

Herb Cooking Chart

Foods	Complementary Herbs
Baked Goods (cookies, muffins, cakes)	Anise, edible chamomile flowers (to decorate cakes), lavender, lemon balm, lemon verbena, mint, poppy seed
Beans	Coriander, garlic, ginger, marjoram, mint, parsley, oregano, rosemary, savory
Beef	Basil, bay, chervil, garlic, oregano, parsley, savory, tarragon
Breads	Basil, caraway, chives, dill, garlic chives, lavender, lemon balm, lavender, mint, poppy seed, rosemary, sage, thyme
Carrots	Chives, dill, ginger, parsley, rosemary, thyme
Corn	Basil, coriander, dill, mint, oregano, parsley
Eggs	Celery, chervil, chives, dill, fennel, parsley, saffron, savory, sorrel, tarragon, thyme
Fish and Seafood	Basil, bay, celery, chervil, chives, coriander, dill, fennel, lemon balm, lemon grass, marjoram, oregano, parsley, savory, sorrel, tarragon, thyme
Fruit	Basil, lavender, lemon balm, lemon verbena, mint, rosemary
Green Salads	Arugula, basil, chamomile flowers, chives, coriander, dill, fennel, garlic chives, lavender, lemon verbena, parsley, sorrel, watercress
Herb Butters	Basil, chives, garlic chives, lemon balm, oregano, parsley, tarragon, thyme
Lamb	Coriander, marjoram, mint, oregano, parsley, rosemary, saffron, thyme
Pasta	Basil, bay, chives, coriander, garlic, garlic chives, lemon balm, oregano, parsley, sage, turmeric
Peas	Garlic, mint, parsley, rosemary, savory, thyme
Pork	Fennel, ginger, oregano, rosemary, sage, sorrel
Potatoes	Chervil, chives, dill, marjoram, parsley, sage, tarragon, thyme
Poultry	Basil, cayenne, chervil, coriander, ginger, lemon verbena, mint, oregano, parsley, rosemary, sage, tarragon, thyme
Rice	Chilies, chives, coriander, dill, ginger, parsley, rosemary, saffron, tarragon, turmeric, thyme
Salad Dressings	Basil, chives, dill, garlic, ginger, lemon balm, oregano, parsley
Spinach	Cardamom, garlic, mint, nutmeg, tarragon
Squash	Basil, chives, parsley, sage, tarragon
Tofu	Basil, chives, dill, garlic, ginger, parsley