Whole Lifecycle NUTRITION

YOUR ULTIMATE GUIDE TO USING FRESH HERBS



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HOW TO USE FRESH HERBS

Nothing brightens a dish quite like fresh herbs! Fresh herbs are powerhouses of flavor and nutrition and can be used in a variety of ways in daily cooking.

PARSLEY



There are two common types of parsley - flat and curly. Flat parsley has a more intense flavor but both can be used interchangeably. Parsley is a hearty herb and can be added at any point in the cooking process.

USES: Salads, soups, pestos, garnish

BASIL



Basil has a bright, almost licorice-like flavor that varies in intensity across different varieties. The most common variety [pictured here] is Sweet Basil. Other common varieties include Genovese, Thai, Purple, and Lemon. Basil is delicate and is best added at the end of cooking or just before serving.

USES: Pestos, salads, sauces, garnish

CILANTRO



Also known as coriander, cilantro has a soapy-like flavor that some people find overwhelming. It is a delicate herb often used in Latin and Asian cuisines to add coolness to spicy dishes. The roots may also be used in cooking if washed thoroughly.

USES: Curries, soups, stews, salsas, bean dishes, salads, garnish

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OREGANO





There are several types of oregano that vary in intensity of flavors. These include Greek, Italian, and Mexican varieties. Oregano is slightly spicy with citrusy notes and pairs well with cumin in dishes. Marjoram is also a member of the oregano family and has a strong, earthy flavor.

USES: Marinades, rice dishes, dressings, meat and fish dishes, bean and tofu dishes

ROSEMARY



Rosemary is a hearty, woody herb that has a long growing season and is easy to dry. Because of its unmistakably strong flavor, rosemary should be used sparingly and pairs best with animal proteins

USES: Marinades, meat and fish dishes, herb blends

SAGE



Sage is a hearty herb with an earthy flavor. It is most often associated with winter holiday meals but can be used year-round.

USES: Meats, roasted vegetables, beans, herb blends

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DILL



Dill is a delicate herb with a mild, licorice-like flavor. It pairs well with mustard in sauces and glazes.

USES: Marinades, dressings, fish dishes, salads, potatoes, herb blends

MINT



Mint is a leafy green herb with a strong, bright flavor. It is used frequently in Middle Eastern cuisines. It is also frequently used in teas for a cooling effect.

USES: Salads, beverages, fruit

THYME



Thyme is a hearty herb that does well in a variety of dishes. You can add sprigs to soups and sauce to infuse with flavor then remove the woody stem.

USES: Soups, stews, meat and fish dishes, herb blends

CHIVES



Chives have a mild onion flavor without the pungency of conventional onions. Use in place of onion in any dish or add as a garnish for additional flavor.

USES: Sauces, condiments, fish dishes, herb blends

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TARRAGON



Tarragon is used frequently in French-style dishes and adds an unmistakable licorice-like flavor to dressings and sauces.

USES: Marinades, meat and fish dishes, sauces, dressings, herb blends

MATERIALS FOR STORING TENDER HERBS



- Bunches of tender herbs such as basil, parsley, cilantro, and dill
- Mason jars or recycled glass jars
- Water
- Light plastic bags
- Elastic band

Make a fresh cut on the stems of herbs and remove any bottom leaves. Place in a glass jar with about 1" of water on the bottom. Cover loosely with a plastic bag and secure with elastic. Place in refrigerator. Change water as needed to keep it clear. Wash herbs as you use.

MATERIALS FOR STORING HEARTY HERBS

- Bunches of hearty herbs such as rosemary, thyme, oregano, and sage
- Paper towels
- Mesh produce bags

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Wipe hearty herbs clean with a damp paper towel. Dampen a fresh paper towel and loosely wrap the herb. Place the mesh produce bag in refrigerator.

Hearty herbs, such as rosemary, oregano, and sage air-dry quite well. Tender herbs like basil, dill, mint, chives, and parsley are best dried in a dehydrator due to their high moisture content.



MATERIALS FOR AIR-DRYING HERBS:

- Kitchen string
- Dry, low humidity space to hang herbs

PROCESS FOR AIR-DRYING HERBS:

- Inspect herbs and remove any leaves that appear to be rotten.
- Shake to remove debris.
- Expose about 1" of the stems by removing lower leaves.
- Bundle herbs using kitchen string and tie ends tightly.
- Hang in a warm, dry space over a clean pillowcase to capture falling leaves.
- Herbs should dry within 3 weeks.
- Carefully remove leaves and store in a covered container in your pantry.

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Freezing is one of the best ways to preserve the flavor of fresh herbs. Tender and hearty herbs do equally well with this technique.

- Remove leaves from stems.
- Wash and thorough dry leaves.
- Chop herbs and place them in ice cube trays.
- If you intend on using herbs in cooking, cover with high-quality oil, like olive oil or avocado oil, or broth.
- If you intend to add herbs to iced beverages, you can cover herbs with water or juice of choice.
- Once frozen, you can remove cubes from trays and store them in freezer safe bags or containers. Be sure to label!



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RECIPES

SALMON WITH LEMON - DILL DRESSING

PREP TIME: 8 MINUTES **TOTAL TIME: 15 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 2 lb salmon, cut into serving sizes
- 4 Tbs lemon-dill dressing, prepared (meal plan recipe)
- salt, to taste
- pepper, to taste

INSTRUCTIONS

Prep

- Cut salmon into serving sizes ~ 6 ounces each.
- Prepare lemon-dill dressing.
- Preheat oven to 350° F.

Make

- Line a baking pan with parchment paper.
- Coat salmon with 3 tablespoons of dressing, reserving 1 tablespoon to top salmon after cooking. Let marinate for 30 minutes. Be sure not to dip the brush you use for raw salmon back into the reserved dressing.
- Bake salmon for about 10-15 minutes until cooked through [timing will vary depending on the thickness of the filets.]
- Remove salmon from oven and top with additional dressing.
- Season with salt and pepper to taste.

Nutrition Facts

Calories per serving **377**

Amount/serving	% Daily Value*
Total Fat 19.4g	29%
Saturated Fat 2.2g	11%
Trans Fat 0.0g	
Cholesterol 125mg	41%
Sodium 325mg	14%

Amount/serving	% Daily Value*
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Protein 45g	

Vitamin D 0mcg 0% · Calcium 27mg 2% · Iron 2mg 10% · Potassium 1111mg 23%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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RECIPES

LEMON - DILL DRESSING

PREP TIME: 5 MINUTES **TOTAL TIME: 15 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 4 Tbs olive oil
- 1 clove garlic, pressed
- 1 1/2 Tbs red wine vinegar
- 1 lemon, zested and juiced
- 1/2 cup dill, fresh, chopped
- salt, to taste
- pepper, to taste
- If using dried dill, use just 1 tablespoon.

INSTRUCTIONS

Prep

- Zest and juice lemon.

Make

- Add oil, garlic, vinegar, lemon juice, 1/2 teaspoon zest, and dill to a small mason jar. Shake to combine.
- Season with salt and pepper to taste.
- Use as a dressing for salads and vegetables or as a marinade.

Nutrition Facts

Calories 125
per serving

Amount/serving	% Daily Value*
Total Fat 13.5g	20%
Saturated Fat 1.9g	9%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 2mg	0%

Amount/serving	% Daily Value*
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 0g	

Vitamin D 0mcg 0% · Calcium 5mg 0% · Iron 0mg 1% · Potassium 26mg 0%

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RECIPES

ITALIAN - STYLE COD WITH TOMATOES AND CAPERS

PREP TIME: 5 MINUTES **TOTAL TIME: 20 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 1 1/2 lb cod fillets, cut into 4 filets or other flakey fish
- 1/4 cup capers, drained and rinsed
- 1 qt cherry tomatoes
- 6 scallions, chopped chives or thinly sliced onions work well too
- 1 Tbs Italian seasoning
- 2 Tbs olive oil
- salt, to taste
- pepper, to taste

INSTRUCTIONS

Prep

- Tear two pieces of foil large enough to accommodate 2 filets. Line with sheets of parchment paper to prevent sticking.
- Chop scallions.
- Preheat the grill or oven to 350°F.

Make

- Place fish filets on parchment-lined foil sheet.
- Top each filet with capers, tomatoes, and scallions. Sprinkle with Italian seasoning and drizzle with olive oil. Season with salt and pepper.
- Pull together long sides of foil and crimp tightly then crimp ends to create a pouch.
- Place on grill or on a baking sheet in the oven and cook for about 12-15 minutes until fish flakes easily [you can check doneness by opening one pouch and poking filet with a fork.]
- Remove filets to plates and top with tomatoes, capers, and juices.

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RECIPES

ITALIAN HERB BLEND

PREP TIME: 5 MINUTES **TOTAL TIME: 5 MINUTES** **YIELD: 8 SERVINGS**

INGREDIENTS

- 1 Tbs oregano, dried
- 1 Tbs basil, dried
- 1 Tbs parsley, dried
- 1 1/2 tsp rosemary, dried
- 1 1/2 tsp thyme, dried
- 1 tsp garlic powder

INSTRUCTIONS

Make

- Add ingredients to a mason jar fitted with a lid. Shake, cover, and store in a cool dry place.

Nutrition Facts

Calories 5
per serving

Amount/serving	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 1mg	0%

Amount/serving	% Daily Value*
Total Carbohydrates 1g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Protein 0g	

Vitamin D 0mcg 0% • Calcium 24mg 2% • Iron 1mg 4% • Potassium 25mg 0%

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RECIPES

AVOCADO TOAST WITH ARTICHOKES

PREP TIME: 10 MINUTES **TOTAL TIME: 10 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 4 slices whole-grain bread, toasted (gluten-free if needed)
- 2 avocados, sliced or mashed
- 1/2 cup artichokes, quartered, canned, drained and rinsed
- 6 basil leaves
- 1/4 tsp crushed red pepper
- salt, to taste
- pepper, to taste

INSTRUCTIONS

Prep

- Toast bread.
- Slice or mash avocado.
- Chop basil or another herb.
- Drain and rinse artichoke quarters. Pat dry.

Make

- Place avocado on toast and layer with basil and artichoke quarters.
- Top with crushed red pepper and season with salt and pepper.

Nutrition Facts

Calories 210 per serving

Amount/serving	% Daily Value*
Total Fat 11.6g	17%
Saturated Fat 1.7g	8%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 386mg	16%

Amount/serving	% Daily Value*
Total Carbohydrates 22g	7%
Dietary Fiber 8g	32%
Total Sugars 2g	
Protein 6g	

Vitamin D 0mcg 0% · Calcium 62mg 6% · Iron 1mg 6% · Potassium 428mg 9%

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