

A close-up photograph of a chive plant. The plant has numerous long, thin, green leaves that are slightly curved. Several purple, star-shaped flowers are in various stages of bloom, some fully open and some as buds. The background is a blurred brick wall. A semi-transparent white box is overlaid on the left side of the image, containing the text.

**Herbs in the
Kitchen!
“Cooking with
Herbs”**



Herbs in the Kitchen! “Cooking with Herbs”

Martha B. Maddox, County Extension Agent IV
Family and Consumer Sciences
University of Florida/IFAS Extension, Alachua County
2800 NE 39th Ave, Gainesville, FL 32609
Phone: 352-955-2402
Email: mmaddox@ufl.edu



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Objectives



Improve Cardiovascular Health
Reduce Blood Pressure
Help Prevent Hypertension
Nutritional Benefits
Alternative Seasonings



How to Prepare, Use and Store Fresh Herbs

Using herbs seasonally and use MyPlate



Herb Gardening

Enhances Health Through

- Exercise
- Fresh Air
- Mental Stimulation
- Joy in gardening process and harvest



Culinary Herbs



- Provide opportunities for healthful and exciting meals for your family and entertaining
- Reduces sodium in your diet and increases food flavor
- Add a variety of flavors
- Vitamins & Minerals
- Antioxidants
- Part of overall healthy diet & lessen risk for chronic diseases

What We Eat Influences Our Health!

High fat diet increases risk of developing:

- Heart disease
- Certain types cancer
- Obesity—risk factor for several diseases



HERB CHOICES



1. Purchased



2. Homegrown



Herbs flavor foods when cutting back on salt, fat and sugar



Extra Calories Add Up



Salt Consumption



- Most Americans consume 3 to 4 times the needed amounts of sodium daily in their diets
- The amount most Americans should consume is less than 2300 mg of sodium daily
- If you are over the age 51, African American and or have heart disease you should consume 1500 mg or less



American Dietary Guidelines 2010

Reduce Salt Intake

- Read the food label (Nutrition Facts)
 - Think fresh
- Enjoy home-prepared foods
 - Choose dairy and protein foods that are lower in sodium
- Watch process foods
 - Pay attention to condiments
 - Pay attention when eating out
- Add flavor with HERBS

Nutrition Facts	
Serving Size 28 g	
Amount Per Serving	
Calories 94	Calories from Fat 77
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 24mg	8%
Sodium 347mg	14%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Cooking With Herbs



- **DON'T overpower the main dish.**
- **Herbs should enhance and**
- **Should not dominate, the main flavor.**

UNFAMILIAR WITH HERB FLAVOR





- **Add herb or spice to small amount of butter, margarine, cream cheese or cottage cheese.**
- **Let mixture stand about one hour, try on plain cracker.**

HERB PREPERATION AND USES



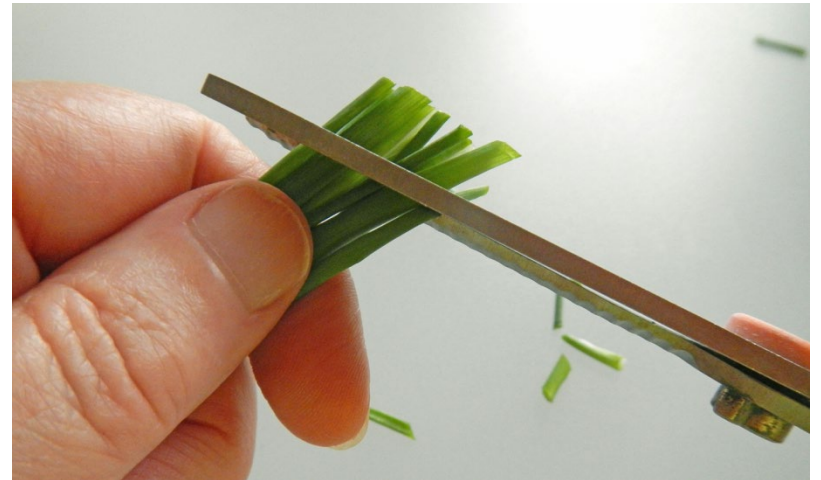
Best to Pick Herbs in the Morning, Before High Sun



Wash with Cold Water Before Using



Cut with Scissors



Drying Herbs

Tie in bundles and hang



Lay flat on rack

Place flat on baking rack



Freezing Herbs

- Place chopped herbs or leaves in ice tray with water
- Freeze cube to use later
- Place fresh herbs in freezer bags



Freezing



Storage

Fresh Herbs Store:

- Place stems of fresh herb in glass of water
store in refrigerator

Dry Herbs Store:

- Store in cool dry,
dark place
- Store in airtight
containers



Dried Vs. Fresh



- Dried herbs are 2 to 3 times strong than fresh herbs
- When doubling recipe, **Don't double herbs**. Start with 1 ½ times the amount. Then add as needed





- A general guideline when using fresh herbs in a recipe is, use 3 times as much as of a dried herb

Dried Herb



Fresh Herb



Herb Blends

A mixture of two or more herbs used to enhance the flavor in food



SALT FREE BLEND

- 1 T. mustard powder
- 2 tsp. Parsley flakes
- 2 tsp. Onion powder
- 2 tsp. Ground thyme
- 2 tsp. White pepper
- 1 T. garlic powder
- 2 tsp. Dried dill weed
- 2 tsp. Savory
- 2 tsp. Paprika
- 2 tsp. Dried lemon peel



Garlic salt can be bought or made in a mortar by pounding a garlic clove with a few tablespoons of salt

Seasoned salts
Homemade seasoned salts are ideal for sprinkling over meat, poultry, and fish before broiling

Herb salt

CAJUN BLEND



- 1 T. chili powder
- 1 T. onion flakes
- 1 T. allspice
- 1 T. ground thyme
- 1 T. paprika
- 1 T. garlic powder
- 1 T. cayenne pepper

Italian Blend

Martha's Italian Blend

- ½ cup dried oregano
- ½ cup dried thyme
- ¼ cup dried marjoram
- ½ cup dried basil
- ¼ cup dried parsley
- ¼ cup dried savory
- ¼ cup dried rosemary
- 2 tablespoons dried sage



BOUQUET GARNISH

- GARNISH I
- 1 bay leaf
- 1 T. dried tarragon
- 1 T. dried parsley
- 1 tsp. Dried thyme
- 5 or 6 peppercorns

- GARNISH II
- 2 bay leaf
- 4 sprigs thyme
- 5 sprigs parsley
- 2 sprigs oregano
- 2 sprigs basil



FLAVORED SUGARS



- **ROSE GERANIUM** - In a quart jar place alternating layers of sugar and Rose Geranium leaves. Place jar in sun for two weeks. Sift.

VANILLA SUGAR



Vanilla sugar

- Chop one vanilla bean and alternate with granulated sugar.
- Let stand in sunny window for one month
- Sift and store in airtight container



HERB BUTTER



- Beat together one cup of no salt softened butter and 2 Tablespoons minced fresh herb. Keep tightly covered in refrigerator. Mixture must stand for one hour to absorb the herb flavor.

BASIL

Use leaves fresh or dried



- Tomato products
- Eggs & egg dishes
- Game meats
- Lamb & Veal
- Seafood
- Rice & Spaghetti
- Vinaigrettes
- Salads
- Soups
- Beans
- Eggplant

Rosemary

Small needle-like leaves used dried or fresh



- Game Meat
- Beef, veal, lamb & poultry
- Soups & stews
- Potatoes
- Breads
- Dumplings
- Eggs
- Barbeque sauce
- Soups
- Beans
- Cauliflower
- Turnips
- Mushrooms

Sage

Use leaves fresh & dried



- Game Meat
- Pork, poultry, veal & meat loaf
- Sausage
- Stuffing
- Stews
- Salads
- Cottage cheese
- Rice
- Soups

Thyme

Use leaves fresh & dried. Flavor resembling blend of cloves & sage

- Poultry, pork, beef, veal & lamb
- Game meats
- Fish & oysters
- Chowders & soups
- Poultry Stuffing
- Tomatoes
- Mushrooms
- Sauces
- Eggs
- Rice
- Barbeque sauce



EDIS Publication

Cooking with Fresh Herbs¹

Emily Minton and Martha Maddox²

People worldwide are becoming more adventurous when cooking with fresh herbs. If you are just starting to use fresh herbs in your cooking or need a refresher, these tips for washing, storing, and cooking with herbs will lead you in the right direction.



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The History of Herbs

The use of herbs in cooking dates back thousands of years. During that time, it was thought that herbs and spices had properties that were beneficial to human health, but it wasn't until recent years that scientists established just how good herbs are for one's health.



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Early settlers brought herbs to the new world to use as remedies for illnesses, to store with linens, and to mask the bland flavors or spoiling of food. Colonists introduced each other to the herb gardening style known as "kitchen gardens," which involved growing herbs, along with

1. This document is FCS8932, one of a series of the Family, Youth and Community Sciences Department, UF/IFAS Extension. Original publication date November 2010. Revised October 2015. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

2. Emily Minton, former ENAFS program coordinator, Department of Family, Youth and Community Sciences; and Martha Maddox, family and consumer science Extension agent IV, UF/IFAS Extension Sumter County, UF/IFAS Extension, Gainesville, FL 32611.

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For More Information Contact:

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