fresh herbs guide

Freeman Herbs
Est. 1947

every day & ethnic holidays,
cross merchandising and recipes

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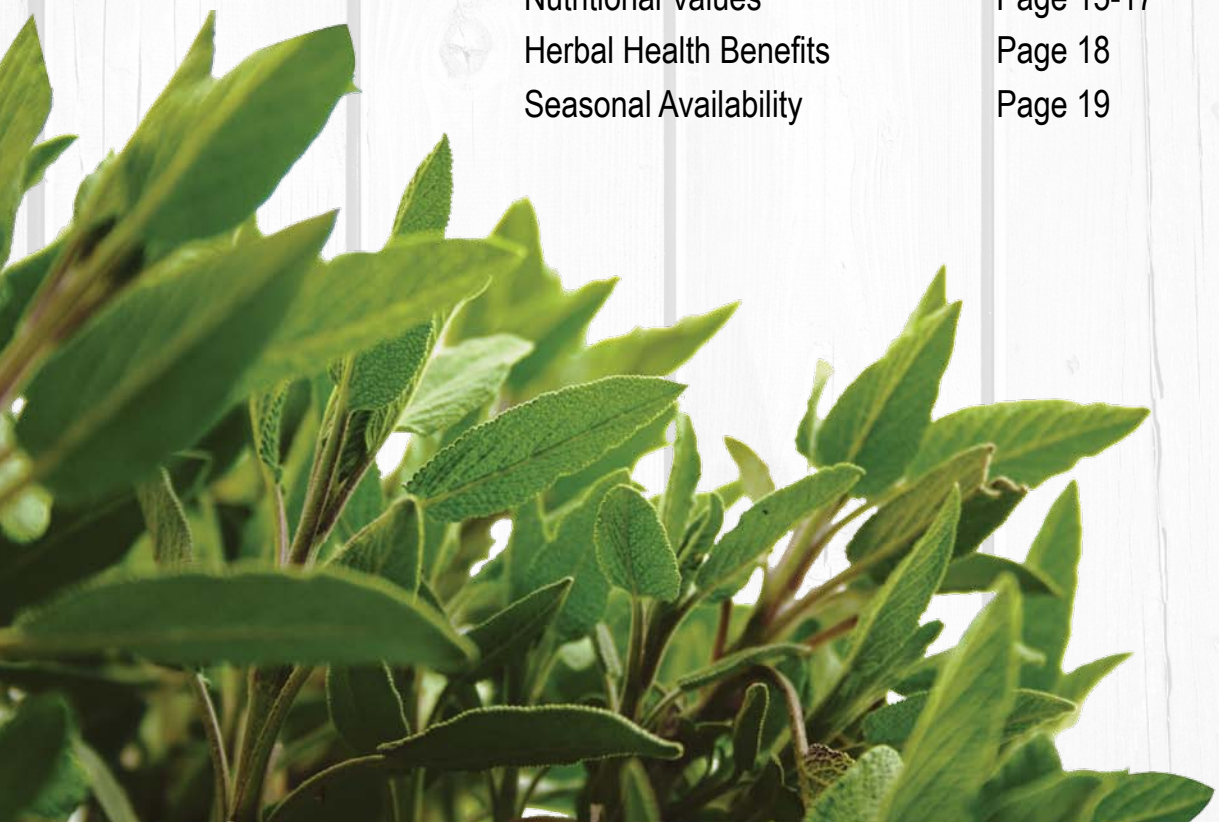


the everyday herb guide
meat

STEAKS

Arugula, Basil, Chives, Cilantro, Oregano, Parsley, Thyme

BEEF

Arugula, Bay Laurel, Curry Leaf, Oregano, Parsley, Rosemary, Sage, Savory, Thyme

LAMB

Arugula, Basil, Chives, Curry Leaf, Marjoram, Mint, Oregano, Parsley, Rosemary, Thyme

PORK

Arugula, Basil, Bay Laurel, Chives, Cilantro, Lavender, Oregano, Parsley, Rosemary, Thyme, Sage, Savory, Tarragon, Thyme

VEAL

Opal Basil, Oregano, Parsley, Sage, Tarragon, Thyme

TURKEY

Curry Leaf, Lemon Thyme, Parsley, Rosemary, Sage, Tarragon, Thyme

CHICKEN

Arugula, Basil, Bay Laurel, Chives, Cilantro, Curry Leaf, Lemon Balm, Lemon Grass, Lemon Thyme, Marjoram, Mint, Oregano, Parsley, Sage, Savory, Sorrel, Tarragon, Thyme

SALMON

Basil, Chives, Salmon, Lemon Thyme, Mint, Parsley, Tarragon, Thyme

FISH

Arugula, Basil, Bay Laurel, Chives, Cilantro, Curry Leaf, Dill, Lemon Balm, Lemon Grass, Lemon Thyme, Marjoram, Mint, Oregano, Parsley, Rosemary, Savory, Sorrel, Tarragon, Thyme

SEAFOOD;
Lobster, Crab, Clams, Mussels, Shrimp, Squid, Oysters

Arugula, Basil, Bay Laurel, Chives, Cilantro, Dill, Lemon Grass, Lemon Thyme, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme, Sorrel, Tarragon

the everyday herb guide
veggies

PEPPERS

Arugula, Chives, Cilantro, Curry Leaf, Lemon Grass, Oregano, Rosemary, Savory

ONIONS

Basil, Cilantro, Curry Leaf, Lemon Grass, Lemon Thyme, Oregano, Rosemary, Sorrel, Tarragon, Thyme

TOMATOES

Arugula, Basil, Cilantro, Dill, Lemon Grass, Lemon Thyme, Marjoram, Oregano, Parsley, Rosemary, Sage, Tarragon, Thyme

SQUASH

Basil, Chives, Lemon Thyme, Marjoram, Rosemary, Sage, Savory, Sorrel, Thyme

BEANS

Basil, Bay Laurel, Mint, Savory

GARLIC

Basil, Dill, Lavender, Parsley, Oregano

MUSHROOMS

Basil, Lemon Thyme, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme

ZUCCHINI/ CUCUMBERS

Basil, Chives, Dill, Marjoram, Mint, Parsley

SALADS

Arugula, Basil, Chives, Curry Leaf, Lemon Grass, Marjoram, Savory, Sorrel, Tarragon

EGGPLANT

Basil, Mint, Oregano

the everyday herb guide
fruit

APPLES

Lavender, Lemon Thyme, Rosemary, Thyme

COCONUT

Cilantro, Mint

CITRUS FRUITS

Arugula, Bay Laurel, Cilantro, Curry Leaf, Lavender, Lemon Balm, Lemon Thyme, Marjoram, Mint, Rosemary, Tarragon, Thyme

CRANBERRIES

Lavender, Lemon Thyme, Sage, Thyme

MELONS

Basil, Mint

PEACHES

Basil, Bay Laurel, Lavender, Lemon Thyme,

BERRIES

Basil, Lavender, Lemon Balm, Lemon Grass, Lemon Thyme, Mint, Rosemary

PLUMS

Bay Laurel, Lavender, Lemon Thyme

AVOCADO

Chives, Cilantro

PINEAPPLE

Cilantro

chinese new year

Often referred to as the “Lunar New Year”, or the “Spring Festival”, Chinese New Year is a very important Chinese tradition. This event runs from CHNY’s Eve, this continues on until the 15th day of the month, this is when the Lantern Festival begins. Traditionally this holiday was used to celebrate myths and traditions, and to honor deities and ancestors. The evening after CHNY day becomes an annual reunion dinner, every family cleanses their homes, this helps to sweep away ill fortune and to make way for incoming good luck.

Commonly used herbs/food matches in Asian cuisine:

	Cilantro	• Beef Steaks, Roasts, Chicken, Salmon, Lamb Chops, Halibut • Peppers, Tomatoes, Citrus Fruits, Coconut
	Holy Basil	• Beef Stir fry, Soups, Pork, White Fish, Shrimp, Mussels • Bean Sprouts, Peppers, Citrus Fruits, Stir fry veggies, Rice
	Lemon Grass	• Beef Stir fry, Chicken, White Fish, Mussels, Clams, Shrimp, Squid • Peppers, Onions, Coconut, Curry Leaf, Berries, Leafy Greens
	Mint	• Wild Game, Salmon, White Fish • Carrots, Coconut, Citrus Fruits, Eggplant, Green beans, Cucumbers,
	Thai Basil	• Beef Stir fry, Soups, Pork, White Fish, Shrimp, Mussels • Bean Sprouts, Peppers, Citrus Fruits, Stir fry veggies, Rice

chinese new year

thai basil cashew chicken

- 2 tbsp lager-style beer, like Tsingtao
- 1 tbsp oyster sauce
- 1/4 tsp ground white pepper
- 12 oz boneless, skinless chicken breasts,
  - cut into 1/2-inch cube
- 1/4 cup chicken broth
- 1 tbsp lager-style beer, like Tsingtao
- 1 tsp soy sauce
- 1 tbsp fish sauce
- 1/4 tsp sugar
- 2 tbsp vegetable, canola or peanut oil
- 2 tsp chopped garlic
- 4 oz asparagus, trimmed and cut into 1-inch pieces
- 1 tsp cornstarch, dissolved in 2 tsp water
- 1 fresh jalapeno chili, thinly sliced into rings
- 1/4 cup lightly packed Thai basil
- 1/2 cup roasted cashews

1. Combine the marinade ingredients in a bowl. Add the chicken and stir to coat. Let stand for 15 minutes.

2. Combine the sauce ingredients in a small bowl and set aside.

3. Place a wok over high heat until hot. Add the oil, coat the sides. Add the garlic & cook until fragrant, about 10 seconds. Add the chicken,asparagus and cook, stirring constantly until the chicken is no longer pink. Add the sauce and bring to boil. Add the cornstarch solution and cook, stirring, until sauce thickens. Remove pan from heat and stir in jalapeno chili, basil leaves and cashews.

cinco de mayo

Cinco de Mayo is spanish for “Fifth of May”. This is a huge celebration held on May 5th every year. It is celebrated in the USA, parts of Canada and regionally in Mexico. This holiday originated from the Mexican-American communities as a way to commemorate freedom and democracy. In modern America it is a celebration of heritage and pride.

Commonly used herbs/food matches in Mexican cuisine:

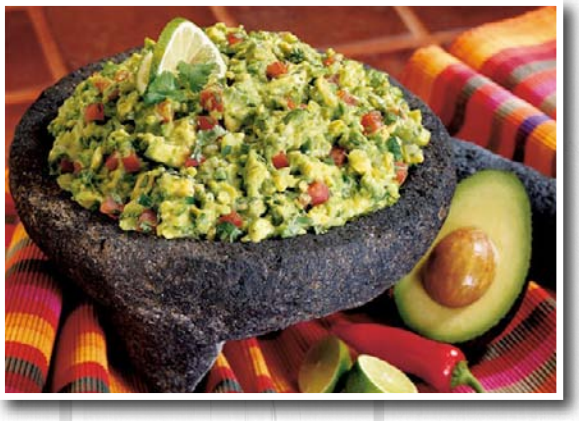
	Cilantro	• Beef Steaks, Pork Roasts, Chicken • Avocado, Peppers, Corn, Onions, Tomatoes, Citrus Fruits, Pineapple
	Marjoram	• Roasts, Wild Game, Chicken, Fish, Squid, Shrimp • Corn, Carrots, Mushrooms, Peas, Zucchini, Salad Greens, Tomatoes
	Mint	• Roast, Wild Game • Carrots, Citrus Fruits, Coconuts, Eggplant, Zucchini, Green Beans, Berries, Melon, Cucumber, Grains, Plain Yogurt, Desserts
	Oregano	• Beef Steaks, Beef Roasts, Pork, Chicken, Fish, Mussels, Clams • Tomatoes, Eggplant, Artichokes, Garlic, Mushrooms, Onions, Peppers
	Parsley	• Beef, Pork Roasts, Ham, Chicken • All vegetables
	Thyme	• Beef, Roasts, Wild Game, Pork, Chicken • Onions, Tomatoes, Figs, Mushrooms, Citrus Fruits, Carrots, Peaches, Plums, Apples, Cranberries,

cinco de mayo

guacamole

- 2 large ripe avocados, pitted, peeled and mashed
- 2 medium tomatoes, finely chopped (1 1/2 cups)
- 2 jalapeño chilies, seeded and finely chopped
- 1 medium onion, chopped (1/2 cup)
- 1 garlic clove, finely chopped
- 2 tbsp finely chopped fresh cilantro
- 2 tbsp lime or lemon juice
- 1/2 tsp salt
- Dash of pepper
- Tortilla chips, if desired

1. Mix all ingredients except tortilla chips in a bowl. Cover and refrigerate 1 hour to blend flavors.
2. Serve with tortilla chips.



peach salsa

- 2 cups chopped fresh or frozen (thawed) peaches
- 1/4 cup finely chopped red bell pepper
- 2 to 4 tbsp grapefruit juice
- 4 tsp chopped fresh cilantro
- 2 medium green onions, chopped (2 tbsp)
- Dash of salt

1. Mix all ingredients in glass or plastic bowl.
2. Cover & refrigerate at least 1 hr to blend.

diwalli

Diwalli or Deepavali is known as the 5 day Hindu "Festival of Lights". This festival falls between Mid October and Mid November every year.

This is the most important festival for Hindu people, small lamps are lit to signify the triumph of good over evil. These lamps are left glowing all night while the Hindu people clean their homes, this is so the goddess Lakshmi will feel welcome. In order to scare away the evil spirits, fire crackers are set off. A Diwalli tradition is to spend time with your family and friends, everyone wears new clothes and they share sweets and snacks.

Commonly used herbs in Diwalli cuisine:

Chives	• Asparagus, Beets, Leafy Greens, Salad Greens, Olives, Zucchini, Squash, Avocado, Peppers, Corn, Potatoes, Rice, Grains, Bread, Cheese, Plain Yogurts, Butter
Cilantro	• Avocados, Peppers, Corn, Onion, Tomatoes, Citrus Fruits, Coconut, Rice, Beans
Curry Plant	• Peppers, Citrus Fruits, Lemon grass, Cauliflower, Chickpeas, Leafy Greens, Carrots, Onions, Peas, Plain Yogurt
Mint	• Carrots, Citrus Fruits, Coconuts, Eggplant, Zucchini, Green Beans, Berries, Melon, Cucumber, Grains, Plain Yogurt, Desserts

diwalli

diwalli pancakes

- 100 g Tilda Brown Basmati Rice
- 1 large courgette, coarsely grated
- 1 tbsp mint, finely chopped
- 1 tsp ground cilantro
- 1 large green chilli, finely chopped
- 100 gram(s) self raising flour
- 2 eggs, beaten
- 6 tbsp olive oil

For the dip

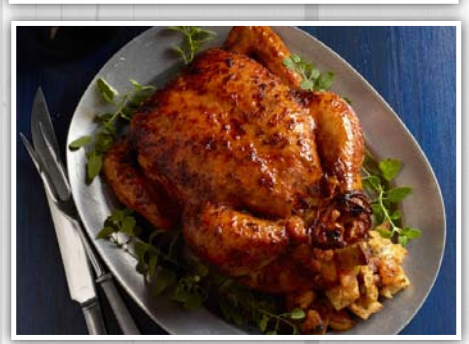
- 150 g natural yoghurt
- 2 tbsp fresh mint, finely chopped
- 1 small garlic clove, crushed
- salt and pepper to taste

1. Place the rice into a large saucepan of boiling salted water. Simmer over a medium heat for 25 minutes until tender, then drain.

2. Place in a bowl with the courgettes, mint, ground coriander, chilli and plenty of seasoning. Mix in the flour and then add the eggs until you have a thick batter.
Set aside for 10 minutes so the self raising flour starts to work.

3. Heat 1-2 tbsp oil in a large frying pan over a moderate to high heat. Once the oil is hot, ladle 3 tablespoonfuls of batter into the pan in each corner, shaping them into small rounds.

4. Cook for 2-3 minutes until deep golden and then carefully flip over using a fish slice. Cook for 2 minutes on the other side until crispy and golden and cooked through inside. Place on a baking sheet in the oven to keep warm while you cook the rest. To make the mint dip, combine all the ingredients in a bowl and season with salt and pepper.



hannakuh

Hannakuh is also known as the Festival of Lights and Feast of Dedication. This holiday is observed for 8 days and 8 nights. It occurs on the 25th day of Kislev, which may occur between late November and late December. The use of a unique candelabrum, a nine branched Menorah is lit each night of Hannakuh. Celebrating with family, food and gifts is a part of this Jewish holiday.

Commonly used herbs/food matches in Kosher Hannakuh cuisine:

	Basil	• Beef Steaks, Roasts, Chicken, Salmon, Lamb Chops, Halibut • Tomatoes, Eggplant, Zucchini, Artichokes, Garlic, Onions, Mushrooms, Leafy Greens, Olives, Berries, Peaches, Melons
	Chives	• Beef Steaks, Chicken, Salmon, Lamb Chops, White Fish • Asparagus, Beets, Leafy Greens, Salad Greens, Olives, Zucchini, Squash, Avocado, Bell Peppers, Corn
	Cilantro	• Beef Steaks, Chicken, White Fish • Avocado, Bell Peppers, Chile Peppers, Corn, Onion, Tomatoes, Citrus Fruits, Coconut, Pineapple
	Oregano	• Beef Steaks, Beef Roasts, Chicken, Salmon, Halibut, Lamb • Tomatoes, Eggplant, Artichoke, Garlic, Mushrooms, Onions, Bell Peppers
	Parsley	• Beef Steaks, Beef Roasts, Chicken, Salmon, Lamb Chops, Turkey, Duck • All vegetables
	Rosemary	• Beef Roasts, Lamb Roast/Chops, Chicken, Turkey, Duck, Quail, Goose • Zucchini, Squash, Bell Peppers, Asparagus, Garlic, Mushrooms, Onions, Tomatoes, Apples, Citrus Fruits, Cranberries
	Thyme	• Beef Roasts, Steaks, Lamb, Chicken, Turkey, Duck • Apples, Cranberries, Winter Veggies, Onions, Tomatoes, Figs, Mushrooms, Citrus Fruits, Carrots, Peaches, Plums

hannakuh

slow roasted salmon with sage and parsley pistou

- 1/2 cup extra-virgin olive oil
- 4 cloves garlic, smashed
- 2 whole sprigs fresh sage
- 1/4 cup coarsely chopped fresh sage
- One 3 lb. salmon fillet, in one piece
- 1 tablespoon pink peppercorns, crushed
- Kosher salt and freshly ground black pepper
- 2 cups fresh parsley leaves
- 2 tablespoons cider vinegar

Combine the oil, garlic and 2 sprigs of sage in a small saucepan. Bring to a simmer over medium-low heat. Cook at a bare simmer until the garlic is soft and lightly browned, about 15 minutes. Set aside to cool. When cooled, strain the oil into a bowl; reserve the garlic but discard the sage.

Preheat the oven to 325 degrees F. Rub a rimmed baking sheet with 2 tsp of the garlic-flavored oil and place the salmon skin-side down on the sheet. Rub with 1 tbsp of the flavored oil and sprinkle with the pink peppercorns, 1 1/2 tsp salt and 1/4 tsp black pepper. Roast until the salmon is just cooked through, 25 to 30 minutes.

While the salmon cooks, in the bowl of a food processor, combine the chopped sage, parsley and reserved garlic. Pulse a few times until chunky. Add the vinegar, 3/4 tsp salt and some pepper. Pulse again to combine. With the motor running, drizzle in the remaining flavored oil through the feed tube. The finished pistou should be smooth and bright green; keep processing until the oil looks completely combined. Scrape into a serving bowl.

Divide the salmon into 8 pieces or, to serve it family style, use 2 large spatulas to slide it whole onto a large platter.
Serve the salmon with the pistou on the side.

Christmas

Commonly used herbs/food matches in Christmas cuisine:

Basil

- Beef Steaks, Lamb Chops, Roasts, Pork, Chicken, Fish, Clams, Mussels, Crab, Shrimp, Squid
- Pastas, Breads, Tomatoes, Salad Greens, Garlic, Onions, Artichokes, Mushrooms, Citrus Fruits, Melons, Eggplant, Zucchini, Green Beans

Bay Laurel

- Beef Roasts, Stew, Pork Roast, Chicken, White Fish, Seafood, Shrimp
- Rice, Potatoes, Citrus Fruits, Figs, Beans, Mushrooms, Peaches, Plums, Tomatoes

Chives

- Beef, Lamp, Pork, Chicken, Eggs, Fish, Mussels, Clams, Shrimp, Crab, Lobster, Oysters
- Pasta, Potatoes, Rice, Bread, Asparagus, Beets, Leafy Greens, Olives, Zucchini, Squash, Avocado, Peppers, Corn

Cilantro

- Beef, Lamp, Pork, Chicken, Eggs, Fish, Mussels, Clams, Shrimp, Crab, Lobster, Oysters
- Pasta, Potatoes, Rice, Breads, Asparagus, Beets, Leafy Greens, Olives, Zucchini, Squash, Avocado, Peppers, Corn, Soft Cheeses, Plain Yogurt, Sour Cream

Mint

- Lamb, Roasts, Wild Game, Chicken, White Fish, Salmon
- Carrots, Coconut, Eggplant, Zucchini, Green Beans, Citrus Fruits, Berries, Melon, Cucumber

Parsley

- Beef, Lamb, Roasts, Veal, Wild Game, Pork, Ham, All Fish, Chicken, Turkey, Duck, Seafood, Mussels, Clams, Oysters
- Potatoes, Pasta, Breads, Rice, Beans, All vegetables!

Rosemary

- Beef, Lamb, Ground Beef, Pork, Ham, Chicken, Turkey, Duck, Quail, Goose, White Fish, Halibut, Shrimp, Squid
- Pasta, Potatoes, Bread, Beans, Zucchini, Squash, Peppers, Asparagus, Garlic, Mushrooms, Onions, Tomatoes, Apples, Citrus Fruits

Sage

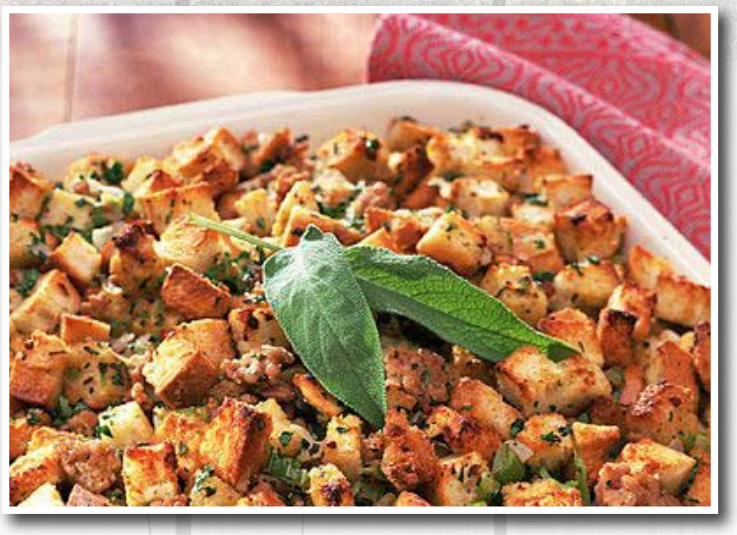
- Beef, Veal, Pork, Chicken, Turkey, Quail, Clams, Squid
- Potatoes, Pasta, Gnocchi
- Cranberry, Plums, Root Vegetables, Mushrooms, Winter Squash

Thyme

- Beef, Lamb, Veal, Wild Game, Pork, Chicken, Turkey, Duck, All Seafood
- Apples, Cranberries, Winter Veggies, Onions, Tomatoes, Figs, Mushrooms, Citrus Fruits, Carrots, Peaches, Plums

christmas

turkey stuffing



- 1 stick unsalted butter
- 1 onion, finely chopped
- 2 tsp salt
- 2 tbsp each of chopped fresh herbs
- 1 tsp fresh ground pepper
- 8 cups stale French bread, cut into 1" cubes
- ½ cup of chicken stock

Melt butter in skillet; add onion, celery, salt, pepper & herb mixture. Cook over medium heat, stirring until onion is softened. Transfer vegetables to large bowl; add bread cubes, chicken stock and mix well. Stuffing can now be used to stuff your turkey.

herby cheese roulande

For the roulade
- vegetable oil, for greasing
- 3.5 tbsp butter
- 3 garlic cloves, crushed
- 1 ¾ oz plain flour
- 300ml milk
- 5.25 tbsp vegetarian parmesan, finely grated
- 4 medium eggs, separated
- 2 tbsp flat leaf parsley, chopped

For the filling
- 1 tbsp olive oil
- 1 ¾ tbsp butter
- 225g spring greens, shredded
- 1 garlic clove, crushed

Heat oven to 190C. Oil a 23 x 33cm Swiss roll tin.
Cut a rectangle of baking parchment 4cm larger all round than the tin. Fold in a 2cm strip all round, making a diagonal cut into each corner.

For the roulade, melt the butter in a large pan. Add the garlic and fry for 1 min. Add the flour and cook for 1 min, stirring constantly. Gradually beat in the milk. Bring to the boil, stirring constantly, until the sauce is thick and smooth. Remove from the heat and stir in half the cheese. Season, then allow to cool slightly. Beat in the egg yolks and parsley. Whisk the egg whites to stiff, but not dry peaks, then gently fold into the cheese sauce. Pour into the tin, tipping the tin so that the mixture fills all the corners. Bake for 15 mins until risen and golden.

Meanwhile, heat the oil and butter in a large wok and stir-fry the spring greens and garlic for 4-5 mins until tender. Season. Sprinkle the remaining cheese over a sheet of baking parchment just larger than the tin. Turn the roulade out onto the parchment, then peel off the lining paper. Trim the crispy edges off the roulade. Use a slotted spoon to remove the spring greens from the garlicky butter, then spread over the roulade leaving a 2.5cm space at one short end uncovered. Roll up the roulade from the short end with no filling on it, using the paper to help. Serve the roulade immediately, drizzled with any remaining garlic butter.

christmas

herb crusted fresh ham

- 1 tbsp freshly chopped thyme leaves
- 1 tsp freshly chopped rosemary leaves
- 1 tsp freshly chopped tarragon leaves
- 1/2 tsp dried untreated lavender flowers
- 1 (6 to 8 lb.) bone-in ham
- Coarse salt and freshly ground black pepper
- 2 cups chicken stock

In a small bowl, combine the thyme, rosemary, tarragon, and lavender. Season the ham with salt and pepper. Rub the herb mixture all over the ham and set aside to marinate and come to room temperature, 30 minutes.

Preheat oven to 350 degrees F.

Place the herb-crusted ham in a roasting pan. Bake approximately 25 minutes per pound, or until the internal temperature reaches 150 degrees F. on an instant-read thermometer inserted near the bone. Remove from the oven to a rack. Tent the ham loosely with aluminum foil and let stand until the center of the ham registers 160 to 165 degrees F. on the instant-read thermometer, 25 to 30 minutes.

Remove ham from roasting pan. Transfer the drippings into a small saucepan to make the jus. Add the chicken stock, dash of salt, and pepper and bring to a boil over high heat. Decrease the heat to medium to keep warm until serving. Taste and adjust seasoning with salt and pepper.

Once the ham has rested, transfer to a cutting board, carve, and serve with the jus on the side.

Freeman Herbs

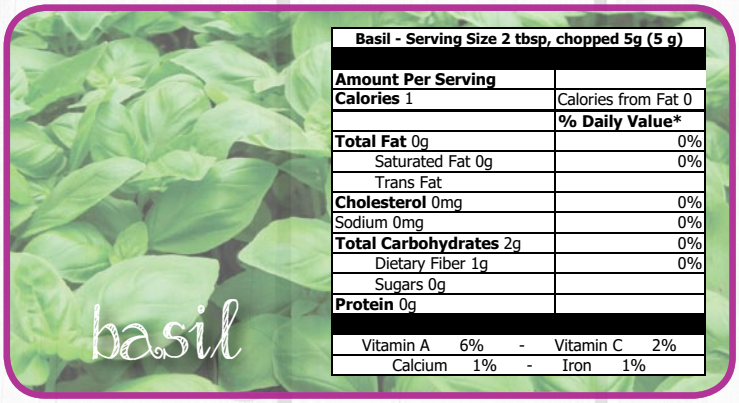
Est. 1947

fresh herbs

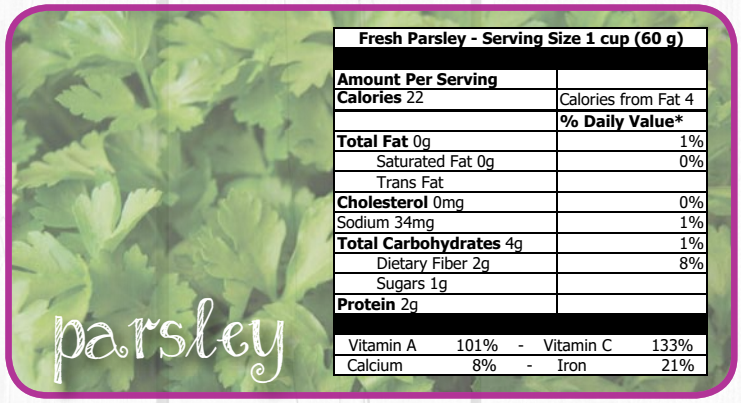
and their nutritional value

fresh herbs

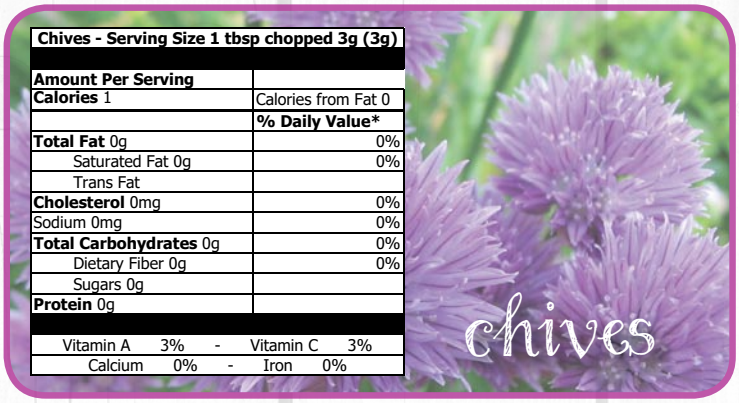
and their nutritional value



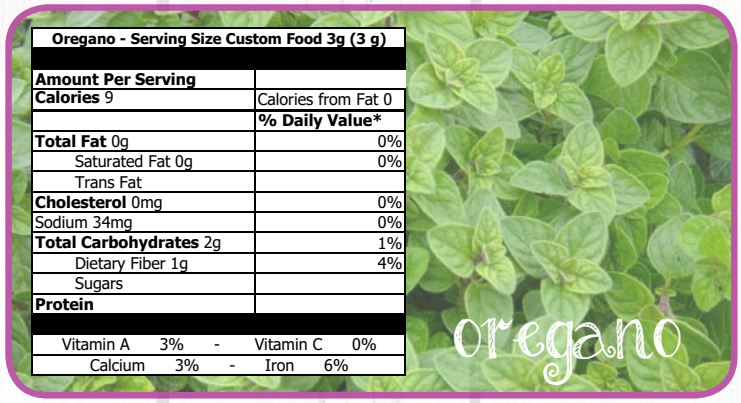
Basil - Serving Size 2 tbsp, chopped 5g (5 g)	
Amount Per Serving	
Calories 1	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 2g	0%
Dietary Fiber 1g	0%
Sugars 0g	
Protein 0g	
Vitamin A 6% - Vitamin C 2%	
Calcium 1% - Iron 1%	



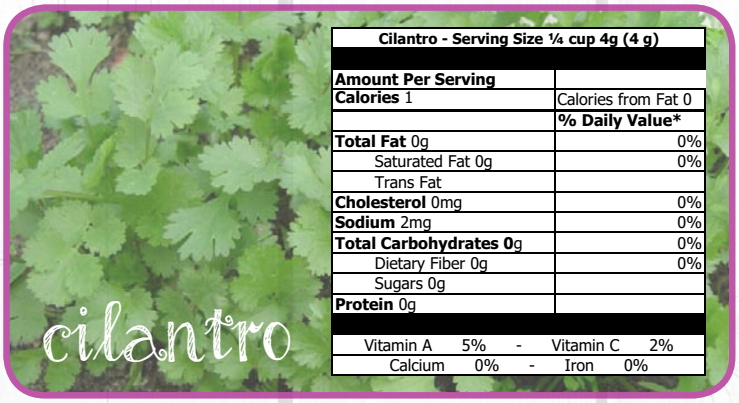
Fresh Parsley - Serving Size 1 cup (60 g)	
Amount Per Serving	
Calories 22	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 34mg	1%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 101% - Vitamin C 133%	
Calcium 8% - Iron 21%	



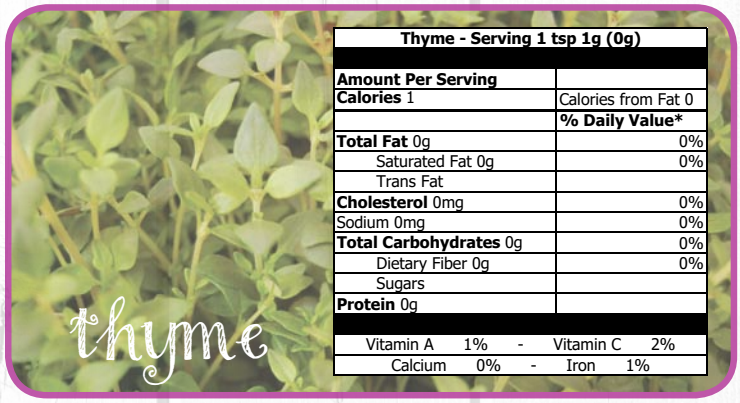
Chives - Serving Size 1 tbsp chopped 3g (3g)	
Amount Per Serving	
Calories 1	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 3% - Vitamin C 3%	
Calcium 0% - Iron 0%	



Oregano - Serving Size Custom Food 3g (3 g)	
Amount Per Serving	
Calories 9	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 34mg	0%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	4%
Sugars	
Protein	
Vitamin A 3% - Vitamin C 0%	
Calcium 3% - Iron 6%	



Cilantro - Serving Size ¼ cup 4g (4 g)	
Amount Per Serving	
Calories 1	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 5% - Vitamin C 2%	
Calcium 0% - Iron 0%	



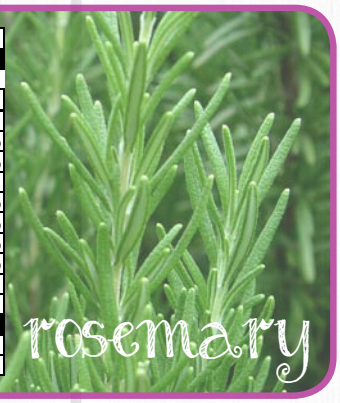
Thyme - Serving 1 tsp 1g (0g)	
Amount Per Serving	
Calories 1	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars	
Protein 0g	
Vitamin A 1% - Vitamin C 2%	
Calcium 0% - Iron 1%	

*Source: Nutrient data for this listing was provided by USDA SR-21 (http://nutritiondata.self.com)

fresh herbs

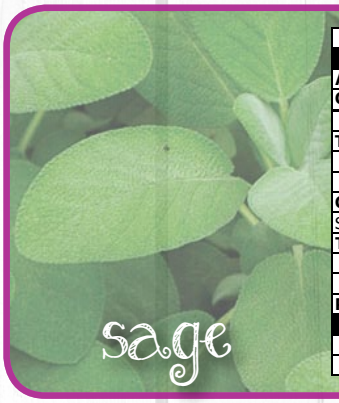
and their nutritional value

Mint - Serving Size 2 tbsp 11g (11 g)	
Amount Per Serving	
Calories 5	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber 1g	3%
Sugars	
Protein 0g	
Vitamin A 9% - Vitamin C 2%	
Calcium 2% - Iron 7%	



Rosemary - Serving Size 1 tbsp 2g (1 g)	
Amount Per Serving	
Calories 2	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	1%
Sugars	
Protein 0g	
Vitamin A 1% - Vitamin C 1%	
Calcium 0% - Iron 1%	

Dill - Serving Size 1 cup of sprigs 9g (8g)	
Amount Per Serving	
Calories 4	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	1%
Sugars	
Protein 0g	
Vitamin A 14% - Vitamin C 12%	
Calcium 2% - Iron 3%	



Sage - Serving Size 1tbsp 2g (2g)	
Amount Per Serving	
Calories 6	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber 1g	3%
Sugars	
Protein 0g	
Vitamin A 2% - Vitamin C 1%	
Calcium 3% - Iron 3%	

*Source: Nutrient data for this listing was provided by USDA SR-21 (http://nutritiondata.self.com)

health benefits
of fresh herbs

basil

Basil is a natural pain reliever, it contains an oil compound called eugenol, this mimics anti-inflammatories such as ibuprofen.

dill

If you get the hiccups often it would be a good idea to keep some fresh dill close by! Research has shown that drinking tea made from dill seeds will you get rid of your hiccups!

oregano

Inflammation in the body can be decreased by oregano's active ingredient-beta-caryophyllin (E-BCP). This active ingredient inhibits the production of substances that signal inflammation.

parsley

If you toss some extra parsley into your salads, its high levels of apigenin help to decrease your risk of breast cancer. It has been shown that Apigenin blocks the creation of new blood vessels that are required for tumors to grow and to multiply.

peppermint

If you suffer from Irritable bowel syndrome (IBS) then you can use peppermint to relieve your symptoms. Peppermint activates an anit-pain channel within the colon. Peppermint effectively reduces pain sensing fibres.

thyme

There are multiple benefits to thyme. First, it is a good source of vitamins A and C, as well as iron and dietary fibre. Thyme has the second highest amount of antioxidants, this helps to fight off diseases.

rosemary

Keeping a pot of fragrant rosemary in your kitchen is a perfect way to help boost your brain activity and power! A chemical compound that is absorbed through its aroma has been directly connected to speed and accuracy of cognitive performance.

*Sourced from Best Health Magazine, May 2012

seasonal availability

fresh fruit & veggies

	January	February	March	April	May	June	July	August	September	November	December
Apples											
Apricots											
Blueberries											
Cherries											
Cranberries											
Currants											
Gooseberries											
Grapes											
Muskmelons											
Nectarines											
Peaches											
Pears											
Plums											
Raspberries											
Rhubarb											
Strawberries											
Watermelon											

	January	February	March	April	May	June	July	August	September	November	December
Artichoke											
Asian Vegetalbes											
Asparagus											
Beans											
Beets											
Bok Choy											
Broccoli											
Brussel Sprouts											
Cabbage											
Carrots											
Cauliflower											
Celery											
Corn											
Cucumber (Field)											
Cucumber (Greenhouse)											
Eggplant											
Garlic											
Leeks											
Lettuce (Assorted)											
Lettuce (Greenhouse)											
Mushrooms											
Onions (Cooking)											
Onions (Green)											
Onions (Red)											
Parsnips											
Peas (Green)											
Peas (Snow)											
Peppers (Field)											
Peppers (Greenhouse)											
Potatoes											
Pumpkin											
Radicchio											
Radishes											
Rapini											
Rutabaga											
Spinach											
Sprouts											
Squash											
Summer Squash											
Sweet Potatoes											
Tomatoes (Field)											
Tomatoes (Greenhouse)											
Zucchini											

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