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The cover of the brochure features a white background with several images of spices and herbs. At the top, there are several dried, light-colored seeds or grains. Below them, a yellow bell pepper is positioned to the right of the word "SPICE". A red bell pepper is positioned to the left of the word "LIFE!". At the bottom, there is a large pile of dark, round peppercorns. The text "Add some" is in a dark red, sans-serif font. "SPICE" is in a large, stylized, yellow font with a red outline. "to your" is in a dark red, sans-serif font. "LIFE!" is in a large, stylized, yellow font with a red outline. Below this, "Herb and Spice Lists" is in a dark red, sans-serif font. At the bottom left, "September 2007" is in a dark red, sans-serif font. At the bottom right, "MP-121.3" is in a dark red, sans-serif font.

Add some  
SPICE  
to your  
LIFE!  
Herb and Spice Lists  
September 2007  
MP-121.3

**T**he average American eats 4,000 milligrams of sodium (salt) daily! This is nearly twice the recommended daily amount ( $\leq$  2,400 milligrams). Instead of using salt as a main seasoning, use different herbs and spices to flavor food. One of the fun aspects of using herbs and spices is to experiment with them to make memorable dishes that delight taste buds.

Enclosed are herb and spice lists for different meats and vegetables. These lists are not extensive but should give you different seasoning ideas. Cookbooks are also wonderful tools to use when looking for seasoning ideas.

### Herbs:

Herbs are known to have an association with certain foods - rosemary and lamb; sage and pork; basil and tomatoes. When working with herbs, small amounts of dried herbs can produce a lot of flavor and aroma. Try to keep a variety of herbs in your home and not just a jar of herb mix. If you enjoy gardening, grow and dry your own herbs.

#### When drying herbs, follow these tips:

1. Pick them just before they bloom or they will lose flavor.
2. Pick them on a dry, gray day and wash immediately.
3. For small-leaf herbs (e.g. tarragon, thyme):
  - Divide into bunches; tie loosely with string.
  - Hang the bunches in cheesecloth bags or spread on newspaper or a cloth over a rack.
  - Dry in a warm place (not in sunshine).
4. For large-leaf herbs (e.g. sage, mint, bay):
  - Tie loosely and dry in same manner as small-leaf herbs or dip into boiling water for a minute, shake dry, and dry to a crisp at very low temperature (warm or 200 degrees Fahrenheit) in oven



- For parsley, dry on an oven rack (400 degrees Fahrenheit) for one minute. Turn the heat off and leave the parsley in the oven until crisp.

5. Use a rolling pin or a spice grinder to crush the dried herbs for storage. Store in tightly sealed jars.
6. Delicate herbs (e.g. mint, dill, tarragon, basil) can be frozen. Store in airtight containers or bags.



### Spices:

Spices have been used in cooking since the Middle Ages! When choosing spices, buy in small quantities and use whole spices when possible. Grind or pound the whole spice when the recipe requires ground spices. A coffee grinder can be used (make sure not to use it for coffee, too) or a mortar and pestle. For garlic, fresh ginger, fresh cilantro leaves and chile peppers, a large mortar and pestle will make a great product.

Wondering which seasoning to use? Smell the fragrance of the seasoning. Can you imagine that “flavor” with a selected vegetable or meat? If you can, give it a try!

If you have any questions, do not hesitate to contact a local University of Wyoming Cooperative Service Extension Nutrition and Food Safety Educator.

### Source:

Conran, C., Conran, T., & S. Hopkinson ( 1997). *The Essential Cook Book. The back-to-basic guide to selecting, preparing, cooking, and serving the very best of food.* Stewart, Taboire, & Chang:New York.



## Herb and spice combinations for meats

*Use any one of the seasonings to complement the meat for which it is recommended.*

<b>Beef</b>	Allspice, bay leaf, cayenne, cumin, curry powder, garlic, green pepper, onion, mushrooms, dry mustard, nutmeg, black pepper, rosemary, sage, thyme, red wine, tomato
<b>Poultry</b>	Basil, bay leaf, cinnamon, curry powder, garlic, green pepper, lemon juice, mace, marjoram, mushrooms, onion, paprika, parsley, sage, saffron, savory, thyme, tarragon, white wine, ginger
<b>Eggs</b>	Chives, curry, dry mustard, red or green pepper, mushrooms, onion, paprika, parsley, tomato, basil
<b>Seafood</b>	Allspice, basil, bay leaf, cayenne, curry powder, cumin, fennel, garlic, red or green peppers, lemon juice, mace, marjoram, mint, mushrooms, Dijon mustard, dry mustard powder, green onion, paprika, saffron, sage, sesame, tarragon, thyme, tumeric, white wine
<b>Lamb</b>	Curry powder, garlic, mint, mint jelly, onion, pineapple, rosemary, sage, savory, sesame, red wine, oregano, basil
<b>Pork</b>	Sage, cinnamon, cloves, fennel, garlic, mint, onion, savory, red wine, apple, applesauce, marjoram, ginger, pineapple
<b>Veal</b>	Bay leaf, curry powder, ginger, lemon juice, apricots, marjoram, mint, mushrooms, oregano, saffron, sage, savory, tarragon, white wine, black pepper





## Herb and spice combinations for vegetables

*Use any one of the seasonings to complement the vegetable for which it is recommended.*

<b>Asparagus</b>	Garlic, lemon juice, onion, chives, sesame seed, tarragon, vinegar
<b>Beets</b>	Anise, caraway seed, fennel, ginger, savory, allspice, bay leaf, cloves, dill, mustard seed, thyme
<b>Broccoli</b>	Caraway seed, dill, mustard seed, tarragon, lemon juice
<b>Brussels sprouts</b>	Basil, caraway seed, dill, mustard seed, sage, thyme
<b>Cabbage</b>	Caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, tarragon
<b>Carrots</b>	Anise, cinnamon, cloves, mint, sage, tarragon, caraway seed, allspice, bay leaf, mace, ginger, fennel, marjoram
<b>Cauliflower</b>	Caraway seed, dill, mace, tarragon, nutmeg
<b>Corn</b>	Allspice, green or red pepper, pimento, fresh tomato, cayenne pepper, chili powder, onion, curry, parsley, chives

## Herb and spice combinations for vegetables

*Use any one of the seasonings to complement the vegetable for which it is recommended.*

<b>Cucumbers</b>	Basil, chives, dill, garlic, mint, tarragon, vinegar
<b>Eggplant</b>	Marjoram, oregano
<b>Green beans</b>	Basil, dill, lemon juice, marjoram, mint, nutmeg, oregano, chives, onion, rosemary, scallion, savory, thyme, tarragon, caraway seed
<b>Greens</b>	Garlic, onion, lemon juice, vinegar, herb vinegars
<b>Onions</b>	Caraway seed, mustard seed, nutmeg, oregano, sage, thyme
<b>Peas</b>	Allspice, green or red pepper, pimento, fresh mushrooms, mint, onions, fresh parsley, sage, savory, basil, dill, marjoram, poppy seed, rosemary
<b>Potatoes</b>	Chives, green or red pepper, onion, basil, bay leaf, caraway seed, celery seed, parsley, paprika, thyme
<b>Spinach</b>	Basil, mace, marjoram, nutmeg, oregano
<b>Squash</b>	Allspice, basil, cinnamon, cloves, fennel, ginger, mustard seed, mace, nutmeg, rosemary, onion
<b>Sweet Potatoes</b>	Allspice, cardamom, cinnamon, cloves, nutmeg, apples
<b>Tomatoes</b>	Allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme, bay leaves, black pepper

