



The Winterville Center for Community and Culture

371 North Church Street • P. O. Box 306 • Winterville • Georgia • 30683

2020 Winterville Community Cookbook Fundraiser BONUS!

Popular Herbs & Spices Chart with Culinary Use Description

Herbs and Spices	Culinary Uses
Allspice	Dried and ground fruit grains used as a marinade for venison, beef and fish.
Anise	In soups, sauces, salads, spirits and cookies.
Arugula (rocket)	Young, tender leaves used for vitamin-rich salads or on pizza, sauces and cheese.
Basil	Sweet warm flavor with a aromatic odor, used whole or ground. Pesto and caprese flavoring, on tomatoes and pizza, in salads, and dips. Good with lamb, fish, roast, stew, ground beef, vegetables, dressing and omelets.
Bay Leaves	A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
Capers	Flower buds in sauces and salads, In Italy with veal (vitello tonnato).
Caraway	Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese, roasts, goulash and sauerkraut.
Cardamom	The green seeds from the capsules are a typical spice in Asian and Arabic cuisine: masala, chai, gingerbread, mulled wine and spiced biscuits.
Cayenne pepper	20 times hotter than paprika, used in Asian dishes, stews, soups.
Celery	For soup flavoring. Sticks used for dipping, the leaves in salads, the tubers as a side dish.
Chamomile	In the past for gynecological disorders, antibacterial in tea for stomach and intestinal problems.
Chervil	As a herb in soup, with chicken and seafood or as garnish on vegetables. Aids digestion as a tea.
Chili	Used in Asian cuisine, but also in Latin American dishes.
Chives	Sweet mild flavor of onion, this herb is excellent in salads, fish, soups, sandwiches, sauces, eggs, potatoes., and cottage cheese
Cinnamon	Ground cinnamon bark is used as a spice (also known as Cassia). Cinnamon sticks are used with desserts, pastries, tea and mulled wine.
Cloves	The dried, sharp buds flavor meat, game, poultry and red cabbage.
Cumin	Classic spice of Indian, Turkish, South American and African cuisine. Often in chili con carne and falafel.
Curry powder	A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
Dandelion	Green leaves used in salads, with potatoes and eggs. Also cooked as a vegetable.
Dill	Both leaves and seeds of dill are flavorful. Leaves may be used to garnish or cook with fish, soup, dressing, potatoes and beans. Leaves or the who plant may be used to spice dill pickles.



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Fennel	Both seeds and leaves are used. It has a sweet hot flavor. Use in small quantities in pies and baked goods, like bread. Leaves can be boiled with fish and vegetables.
Ginger	This pungent and aromatic spice is sold fresh, dried, or ground. Grate roots in Asian food, poultry, lamb, fish, pickles, preserves, cakes, cookies, meat dishes and soups and stews.
Horseradish	Grated roots a perfect condiment for beef, eggs and salmon.
Juniper	Classic condiment with game, deer and lamb. Also good with beef, pork and cabbage. Basis for gin making.
Lavender	One of the “Herbes de Provence”, suitable for fish, meat and stews.
Lemongrass	A must in Asian cuisine. Goes well with fish, and chutneys.
Mace	Mace is a delicate spice used to flavor meat, fish, baked goods, vegetables and used in jam, preserves and pickling.
Marjoram	May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice. Typical pizza seasoning, also tasty with potatoes, meat and soups.
Mustard	The seeds spice up savory food such as sausages, meat and eggs.
Myrtle	Whole or ground leaves used with grilled meats and roasts, the berries in sauces.
Nasturtium	Mustard-like leaves season cottage cheese, cream cheese and sauces.
Nutmeg	Grated nutmeg is used to flavor potato dishes, rice pudding, pumpkin pie, spicy soups and stews and processed meat dishes. On vegetables to flavor Brussels sprouts, spinach, cauliflower, string beans and cabbage. In mulled drinks including egg-nogs. Nutmeg is used to make butter and essential oils.
Paprika	A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
Oregano	Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
Parsley	Best when used fresh but can be used dry. Use as garnish or seasoning. The leaves add flavor to fish, omelets, meat, stuffing, soups, sauces, eggs, potatoes and salads. One of the most popular herbs and spices.
Peppers	The dried and ground seeds are used to flavor and spice up many foods.
Pepper, green (mature)	The green (fresh), black (dried), pickled (green) or ground (black) berries are used for seasoning and sharpening.
Pepper, red / pink	Milder than green pepper. Perfect for seasoning and sharpening.
(Pepper) mint	Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, salads, peas, carrots, and fruit desserts. Relieves cramps.
Poppy	Seeds from capsules used with bread, cookies and cakes.
Rosemary	Very aromatic, used fresh or dried. The needles season meat, stew, potatoes, poultry, stuffing, beef, lamb, poultry, eggs, bread, and fish. One of the most popular herbs and spices
Saffron	Orange-yellow or red in color, dried and rubbed stigmas used to flavor or color foods. Used in Béchamel sauce, soups, rice, or fancy breads.



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Sage	Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fondue, omelets, poultry, stuffing, cheese spreads, cornbread and biscuits. Leaves suitable for soups, meat and fish dishes. Caution advisable – too much of it is toxic. One of the most popular herbs and spices.
Salt	The “white gold” is used in almost all dishes.
Savory	Reduces bloating and therefore suitable for legumes, meat and fish.
Tamarind	Used much like lemon juice or vinegar for fish, meat, vegetables and rice.
Tarragon	Leaves have a pungent, hot taste. Enhances poultry, dressings, fish, meats, salads, tomatoes, soups, sauces, pickles, vinegar and oil.
Thyme	Goes well with meat, cabbage, soups, sauces and salads. One of the most popular herbs and spices.
Turmeric	The ground root powder tastes good with rice, noodles, soups and fish.
Valerian	Has a calming and relaxing effect, helps against stress and insomnia.
Vanilla	Added to chocolate, coffee, desserts, pastries, creams, compotes and cakes.
Wild garlic	Finely chopped in butter, cottage cheese and yogurt. Also, in salads and soups.
Yarrow	The young, fresh leaves are used in salads, cottage cheese and vegetables.



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