



Herbal Blends



Making your own herb mixes can be healthier for you than buying packaged mixes that often contain high amounts of sodium and preservatives. These herbal mixes make more than one serving and can be stored in airtight containers in dark, cool, dry pantries. The mixes will stay fresh for up to 6 months. Make the mixes with thoroughly dried herbs, not fresh. Fresh herbs contain moisture which will cause your mix to mold.

Herbal Salt Substitute:

Mix together and pulverize in a blender:
3 TBL each dried parsley, basil, and thyme
2 TBL each dried rosemary, chives, and paprika
½ TSP garlic powder

Poultry seasoning:

Mix together
1 ½ TSP marjoram
1 TSP each of thyme, bay, rosemary and black pepper.

Tomato sauce seasoning

Mix together
4 TSP basil
2 TSP each bay leaves, marjoram, oregano, and parsley.

Southwestern seasoning

Mix together
¼ cup each of onion powder and chili powder
2 TBL each of ground cumin, coriander, dried oregano, and basil
1 TBL each of thyme and garlic powder.

Brought to you by San Antonio Herb Market Association
www.sanantonioherbmarket.org