

Seasoning with Spices & Herbs

Make your own herb and spice blends! Store in a cool, dark place in glass jars with lid.

STORING TIPS

- Keep spices and dried herbs in a cool, dark, dry place in a tightly sealed containers.
- Store whole spices up to 2 years, ground spices up to 6 months.
- Store fresh herbs in the refrigerator.

HOW MUCH DO I USE?!

1 tablespoon finely cut fresh herbs =

1 teaspoon crumbled dried herbs =

1/4 to 1/2 teaspoon ground dried herbs

Remember, start with a smaller amount and adjust as needed.

When doubling a recipe, DON'T double herbs & spices.

Increase by 50% and add more as needed.

FLAVOR PROFILES

Mexican	Cinnamon, chili powder, coriander, cumin, garlic, oregano
French	Garlic, <u>herbes de provence</u> , nutmeg, oregano, rosemary, thyme
Thai	Basil, cardamom, cumin, curry powder, garlic, ginger, turmeric
Mediterranean	Basil, bay leaves, cardamom, cinnamon, cloves, coriander, ginger, oregano, rosemary, thyme
Indian	Bay leaves, cardamom, cayenne pepper, cinnamon, cumin, curry powder, garam masala, ginger, nutmeg, paprika, turmeric

HERB is the edible, green or leafy part of a plant
SPICE is the buds, bark, root, berries, or seeds of a plant and is often dried.

BASIC INGREDIENT PAIRINGS

Beef	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Chicken	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, marjoram, paprika, pepper
Lamb	Curry powder, garlic, rosemary, mint
Pork	Garlic, sage, pepper, oregano
Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, paprika, parsley
Green Beans	Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
Leafy greens	Pepper, Italian seasoning mix
Peas	Ginger, marjoram, onion, parsley, sage
Potatoes	Dill, garlic, onion, paprika, parsley, sage
Summer squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper
Winter squash	Cinnamon, ginger, nutmeg, onion

Herbs & Spices are used to enhance flavor and healthfulness of foods.

Reference: Seasoning with Herbs & Spices, Kansas State University MF 3539 July 2020