



COOKSMARTS GUIDE TO FLAVORING WITH FRESH HERBS

This Guide has everything you need to know about how to properly store and cook with fresh herbs. Use them to add flavor and freshness to your meals!

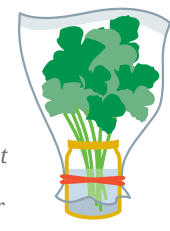
KEY	BASIL SWEET, PEPPERY	CHIVES MILDER-ONION	CILANTRO BRIGHT, CITRUSY	DILL GRASSY	LEMONGRASS ZESTY, CITRUSY	MARJORAM GRASSY, SLIGHTLY SWEET	MINT SWEET, COOL	OREGANO PUNGENT, PEPPERY
PRODUCE								
PROTEINS	Bell Peppers, Eggplant, Tomatoes, Zucchini	Potatoes, Asparagus, Onions, Leeks	Avocado, Tomatoes, Bell Peppers	Cabbage, Potatoes, Cucumbers, Carrots, Green Beans, Tomatoes	Bell Peppers, Tomatoes	Carrots, Mushrooms, Peas, Spinach, Zucchini, Tomatoes	Carrots, Eggplant, Watermelon, Mushrooms, Tomatoes, Potatoes, Zucchini	Artichokes, Bell Peppers, Eggplant, Mushrooms, Tomatoes, Potatoes, Zucchini
USE IN	Chicken, Beef, Fish, Tofu	Chicken, Fish, Shellfish, Eggs	Chicken, Fish, Shellfish, Lamb, Lentils, Tofu	Fish, Shellfish	Chicken, Beef, Pork, Fish	Chicken, Beef	Beans, Lentils, Lamb	Chicken, Beef, Lamb, Fish
HOW TO STORE	Pestos, Tomato Sauces, Soups, Stews, Stir Fries, Curries	Garnishes, Dips, Soups, Sauces, Risottos, Rice	Salsas, Guacamole, Chutneys, Soups, Curries, Salads	Omelets, Yogurt Dishes, Potato Salad, Sauces, Salad Dressings	Asian Soups, Rice, Curries, Marinades, Teas	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce	Fruit Salads, Curries, Cream Sauces, Soups, Marinades	Tomato Sauces, Pizzas, Salad Dressings
	In a jar, countertop, for 7-10 days	Rolled in a damp paper towel, in the fridge, 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days

PARSLEY FRESH, GRASSY	ROSEMARY WOODY, PUNGENT	SAGE WOODY	TARRAGON PEPPERY, LICORICE	THYME MINTY
Mushrooms, Peas, Potatoes, Tomatoes, Cucumbers, Zucchini	Mushrooms, Peas, Tomatoes, Potatoes	Brussel Sprouts, Eggplant, Peas, Winter Squash	Artichokes, Carrots, Leeks, Mushrooms, Potatoes, Spinach	Carrots, Peas, Potatoes, Winter Squash, Tomatoes
Lamb, Beef, Chicken, Fish, Tofu	Chicken, Lamb, Pork, Fish	Pork, Beef, Turkey	Chicken, Beef, Lamb, Fish	Chicken, Pork, Lamb, Duck, Fish
Sauces, Salads, Garnishes	Focaccia Bread, Tomato Sauces, Pizza, Soups, Stews, Roasted Veggies	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce, Roasted Veggies	Omelets, Gazpachos, Salad Dressings, Garnishes	Rice, Dips, Stews, Roasted Veggies, Tomato Sauces
In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	In a jar, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days

HOW TO STORE FRESH HERBS

"PLANTING" METHOD

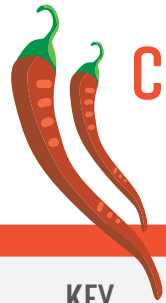
- 1 Trim the base of the stems with scissors or a knife
- 2 Fill a jar (an old condiment jar works great) about 1/3 to halfway with cold water
- 3 Place the cut stems into the water
- 4 Cover the jar with a plastic bag
- 5 Secure with a rubber band at the base of jar to enclose the bag around the jar
- 6 Place the "planted" herb in the fridge or leave it out on the countertop depending on the herb



TOWEL METHOD

- 1 Wrap the herbs in a damp paper towel
- 2 Put the wrapped herbs in a Ziploc bag
- 3 Place the herbs in the fridge





COOKSMARTS GUIDE TO FLAVORING WITH SPICES

Learn how to spice up your meals and add flavor to your foods with this comprehensive spice chart. Become a seasoning pro and never make a bland meal again!

KEY FLAVOR PROFILE	ALLSPICE EARTHY, SWEET	BASIL SWEET	CINNAMON EARTHY, SWEET	CLOVES EARTHY, SWEET	CORIANDER EARTHY, PEPPERY	NUTMEG SWEET	OREGANO EARTHY	PAPRIKA SWEET, WARM
PRODUCE								
PROTEINS	Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips	Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini	Apples, Carrots, Pears, Sweet Potatoes, Squash	Apples, Beets, Squash, Tomatoes, Sweet Potatoes	Bell Peppers, Potatoes, Onions, Tomatoes	Broccoli, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes	Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms	Bell Peppers, Squash, Cauliflower, Broccoli, Potatoes
USE IN	Beef, Lamb	Cheeses, Chicken, Fish, Pork	Chicken, Lamb	Lamb	Chicken, Beef, Fish, Pork, Tofu	Lamb	Beans, Chicken, Fish, Lamb, Pork	Chicken, Shellfish, Lamb, Tofu
PAIRS WELL WITH	Soups, Desserts, Breads	Salad Dressings, Sauces, Dry Rubs, Marinades	Fruit Sauces, Desserts, Breads	Curries, Soups, Marinades, Desserts, Breads	Curries, Soups, Sauces, Stuffing, Dry Rubs, Marinades	Rice, Stuffings, Sauces	Soups, Salad Dressings, Tomato Sauces, Dry Rubs, Marinades	Rice, Soups, Salad Dressings, Marinades
	Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace	Garlic Powder, Rosemary, Thyme, Marjoram, Oregano	Allspice, Cloves, Nutmeg	Cinnamon, Nutmeg, Allspice, Basil	Chili Powder, Cumin, Cinnamon	Allspice, Cloves	Chili Powder, Bay Leaves, Thyme	Garlic Powder, Chili Powder, Cardamom, Cinnamon, Cumin
BAY LEAVES BITTER	CARDAMOM SWEET	CAYENNE PEPPER SPICY	CUMIN SMOKY, EARTHY	GARLIC POWDER SAVORY	GINGER SWEET, WARM	ROSEMARY EARTHY	THYME EARTHY	TURMERIC PEPPERY, BITTER
Potatoes, Tomatoes, Mushrooms	Carrots, Citrus, Corn, Peas, Sweet Potatoes, Squash	Eggplant, Potatoes, Zucchini, Bell Peppers, Corn, Tomatoes	Eggplant, Tomatoes, Zucchini, Carrots, Corn, Green Beans	Cabbage, Tomatoes, Zucchini, Carrots, Mushrooms	Carrots, Citrus, Sweet Potatoes, Beets, Squash	Mushrooms, Peas, Potatoes, Onions	Carrots, Tomatoes, Zucchini, Cauliflower, Green Beans, Peas	Cauliflower, Cabbage, Potato, Sweet Potatoes
Beans, Lentils, Shellfish	Chicken, Duck, Lentils, Pork	Chicken, Beef, Fish	Beans, Chicken, Beef, Fish, Lentils, Pork, Tofu	Beans, Chicken, Beef, Fish, Tofu	Chicken, Beef, Fish, Pork, Tofu	Beans, Chicken, Lamb, Pork, Fish	Beef, Chicken, Fish, Lamb, Pork, Lentils	Beans, Lentils, Chicken, Fish, Tofu
Risotto, Soups	Curries, Rice	Rice, Soups, Salad Dressings, Sauces, Marinades	Curries, Rice, Soups, Sauces, Dry Rubs, Marinades	Curries, Soups, Sauces, Stir-Fries, Dressings, Dry Rubs, Marinades	Rice, Curries, Stir-Fries, Marinades	Marinades	Soups, Salad Dressings, Dry Rubs, Marinades	Curries, Rice
Oregano, Sage, Thyme, Marjoram	Cinnamon, Cumin, Ginger, Turmeric	Cumin, Paprika, Cinnamon	Garlic Powder, Turmeric, Ginger, Cinnamon, Oregano	Oregano, Cumin, Coriander, Turmeric	Garlic Powder	Garlic Powder, Oregano, Thyme, Basil	Oregano, Rosemary	Cardamom, Garlic Powder