

Give Vegetables a Gourmet Touch with  
**SPICES and HERBS**



VEGETABLE	SPICE or HERB
Asparagus	Mustard seed, sesame seed, or tarragon
Beans, lima	Marjoram, oregano, sage, savory, tarragon, or thyme
Beans, snap	Basil, dill, marjoram, mint, mustard seed, oregano, savory, tarragon, or thyme
Beets	Allspice, bay leaves, caraway seed, cloves, dill, ginger, mustard seed, or tarragon
Broccoli	Caraway seed, dill, mustard seed, or tarragon
Brussel Sprouts	Basil, caraway seed, dill, mustard seed, sage, or thyme
Cabbage	Caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, or tarragon
Carrots	Allspice, bay leaves, caraway seed, dill, fennel, ginger, mace, marjoram, mint, nutmeg, or thyme
Cauliflower	Caraway seed, celery salt, dill, mace or tarragon
Cucumbers	Basil, dill, mint, or tarragon
Eggplant	Marjoram or oregano
Onions	Caraway seed, mustard seed, nutmeg, oregano, sage, or thyme
Peas	Basil, dill, marjoram, mint, oregano, poppy seed, rosemary, sage, or savory
Potatoes	Basil, bay leaves, caraway seed, celery seed, dill, chives, mustard seed, oregano, poppy seed, or thyme
Salad Greens	Basil, chives, dill or tarragon
Spinach	Basil, mace, marjoram, nutmeg, or oregano
Squash	Allspice, basil, cinnamon, cloves, fennel, ginger, mustard seed, nutmeg or rosemary
Sweet Potatoes	Allspice, cardamon, cinnamon, cloves, or nutmeg
Tomatoes	Basil, bay leaves, celery seed, oregano, sage, sesame seed, tarragon, or thyme

Note: Pepper and parsley may be added to any of the above vegetables. Curry powder is good with creamed vegetables.



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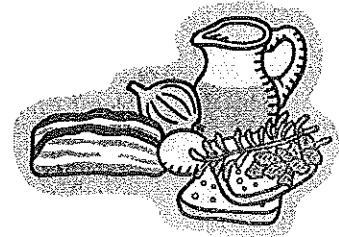
## SPICES and HERBS



Discover how spices and herbs can lift humdrum vegetable dishes out of the ordinary. Spices and herbs must be used sparingly or they overpower, rather than enhance the natural flavor of vegetables. One-fourth to  $\frac{1}{2}$  teaspoon of most dried spices and herbs is enough for 2 cups of vegetables.

The term "spices" as generally used, includes the herbs as well as true spices. Herbs are leaves and sometimes the flowers of aromatic plants grown in the Temperate Zone; spices come from aromatic plants grown in the Tropics.

Dried herbs are more concentrated than fresh herbs. Use about  $\frac{1}{4}$  teaspoon of a dried herb for 2 cups of vegetable and add it at beginning of cooking period. With fresh herbs, increase to about  $\frac{3}{4}$  to 1 teaspoon for 2 cups of vegetables. Chop herbs very fine to allow some of the flavoring oils to escape. Heat chopped herbs in melted butter and add to vegetable after it has been cooked.



*Hillsborough County Extension is a cooperative service of the Hillsborough County Board of County Commissioners and the University of Florida.*

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