### HERBS

#### KEY
- **PRODUCE**
  - Bell Peppers, Eggplant, Tomatoes, Zucchini
  - Chicken, Beef, Fish, Tofu
  - Pesto, Tomato Sauces, Soups, Stews, Stir Fries, Curries
- **PROTEINS**
  - In a jar, countertop, for 7-10 days
- **USE IN**
  - Bell Peppers, Eggplant, Tomatoes, Zucchini
  - Chicken, Beef, Fish
  - Parsley, Rosemary, Sage, Tarragon, Thyme

#### HOW TO STORE FRESH HERBS

**"PLANTING" METHOD**

1. Trim the base of the stems with scissors or a knife
2. Fill a jar (or 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

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**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!

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**COOKSMARTS**

helping home cooks live happier, simpler, smarter in the kitchen

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To learn more about adding flavor to your meals visit [cooksmarts.com/flavors](http://cooksmarts.com/flavors)
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!

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<th>Produce</th>
<th>Proteins</th>
<th>USE IN</th>
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<th>Bay Leaves</th>
<th>Cardamom</th>
<th>Cayenne Pepper</th>
<th>Cumin</th>
<th>Garlic Powder</th>
<th>Ginger</th>
<th>Rosemary</th>
<th>Thyme</th>
<th>Turmeric</th>
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<tr>
<td></td>
<td>Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips</td>
<td>Beef, Lamb</td>
<td>Salads, Dressed Breads</td>
<td>Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace</td>
<td>Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini</td>
<td>Basil, Sweet</td>
<td>Cinnamon, Earthy, Sweet</td>
<td>Cinnamon, Nutmeg, Allspice, Basil</td>
<td>Cumin, Paprika, Cinnamon</td>
<td>Garlic Powder, Rosemary, Thyme, Marjoram, Oregano</td>
<td>Cumin, Paprika, Cinnamon</td>
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<tr>
<td></td>
<td>Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms</td>
<td>Bell Peppers, Squash, Cauliflower, Broccoli, Potato</td>
<td>Beets, Chicken, Fish, Lamb, Pork</td>
<td>Beets, Chicken, Fish, Lamb, Pork</td>
<td>Bell Peppers, Potatoes, Onions, Tomatoes</td>
<td>Bell Peppers, Potatoes, Onions, Tomatoes</td>
<td>Biscuits, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes</td>
<td>Broccoli, Carrots, Squash, Cauliflower, Sweet Potatoes</td>
<td>Cumin, Paprika, Cinnamon, Bay Leaves</td>
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