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!

### 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 the 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

### Key
- **Produce**
  - Bell Peppers, Eggplant, Tomatoes, Zucchini
  - Chicken, Beef, Fish, Tofu
  - Potatoes, Asparagus, Onions, Leeks
  - Chicken, Fish, Shellfish, Lamb, Lentils, Tofu
  - Avocado, Tomatoes, Bell Peppers
  - Chicken, Fish, Shellfish, Lamb, Lentils, Tofu
  - Cabbage, Potatoes, Cucumbers, Carrots, Green Beans, Tomatoes
  - Fish, Shellfish
  - Garnishes, Dips, Soups, Sauces, Risottos, Rice
  - Salsas, Guacamole, Chutneys, Soups, Curries, Salads
  - Omelets, Yogurt, Rice, Curries, Marinades, Teas
  - Asian Soups, Rice, Curries, Marinades, Teas
  - Omelets, Gazpachos, Salad Dressings, Soups, Rice, Curries, Marinades
  - Rolled in a damp paper towel, in the fridge, for 10–14 days

- **Proteins**
  - Carrots, Mushrooms, Peas, Spinach, Zucchini, Tomatoes
  - Chicken, Beef, Pork, Fish
  - Beans, Lentils, Lamb
  - Stuffed, Salad Dressings, Soups, Risottos, Brown Butter Sauce
  - Rolled in a damp paper towel, in the fridge, for 10–14 days

- **Use In**
  - Sauces, Salads, Garnishes
  - Tomato Sauces, Pizzas, Salad Dressings
  - Rolled in a damp paper towel, in the fridge, for 10–14 days

- **How to Store**
  - In a jar, countertop, for 7–10 days
  - Rolled in a damp paper towel, in the fridge, for 10–14 days

### Herbs

#### Basil
- Sweet, Peppery
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** In a jar, countertop, for 7–10 days

#### Chives
- Milder-Onion
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** Rolled in a damp paper towel, in the fridge, for 10–14 days

#### Cilantro
- Bright, Citrusy
- **Use In:** Salsas, Guacamole, Chutneys, Soups, Curries, Salads
- **How to Store:** In a jar, in the fridge, for 7–10 days

#### Dill
- Grassly
- **Use In:** Dips, Sauces, Salad Dressings
- **How to Store:** Rolled in a damp paper towel, in the fridge, for 10–14 days

#### Lemongrass
- Zesty, Citrusy
- **Use In:** Asian Soups, Rice, Curries, Marinades, Teas
- **How to Store:** Rolled in a damp paper towel, in the fridge, for 10–14 days

#### Marjoram
- Grassly, Slightly Sweet
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** In a jar, in the fridge, for 7–10 days

#### Mint
- Sweet, Cool
- **Use In:** Fruit Salads, Curries, Cream Sauces, Soups, Marinades
- **How to Store:** In a jar, in the fridge, for 7–10 days

#### Oregano
- Pungent, Peppery
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** Rolled in a damp paper towel, in the fridge, for 10–14 days

#### Parsley
- Fresh, Grassy
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** In a jar, in the fridge, for 7–10 days

#### Rosemary
- Woody, Pungent
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** Rolled in a damp paper towel, in the fridge, for 10–14 days

#### Sage
- Woody
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** Rolled in a damp paper towel, in the fridge, for 10–14 days

#### Taragon
- Peppery, Licorice
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** In a jar, in the fridge, for 10–14 days

#### Thyme
- Minty
- **Use In:** Sauces, Salads, Garnishes
- **How to Store:** In a jar, in the fridge, for 10–14 days

### To Learn More
- Visit [cooksmarts.com/flavor](http://cooksmarts.com/flavor) and help home cooks live happier, simpler, smarter in the kitchen!
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

**Blackberry**
- Earthy, Sweet

**Basil**
- Sweet

**Cardamom**
- Sweet, Smoky, Earthy

**Cayenne Pepper**
- Spicy

**Cumin**
- Smoky, Earthy

**Garlic Powder**
- Savory

**Ginger**
- Sweet, Warm

**Rosemary**
- Earthy

**Thyme**
- Earthy, Peppery, Bitter

**Turmeric**
- Peppery, Bitter, Smoky, Earthy

### Produce

- **Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips**
- **Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini**
- **Cheeses, Chicken, Fish, Pork**
- **Fruit Sauces, Desserts, Breads**
- **Garlic Powder, Rosemary, Thyme, Marjoram, Oregano**
- **Broccoli, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes**
- **Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms**
- **Mushrooms, Peas, Potatoes, Onions, Tomatoes**
- **Carrots, Tomatoes, Zucchini, Carrots, Corn, Green Beans**
- **Beans, Chicken, Lamb, Pork, Fish, Tofu**
- **Garlic Powder, Turmeric, Ginger, Cinnamon, Oregano**
- **Chili Powder, Cumin, Cinnamon**

### Proteins

- **Beef, Lamb**
- **Chicken, Lamb**
- **Lamb**
- **Curries, Soups, Marinades, Desserts, Breads**
- **Chili Powder, Tofu**
- **Rice, Stuffings, Sauces, Dry Rubs, Marinades**
- **Beans, Chicken, Fish, Lamb, Pork**
- **Rice, Soups, Salad Dressings, Tomato Sauces, Dry Rubs, Marinades**
- **Garlic Powder, Chili Powder, Bay Leaves, Thyme**

### Use In

- **Soups, Desserts, Breads**
- **Salad Dressings, Sauces, Dry Rubs, Marinades**
- **Risotto, Soups**
- **Curries, Soups, Dry Rubs, Marinades**
- **Garlic Powder, Bay Leaves, Thyme**
- **Sauces, Dry Rubs, Marinades**
- **Sauces, Dry Rubs, Marinades**
- **Garlic Powder, Chili Powder, Bay Leaves, Thyme**
- **Rice, Soups, Salad Dressings, Marinades**
- **Garlic Powder, Chili Powder, Bay Leaves, Thyme**

### Pairs Well With

- **Allspice, Cloves, Ginger, Mace**
- **Allspice, Cloves, Nutmeg**
- **Cinnamon, Nutmeg**
- **Allspice, Basil**
- **Cardamom, Nutmeg**
- **Cinnamon, Cloves**
- **Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace**
- **Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace**
- **Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace**
- **Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace**
- **Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace**
- **Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace**

### To learn more about adding flavor to your meals visit [cookscommons.com/flavor](http://cookscommons.com/flavor)