



HERBS AND FOOD PAIRINGS

	VEGETABLES	MEATS	FISH & SEAFOOD	FRUITS	HERBS	OTHER
BASIL	Squash; Broccoli; Green Beans; Carrots; Beets; Spinach; Eggplant; Potatoes; Zucchini; Cream Peas; Artichokes; Legumes	Beef; Chicken; Pork; Turkey; Lamb; Veal	Any; Salmon; White Fish; Trout; Tuna	Tomatoes; Peaches; Berries	Bay Leaves; Chives; Dill; Garlic; Ginger; Lemon grass; Marjoram; Mint; Parsley; Oregano; Tarragon	Pasta
BAY	Green beans; Potatoes; Artichokes; Mushrooms	Turkey; Beef; Chicken	Poached fish	Apples	Basil; Garlic; Marjoram; Oregano; Parsley; Sorrel; Tarragon; Thyme	
CHIVES	Green Beans; Carrots; Green Peas; Eggplant; Potatoes; Asparagus; Mushrooms; Beets	Chicken; Pork	Fish; Tuna		Basil; Bay Leaves; Dill; Cilantro; Lemon herbs; Marjoram; Mint; Oregano; Parsley; Sorrel; Tarragon; Thyme	Eggs
CILANTRO	Pinto Beans; Green Peas; Potatoes; Mushrooms; Cauliflower; Corn	Chicken; Sausage	White fish; Tuna Salad; Grilled Fish	Avocado	Chives; Cumin; Garlic; Marjoram; Oregano; Parsley	
DILL	Cauliflower; Green Beans; Carrots; Corn; Brussel Sprouts; Asparagus; Green Peas; Cabbage; Potatoes; Beets	Chicken; Pork	White fish; Tuna Salad; Poached fish	Tomatoes; Peaches; Berries	Basil; Bay Leaves; Chives; Fennel; Garlic; Mint; Parsley; Sorrel; Tarragon	Pasta
FENNEL	Turnips; Potato; Artichoke; Tomato; Squash; Spinach; Carrots; Lentils; Onion	Pork; Sausage; Chicken	Salmon; Shrimp; Sardines; Clams; Crab	Lemon; Oranges	Dill; Chives; Sage; Garlic; Tarragon	Eggs; Olives; Polenta
GARLIC	Potatoes; Green Beans; Zucchini; Mushrooms; Peas; Eggplant; Corn	Beef; Chicken; Pork; Turkey; Lamb; Duck	Fish		Goes with most	
GINGER	Cauliflower; Carrots; Beets	Chicken; Duck; Beef Stew		Peaches; Apples; Berries	Basil; Cloves; Cinnamon; Turmeric	
HORSERADISH	Carrots; Cauliflower; Green Beans; Carrots; Asparagus; Potatoes; Beets	Beef Rib Roast	Fish and Shrimp	Apples	Cilantro; Mexican Mint Marigold; Tarragon; Rosemary	Mustard; Crema or Sour Cream
LEMON GRASS	Chilies; Bell pepper; Onion; mushrooms; Tomato;		Scallops; Crabmeat; Shrimp	Limes	Garlic; Basil; Mint; Cilantro;	
MARJORAM	Eggplant; Tomato; Garlic; Onions; Carrots	German Sausage; Chicken; Beef; Ham	Fish		Bay Leaves; Basil; Chives; Mint; Thyme	Tomato sauce; Pizza
MINT	Green Beans; Carrots; Green Peas; Spinach; Cabbage	Chicken; Pork; Rib Roast; Lamb	Fish	Apples; Pineapple; Cranberry; Berries	Basil; Chives; Dill; Lemon Balm; Lemon Grass; Marjoram; Parsley; Tarragon	
OREGANO	Green Beans; Carrots; Green Peas; Asparagus; Cabbage; Eggplant; Artichoke; Mushrooms; Squash	Chicken; Turkey; Roast Beef	Any; Fried Fish	Tomatoes; Peaches; Berries	Basil; Bay Leaves; Chives; Cilantro; Garlic; Marjoram; Mint; Parsley; Sage; Tarragon; Thyme	
PARSLEY	Asparagus; Green Beans; Carrots; Green Peas; Potatoes; Mushrooms	Beef; Duck; Chicken; Tuna	Trout; Lobster; Crab		Goes with all	
ROSE HIPS				Apples; Peaches; Mangos	Ginger; Cinnamon	
ROSEMARY	Cauliflower; Broccoli; Green Beans; Zucchini; Eggplant; Asparagus; Peas; Mushrooms; Potatoes	Chicken; Roast Beef; Pork; Lamb; Turkey; Beef Stew	Salmon; Grilled Fish; poached Fish	Cranberries; Oranges; Mangos; Avocado	Bay Leaves; Chives; Garlic; Marjoram; Horseradish; Oregano; Parsley; Sage; Savory; Thyme	
SAGE	Potatoes; Sweet Potatoes; Spinach; Eggplant; Green Beans; Beets; Peas; Mushrooms	Chicken; Pork; Turkey; Lamb; Duck; Roast Beef; Veal	Salmon; Grilled Fish; poached Fish	Pineapple; Tomato; Apples; Pears	Bay Leaves; Fennel; Garlic; Marjoram; Oregano; Parsley; Rosemary; Savory; Sorrel; Tarragon; Thyme	
SORREL	Salads; Beans	Chicken		Apples	Bay Leaves; Marjoram; Oregano; Sage; Savory; Parsley	Soups; Stews
TARRAGON	Leeks; Green Beans; Asparagus; Lentils	Turkey; Chicken	Trout; Shrimp	Lemon; Oranges	Bay Leaves; Basil; Chives; Cilantro; Marjoram; Mint; Oregano; Sage; Fennel; Thyme; Parsley; Garlic	Egg Salad; Mustard; Sauces
THYME	Green Beans; Carrots; Beets; Green Peas; Eggplant; Red Cabbage; Potatoes	Chicken; Pork; Roast Beef; Turkey; Beef Stew; Lamb	Tuna Salad; Grilled Fish	Tomato	Bay Leaves; Basil; Chives; Cilantro; Marjoram; Mint; Oregano; Sage; Fennel; Thyme; Parsley; Garlic	

Brought to you by the San Antonio Herb Market Association
Revised October 2013