

COOKING WITH HERBS

Make sure you have all the herbs you need for your favorite recipes. See your local garden centre for planting your garden full of fresh herbs.

Look at the list below for various cooking.

ITALIAN:	basil, bay, dill, fennel, garlic chives, marjoram, flat-leaf parsley, rosemary, sage and thyme
FRENCH:	basil, fennel, lavender, marjoram, rosemary, sage, summer savory and thyme
MEXICAN:	bay, coriander (cilantro), garlic, oregano and thyme
THAI:	Thai basil, coriander (cilantro), garlic, lemon grass, ginger and mint
SALADS:	chervil, chives, dill, basil, flat-leaf parsley, nasturtiums, sorrel, summer savory and tarragon
FISH:	bay, dill, fennel, lemon basil, lemon grass, lemon thyme, parsley, rosemary, sage, savory and tarragon
SALT SUBSTITUTE:	basil, bay, dill, lovage, parsley, rosemary, sage, savory, thyme and tarragon
TEA:	chamomile, lemon balm, lemon grass, lemon verbena, mint, pineapple sage, lemon thyme Stevia for sweetening

