

HERBS

For Inspirational Ideas

Poultry & Game: Anise, Basil, Bay Leaf, Borage, Chives, Dill, Lovage, Marjoram, Onion, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme, Garlic, any lemon-flavored herb.

Fish: Anise, Basil, Borage, Chives, Dill, Fennel, Marjoram, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme, Bay, Lemon Grass, Lemon Balm, Mint, Parsley.

Tomatoes: Basil, Bay Leaf, Chives, Coriander, Dill, Lovage, Marjoram, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme.

Tea & Beverages: Mint, Chamomile, Lemon Balm, Rose Geranium, Rose petals, Bay, Lemon Grass, Borage, Calendula, any lemon-flavored herb.

Salsa: Cilantro, Garlic, Garlic Chives, Tomato, Tomatillo, Jalapeno Peppers.

Pesto: Basil, Parsley, Mint, Oregano, Cilantro.

Cakes, Cookies, Breads or Biscuits: Chives, Dill, Marjoram, Sage, Savory, Thyme, Lavender flowers, Spearmint, Lemon Grass, Scented Geranium (rose).

French Cuisine: Combo of 3-4 herbs: Parsley, Chervil, Thyme and either Basil, Chives, or Burnet.

Bouquet Garni: Bundle of herbs to simmer, then remove-usually Parsley, Thyme, and Bay. Can also add Chives, Lovage, Rosemary, Tarragon, or Marjoram.

Salt-Free Diet:

For Salad: Basil, Parsley, Lovage, Marjoram, Dill, Tarragon, Savory.

For Soup: Basil, Lovage, Parsley, Savory, Thyme, Marjoram, Bay.

For Beef: Basil, Lovage, Parsley, Thyme, Marjoram, Savory, Sage, Rosemary, Lemon or Orange Zest, Garlic.

Edible Flowers: Borage, Calendula, Chive blossoms, Impatiens, Lavender, Mint flowers, Nasturtiums, Pansy, Viola, Snapdragon, Scented Geranium, Geranium, Rosemary, Day lilies, Dianthus, Fuchsia, Roses.

Fruit: Anise seed, Lemon Balm, Mint, Rosemary, Pineapple Sage.

Soups: Bay, Basil, Chervil, Garlic, Chives, Lemon Balm, Parsley, Rosemary, Savory, Sorrel, Tarragon, Thyme.

Peas: Basil, Chervil, Marjoram, Mint, Parsley, Rosemary, Sage, Savory.

Cole Crops: Borage, Caraway seed, Chives, Dill, Fennel, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Sweet Cicely, Thyme.

Eggs: Basil, Caraway seed, Chives, Dill, Fennel, Oregano, Parsley, Rosemary, Tarragon, Costmary.

Salads: Edible flowers, Chives, Mint, Dill, Lovage, Parsley, Sage, Oregano, Savory, Tarragon, Burnet, Costmary, Cilantro, Basil.



Overland Park
8424 Farley
913.642.6503

Shawnee
7036 Nieman
913.631.6121

Liberty
830 W Liberty Dr
816.781.0001