

# Herbs and spices

Instead of salt, try using spices and herbs for flavor in recipes or at the table. Start slow with spices until you decide how your family likes them.



Spice	What it is and how to use it
Allspice	A combination of cinnamon, nutmeg and cloves. Use in pickling, baked apples, puddings, cakes, cookies, meat and fish.
Basil	Use in soups, stews, eggplant, squash, tomatoes, sauces, egg dishes, stuffing, tossed salads and potatoes.
Bay leaves	Use in stews, lentils, soups and tomato sauces.
Cayenne	For a hot and spicy flavor — use in stews, sauces and salad dressings.
Chili powder	For a hot flavor — use in stews, boiled eggs, chili and other Mexican dishes.
Cinnamon	Use in sweet potatoes, cinnamon toast, French toast, applesauce, pies, pears, peaches, cakes, cookies, pies and puddings.
Cloves	If used whole, remove before serving. Use in potato soup, pork roast, stews, cookies, cakes, stewed fruits, cooked apples and oranges.
Curry	For a strong, distinctive flavor. Curry is a combination of cumin, turmeric, ginger, dill, black pepper, cayenne, mace, coriander and fenugreek. Use in egg and cheese dishes, meat dishes and sauces.
Dill	Use in sauces, potatoes and other vegetables, salads and soups or stews.
Onion (powder or flakes)	Use in any dish that you want onion flavor.
Thyme	Use in soups, stews, meat loaf, onions, carrots, beets, stuffing and sauces.
Ginger	Use in cakes, cookies, breads and rice pudding.
Mustard (dry)	For a strong flavor — use in sauces and salad dressings.
Nutmeg	Use in cakes, puddings, gingerbread and eggnog.
Oregano	Use in dishes with tomato sauce or eggs and salads.
Paprika	Use in potato dishes, shellfish and salad dressings.
Parsley	It is mild — use with meat, vegetables, soups, eggs and potatoes.
Pepper	For a strong flavor — use with meats, sauces, soups, vegetables and salads.

## Use herbs to season vegetables

Vegetable	Herbs to use
Asparagus	Tarragon
Lima beans	Marjoram, oregano, sage, savory or tarragon
Green beans	Basil, dill, marjoram, oregano or thyme
Beets	Allspice, bay leaves, cloves, dill, ginger or thyme
Broccoli	Dill or tarragon
Brussels sprouts	Basil, caraway or dill
Cabbage	Dill or nutmeg
Carrots	Allspice
Cucumbers	Basil, dill or tarragon
Eggplant	Marjoram or oregano
Onions	Nutmeg, oregano, sage or thyme
Peas	Basil, dill, oregano, rosemary or sage
Potatoes	Basil, bay leaves, dill, chives, oregano or thyme
Spinach	Basil, marjoram, nutmeg or oregano
Squash	Allspice, basil, cinnamon, cloves, ginger, mustard, nutmeg or rosemary
Sweet potatoes	Allspice, cinnamon, cloves or nutmeg
Tomatoes	Basil, bay leaves, oregano, sage or thyme
Green salads	Basil, chives or dill

Go online to [agebb.missouri.edu/fmktdir/index.htm](http://agebb.missouri.edu/fmktdir/index.htm) to find out about buying local vegetables and farmers markets.