



## SPICE UP YOUR LIFE WITH HERBS (and Spices)



<b>Food</b>	<b>Herbs/Spices</b>
<b>Asparagus</b>	Chives, Savory, Lemon Balm, Tarragon, Lemon Verbena, Thyme, Sage
<b>Dried Beans</b>	Cumin, Parsley, Garlic, Sage, Mint, Onion, Oregano
<b>Green Beans</b>	Basil, Mint, Caraway, Sage, Clove, Savory, Dill, Thyme, Marjoram
<b>Beef</b>	Basil, Oregano, Bay Leaves, Parsley, Caraway, Rosemary, Cumin, Sage, Garlic Ginger, Tarragon, Marjoram, Thyme, Onion
<b>Broccoli</b>	Basil, Marjoram, Dill, Oregano, Garlic, Tarragon, Lemon Balm, Thyme, Lemon Verbena
<b>Fish</b>	Anise, Marjoram, Basil, Oregano, Parsley, Caraway, Rosemary, Chervil, Saffron, Chives, Sage, Dill, Savory, Fennel, Tarragon, Garlic, Thyme, Ginger
<b>Fruit</b>	Anise, Lemon Balm, Cinnamon, Lemon Verbena, Clove, Mint, Ginger, Rosemary
<b>Mushrooms</b>	Coriander, Rosemary, Marjoram, Tarragon, Oregano, Thyme
<b>Parsnips</b>	Basil, Parsley, Dill, Savory, Marjoram, Thyme
<b>Peas</b>	Caraway, Savory, Chervil, Tarragon, Chives, Thyme, Rosemary
<b>Cabbage</b>	Basil, Fennel, Caraway, Marjoram, Cayenne, Sage, Cumin, Savory, Dill
<b>Carrots</b>	Anise, Ginger, Basil, Marjoram, Chervil, Mint, Chives, Parsley, Cinnamon, Sage Clove, Savory, Cumin, Tarragon, Dill, Thyme
<b>Cauliflower</b>	Basil, Marjoram, Caraway, Parsley, Chives, Rosemary, Cumin, Savory, Dill, Tarragon Garlic
<b>Chicken</b>	Anise, Marjoram, Basil, Onion, Bay Leaves, Oregano, Mint, Parsley, Chives, Cinnamon, Saffron, Cumin, Sage, Dill, Savory, Garlic, Tarragon, Ginger, Thyme
<b>Corn</b>	Chervil, Saffron, Chives, Sage, Lemon Balm, Thyme, Lemon Verbena

<b>Eggplant</b>	Basil, Onion, Cinnamon, Oregano, Dill, Parsley, Garlic, Sage, Marjoram, Savory, Mint, Thyme
<b>Eggs</b>	Anise, Marjoram, Basil, Oregano, Caraway, Parsley, Cayenne, Rosemary, Chervil, Chives, Sage, Coriander, Savory, Dill, Tarragon, Fennel, Thyme
<b>Green Beans</b>	Dill, Onion, Garlic, Savory, Mustard
<b>Oils</b>	Basil, Tarragon, Dill, Thyme, Rosemary, Lemon, Thyme
<b>Pork</b>	Anise, Oregano, Caraway, Rosemary, Dill, Saffron, Garlic, Sage, Ginger, Tarragon
<b>Potatoes</b>	Basil, Marjoram, Caraway, Oregano, Chives, Parsley, Coriander, Rosemary, Sage, Dill, Fennel, Tarragon, Lovage, Thyme
<b>Rice</b>	Basil, Saffron, Fennel, Tarragon, Lovage, Thyme
<b>Spinach</b>	Anise, Cinnamon, Basil, Dill, Caraway, Rosemary, Chervil, Thyme, Chives
<b>Squash</b>	Basil, Dill, Caraway, Oregano, Cinnamon, Rosemary, Clove, Sage, Ginger, Savory, Lemon Verbena, Marjoram
<b>Stuffings</b>	Garlic, Rosemary, Marjoram, Sage, Onion, Thyme, Parsley
<b>Tomatoes</b>	Basil, Oregano, Bay, Parsley, Chives, Rosemary, Coriander, Sage, Dill, Savory, Garlic, Lovage, Thyme, Marjoram
<b>Turkey</b>	Basil, Saffron, Garlic, Sage, Marjoram, Savory, Onion, Tarragon, Oregano, Thyme, Rosemary
<b>Veal</b>	Basil, Onion, Bay, Parsley, Chervil, Rosemary, Chives, Sage, Ginger, Savory, Marjoram, Thyme, Mint
<b>Vinegar</b>	Basil, Onion, Chives, Oregano, Dill, Rosemary, Garlic, Tarragon, Mint, Thyme

**NOTE:** You can substitute one teaspoon of dried herbs for one tablespoon of fresh herbs, which is a one-to-three ratio. But let taste be your guide.



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 Distributed by: Julie England, UF/IFAS Extension Seminole County

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