

# Where do I use these herbs?!?

## BASIL



- Peppers, eggplant, tomato, zucchini, peaches, strawberries
- Chicken, beef, fish, tofu.
- Pesto, tomato sauce, soup, stir fries, desserts, and drinks!

## CHIVES



- Potatoes, asparagus
- Chicken, fish, eggs
- Garnish, dip, soup, sauce, rice

## CILANTRO



- Tomatoes, peppers
- Chicken, fish, lamb, lentils
- Salsa, chutney, soup, curry, salad

## DILL



- Cabbage, potatoes, cucumber, carrot, green beans, tomatoes
- Fish, shellfish
- Omelets, sauces, salad dressing

## MINT



- Carrots, eggplant, watermelon, tomatoes, zucchini
- Beans, lentils, lamb
- Fruit dishes, curries, cream sauces, marinades

## OREGANO



- Bell peppers, eggplant, mushrooms, tomatoes, zucchini
- Chicken, beef, fish
- Tomato sauces, pizza, salad dressing

## PARSLEY



- Potatoes, tomatoes, peas, cucumbers, zucchini
- Lamb, beef, chicken, fish
- Sauces, Salads, garnish

## ROSEMARY



- Mushrooms, peas, tomato, potato
- Chicken, lamb, pork, fish
- Tomato sauces, pizza, soups, stew, roasted veggies

## SAGE



- Brussels, peas, winter squash, eggplant
- Pork, beef, turkey
- Stuffing, salad, dressings, soups, roasted veggies, brown butter

## TARRAGON



- Carrots, leeks, mushrooms, potatoes, spinach
- Omelets, gazpacho, salad dressing, garnish

## THYME



- Carrots, peas, potato, winter squash, tomatoes
- Chicken, pork, lamb, duck, fish
- Rice, dips, stews, roasted veggies, tomato sauce

## Highland Orchards Farm Market

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**Eat Fresh. Eat Local. Eat Well**