



Herbs and spices are a great way to add flavour and taste to your dishes: especially if you're trying to reduce the quantity of salt in your meals, cooking with plenty of herbs and spices will help you achieve your goal without sacrificing taste.

Fresh herbs can be stored in the refrigerator crisper for as long as 6 days. Loosely wrap them in paper towels or in old newspapers and place them in the refrigerator crisper drawer. *Only some herbs will freeze well, such as basil, chives and tarragon. Wrap in foil or seal in containers.*



BASIL

Basil has rich peppery flavour and powerful aroma. This herb is particularly good when served with tomatoes or Thai curries, and is often used in Italian, Mediterranean, Thai or Vietnamese cuisines.



CILANTRO/CORIANDER

Also Dhania & wild coriander are strong-flavoured herbs that appear similar to parsley. Both dhania leaves and seeds are very common in Indian cuisine, for example in curries or dhal soup. Coriander is often used with chili powder, garlic, ginger and spring onions in Thai dishes, Mexican cuisine, stir-fries and salsas.



CURRY LEAVES

Curry leaves are very common in Indian cooking, especially in dishes such as lentil dhal or curries.



DILL

Dill is a delicately flavoured herb that complements boiled potatoes, sauces, dips and salad dresses.



FENNEL

Fennel leaves are similar to dill but have a stronger flavour.



FENUGREEK

Fenugreek leaves / methi have a distinct flavour and are often used in Indian cuisine. They can also be used with scrambled tofu or chickpea flour "omelette".



MINT

Mint is a fresh-flavoured herb, often used in salads in the Middle East. It's a great addition to soups, salsas, fruit salads and fresh smoothies.



CHIVES

Chives are a bright green herb with an onion flavour. They are best served on salads, baked potatoes and some soups, spread and dips. Chives are often used in Chinese cuisine together with garlic, for example in dumplings, stir-fried vegetables or soups. They add a lot of flavour to bland dishes.



MARJORAM & OREGANO

Marjoram and oregano are different varieties of the same plant. They are often used in Mediterranean dishes.



PARSLEY

Parsley has a flavour similar to coriander/dhania and can be used in soups, salads, with beans and lentils.



ROSEMARY

Rosemary has a very strong flavour. It complements potatoes, sweet potatoes, pumpkin and other baked vegetable dishes.



SAGE & CUBAN OREGANO

Sage & Cuban oregano are strong-flavoured herbs that go well with onions. They are used in soups, stuffing, pasta sauces, bean and lentil stews, with taro leaves or stems.



TARRAGON

Tarragon has a sweet and spicy flavour, and complements many vegetables.



THYME

Thyme is best used in bean or lentil stews or soups with tomatoes.