Savory, Thyme

**BEEF** – Basil, Bay leaf, Caraway, Cumin, Fenugreek, Garlic, Ginger, Marjoram, Onion, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme

**BROCCOLI** – Basil, Dill, Garlic, Lemon balm, Marjoram, Oregano, Tarragon, Thyme

**CABBAGE** – Basil, Caraway, Cayenne pepper, Cumin, Dill, Fennel, Marjoram, Sage, Savory

**CARROTS** – Anise, Basil, Chervil, Chives, Cinnamon, Clove, Cumin, Dill, Ginger, Marjoram, Mint, Parsley, Sage, Savory, Tarragon, Thyme

**CAULIFLOWER** – Basil, Caraway, Chives, Cumin, Dill, Garlic, Marjoram, Parsley, Rosemary, Savory, Tarragon

**CHICKEN** – Anise, Basil Bay leaf, Chives, Cinnamon, Cumin, Dill, Fenugreek, Garlic, Ginger, Marjoram, Onion, Oregano, Parsley, Rosemary, Saffron, Sage, Savory, Tarragon, Thyme

**CORN** – Chervil, Chives, Lemon balm, Saffron, Sage, Thyme

**EGGPLANT** – Basil, Cilantro, Cinnamon, Dill, Garlic, Marjoram, Mint, Onion, Oregano, Parsley, Sage, Savory, Thyme

**EGGS** – Anise, Basil, Caraway, Cayenne, Pepper, Chervil, Chives, Coriander, Dill, Fennel, Marjoram, Oregano, Parsley, Rosemary, Saffron, Sage, Savory, Tarragon, Thyme

**FISH** – Anise, Basil, Caraway, Chervil, Chives, Dill, Fennel, Garlic, Ginger, Marjoram, Oregano, Parsley, Rosemary, Saffron, Sage, Savory, Tarragon, Thyme

**FRUIT** – Anise, Cilantro, Cinnamon, Clove, Ginger, Lemon balm, Mint, Rosemary

**LAMB** – Basil, Bay leaf, Cilantro, Cinnamon, Coriander, Cumin, Dill, Garlic, Ginger, Lemon balm, Marjoram, Mint, Onion, Parsley, Rosemary, Saffron, Sage, Tarragon, Thyme

**MUSHROOMS** – Coriander, Marjoram, Oregano, Rosemary, Tarragon, Thyme

**PARSNIPS** – Basil, Dill, Marjoram, Parsley, Savory, Thyme

**PEAS** – Caraway, Chervil, Chives, Rosemary, Savory, Tarragon, Thyme

**PORK** – Anise, Caraway, Cardamom, Dill, Garlic, Ginger, Oregano, Rosemary, Saffron, Sage, Tarragon

**POTATOES** – Basil, Caraway, Chives, Cilantro, Coriander, Dill, Fennel, Marjoram, Oregano, Parsley, Rosemary, Sage, Tarragon, Thyme

**RICE** – Basil, Fennel, Saffron, Tarragon, Thyme

**SPINACH** – Anise, Basil, Caraway, Chervil, Chives, Cinnamon, Dill, Rosemary, Thyme

**SQUASH** – Basil, Caraway, Cardamom, Cinnamon, Clove, Ginger, Marjoram, Dill, Oregano, Rosemary, Sage, Savory

**STUFFING** – Garlic, Marjoram, Onion, Parsley, Rosemary, Sage, Thyme

**TOMATOES** – Basil, Bay leaf, Chives, Cilantro, Coriander, Dill, Garlic, Marjoram, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme

**TURKEY** – Basil, Garlic, Marjoram, Onion, Oregano, Rosemary, Saffron, Sage, Savory Tarragon, Thyme,

**VEAL** – Basil, Bay leaf, Chervil, Chives, Ginger, Marjoram, Mint, Onion, Parsley, Rosemary, Sage, Savory, Thyme

## Did You Know?

Many people think that cilantro and coriander are the same. But, there is a slight difference. They both come from the same plant but the leaves are called cilantro and the dried seeds are known as coriander. Cilantro looks similar to flat parsley but is very different in taste. Rub the leaves and the smell will tell you what you are dealing with.



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