

# Herbs:

## KNOW YOUR HERBS

### Basil

sweet, licorice flavor



### Chives

in the onion family;  
mild flavor



### Cilantro

sweet aroma,  
bright, mildly  
peppery



### Bay Leaves

woody flavor; slight  
bitterness



### Dill Weed

aromatic, mild, sweet



### Marjoram

sweet, mild,  
grassy, lemony



### Mint

strong and sweet with cool  
aftertaste; peppermint is the most  
common variety



### Oregano

aromatic, warm, and  
slightly bitter



### Parsley

sweet, mildly spicy,  
refreshing



### Rosemary

refreshing, pine, pungent



### Sage

pungent, warm,  
sharp



### Tarragon

pleasant, slightly  
bitter, licorice  
flavor



### Thyme

strong,  
pleasant,  
pungent clove  
flavor



# Herbs:

USE  
YOUR  
HERBS

Eggs



Dessert



Fish



Fruits



Meats



Pasta



Poultry



Salads/Salad Dressings



Sandwiches



Sauces/Soups/Stews



Vegetables



NewYork-Presbyterian  
Weill Cornell Medical Center

Ronald O. Perelman  
Heart Institute

## Bottom Line:

Playing with your food can be fun,  
Mix & match herbs 'til you find the right one.  
More herbs, less salt is better for you,  
Herbs add lots of flavor and are delicious too.  
Bring this list home and try all the herbs out,  
You'll enjoy your creations without a doubt!