

GO GLOBAL—GIVE DISHES AN ETHNIC FLAIR

Italian:

- ◇ Basil and Oregano - adds a sweet and rich flavor to Italian cuisine. A must for dishes with tomato sauce.
- ◇ Fennel Seeds - add to meatballs or meat loaf for an authentic Italian flavor.
- ◇ Parsley - adds a mild fresh flavor and perks up potatoes grains and pasta.

Mexican:

- ◇ Cumin - gives chili and enchiladas it's smoky, warm, aromatic flavor.
- ◇ Cilantro - used in soups and salsa also complements corn dishes.
- ◇ Paprika - a mild pepper flavor with a light aroma.

Chinese:

- ◇ Five-spice powder (a combination of pepper, fennel, cinnamon, star anise and cloves).
- ◇ Ginger - fresh flavor that packs heat.

Indian:

- ◇ Cayenne pepper and chili powder - when you really want to heat things up!
- ◇ Curry - a rich blend of spices that give dishes a distinct Indian flavor.
- ◇ Turmeric - gives curry its yellow color and adds an earthy flavor.

One essential seasoning that all cultures seem to embrace is garlic. If you find garlic's flavor too strong substitute it with onions, chives, scallions, or leeks.



What is Extension?

Extension is a partnership between state, federal, and county governments to provide scientific knowledge and expertise to the public. The [University of Florida](#) (UF), together with [Florida A&M University](#) (FAMU), administers the Florida Cooperative Extension Service.

Our Mission

The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences and to making that knowledge accessible to sustain and enhance the quality of human life.

The Foundation for The Gator Nation

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University of Florida Volusia County Extension

3100 E. New York Avenue
De Land, Florida 32724
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Phone:

De Land: 386-822-5778

Daytona Beach: 386-257-6012

New Smyrna Beach: 386-423-3368

Fax: 386-822-5767

<http://volusia.org/extension>



University of Florida Volusia County Extension

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HERBS AND MORE!



Kathleen M. Bryant

Extension Agent
Family and Consumer Sciences
kmbryant@ufl.edu
kbryant@co.volusia.fl.us

Jill A. Tauffer, RD, LD/N

Extension Agent
Family and Consumer Sciences
jtauffer@ufl.edu
jtauffer@co.volusia.fl.us

Karen Stauderman

Extension Agent
Residential Horticulture
kstauderman@ufl.edu
kstauderman@co.volusia.fl.us

HERBS

All over the world, herbs have been used for hundreds of years. These versatile plants have a wonderful history of being used for a range of purposes. Uses include healing, flavoring food, cosmetics, and dying fabric.



Medicinally, herbs have been used for thousands of years dating back to ancient Egyptian, Greek, and Chinese times.

Today's scientists are able to isolate and identify many of the chemical components in herbs that are so effective medicinally.

In culinary terms, herbs play a vital role in flavoring food, adding vivid scents and tastes to numerous dishes. Herbs are essential ingredients in many sauces, pestos, and salads.

Herbal seasonings add flavor and nutrients to dishes without fat or calories and an added plus, they provide health benefits. Emerging research indicates herbs contain disease-fighting phytochemicals!

Herbs in the Garden

Herbs are plants which are grown for the special flavor and aroma of their various parts. Since they are used in very small quantities and not primary dishes, they are not classified as vegetables.

Most of the common herbs can be grown in Florida. Generally small plants lend themselves to grow in containers. Their attractiveness as an ornamental plant makes them fit well into the home landscape, either in a border planting or included in the flower garden. Most herbs will grow under the same conditions of sunlight and soil.



Herbs in Cooking

Herbs are used in cooking to season, enrich, or otherwise improve the taste or smell of certain foods. Herb mixes are great alternatives to salt and can be used to spice up vegetables, salads, meat and poultry.

When using fresh herbs, also chop and use the soft stem of herbs such as parsley and cilantro. The stem portion can be measured along with the leaves. Some stems are too woody to use, such as thyme and rosemary. These thick, woody stems can be used as skewers for grilling meats and vegetables. Some leafy herbs can be added to salads for color and flavor.

All-Around Mix: Combine and mix,

- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons paprika
- 2 teaspoons dry mustard
- 1 teaspoon ground thyme
- 1 teaspoon ground celery seeds
- Pour into a shaker

Bountiful Bouquet Mix: Blend,

- 2 teaspoons thyme
- 2 teaspoons marjoram
- 1 ½ teaspoons ground rosemary
- 1 teaspoon ground sage
- 1 teaspoon sweet basil
- Pour into a shaker

Zesty Herb Mix: Blend,

- 1½ teaspoons savory
- 1½ teaspoons marjoram
- 1 teaspoon thyme
- 1 teaspoon ground sage
- 1 teaspoon tarragon
- Pour into a shaker



Herbal Vinegars

Any of Florida's fruits, herbs, or spices can be combined with apple cider vinegar or champagne vinegar to create a flavored vinegar. Start with a clean, sterilized jar or container with a tight-fitting lid. *(Sterilize by covering jars with water and boiling for 10 minutes.)* Add your favorite fruit, herb, and/or spice.



Use 3 to 4 sprigs of fresh herbs, 3 table-spoons dried herbs, or 1 to 2 cups of fruit. Herbs and berries can be *lightly bruised* as they are added to the jars to heighten the infusion of flavors. Heat the vinegar to 190° to 195° and pour into the jars, leaving ¼-inch headspace. Seal with tight-fitting lids and store in a cool, dark environment for 3 to 4 weeks to allow flavors to develop. Use with salads, vegetables, and meats.

