



## Herbaceous: Six Important Flavors in Herbs

1. **Anethole** (the taste of anise or licorice, ouzo, pernod, sambuca): tarragon and fennel have anethole, and even basil has a mild anethole flavor. Thai basil has a strong anethole taste. The licorice herbs are the most food friendly herbs available. Use licorice herbs, and your food—especially any fish or seafood dish—will sparkle. These anise-tasting herbs are also spectacular on eggs, cheese, meat, and tomatoes. French tarragon (a different taste than Russian tarragon), is the flavor found in béarnaise sauce. <http://www.epicurious.com/recipes/food/views/bearnaise-sauce-395049>
2. **Lemon** tasting herbs: lemongrass, lemon verbena, lemon thyme, and sorrel. It's easy to add lemon to nearly any dish. So make sure that your herb garden contains at least one of the lemon-tasting herbs.
3. **Resinous**, herbs such as rosemary, thyme, and sage, have a resin, or woody, quality. The flavor of resinous herbs comes through in cooking and is a wonderful match for meats. But be careful. That taste can overpower: the longer rosemary cooks, the stronger the flavor gets. Sage and thyme are very easy to grow and will come back with vigor next year. The flavor of sage is also quite musky in taste and aroma, which is why it blends so well with beans and meats.
4. **Grassy**: such as dill and parsley. Don't overlook the value of parsley. It is very herbaceous, which offers a *balance* to other flavors on the plate. Parsley has a very mild anethole taste. For example, Italians use a garnish called *gremolati*, where the heat of raw garlic is blended with the sour of lemon zest and balanced with a whole bunch of grassy parsley. Without the green that condiment would not be in balance.
5. **Cooling**: Mint. Mint is bracing and stimulating and almost astringent. It is mentholated and cooling. This cooling impact is of great use, especially with meat dishes. If you don't care for cilantro, but want to make dishes that traditionally use it—such as Mexican and Thai recipes—substitute fresh mint. Spearmint is the most versatile of all the mint varieties.
6. **Bitter & Peppery**: oregano, marjoram, arugula, nasturtium, watercress, winter savory. Nobody ever seeks out bitter foods. But bitterness can balance food and deepen the flavor. Marjoram is related to oregano and sometimes called Sweet Marjoram because it doesn't have quite the bitter bite of traditional Greek oregano. Arugula has become popular, though the markets only sell the tender, mild baby arugula. Grow your own arugula and taste the strong bitterness as the arugula matures, which is better when cooked.



## Spaghetti with Garlic and Oil

Ingredients:

**1 pound spaghetti**  
**6 Tablespoons extra-virgin olive oil**  
**3 cloves of garlic, chopped**  
**4 Tablespoons fresh parsley, chopped**  
**salt and freshly ground black pepper**  
**freshly grated Parmesan cheese, to serve (optional)**

Serves 4

1. Drop spaghetti into rapidly boiling salted water and cook to *al dente*.
2. In a large frying or sauté pan, heat the oil and gently sauté the garlic until it is barely golden. Do not let it brown, or it will taste bitter. Stir in the parsley. Season with salt and pepper. Remove from the heat until the pasta is ready.
3. Drain the pasta when it is barely *al dente*. Pour it into the pan with the oil and garlic, and cook together for 2-3 minutes, stirring well to coat the spaghetti with the sauce. Serve in a warm serving bowl with Parmesan cheese to pass around.

Attributed to Barnes & Noble "Italian" cookbook, 2003  
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## Grapeseed Oil Dressing

Ingredients:

- 2-3 Tablespoons grapeseed oil**
- 1 Tablespoon fresh lemon juice**
- 1 clove garlic, minced**
- ½ teaspoon salt**
- ¼ teaspoon freshly ground black pepper**

Directions:

1. Whisk grapeseed oil and lemon juice together
2. Mince or finely chop one garlic clove and mix into the dressing.
3. Add salt and pepper to the bowl and stir or shake up in a glass jar.

Recipe from Jaime Young, FitSugar

You may substitute various oils for the grapeseed oil. If you don't have a lemon handy, vinegar would work well. You could substitute ginger or shallots for the garlic. And it goes without saying (but we'll say it anyway), enjoy adding chopped herbs to enhance this dressing and make it your own. Find out which herb, or combination of herbs, you like best. A grassy herb, such as dill or parsley would work well to balance the garlic. If you've substituted garlic with something else, you may wish to try an anethole herb such as tarragon, fennel or basil. If you're using vinegar instead of lemon juice, why not add that lemon herb in here—lemon thyme, lemon basil, sorrel, or lemon grass. Have fun and find the joy in experimenting with the herbs in your garden. This recipe is a blank canvas for you to color.



## Perfectly Plain Cheesecake

Recipe Link

<https://whatscookingamerica.net/Cake/PerfectlyPlainCheesecake.htm>



## Asian Cooking Garden



- **Anise Basil** (*Ocimum basilicum*)
- **Chives** (*Allium tuberosum*)
- **Holy Basil** (*Ocimum sanctum* “Holy Red/Green”)
- **Garlic** (*Allium sativum*)
- **Bay Laurel** (*Laurus nobilis*)
- **Lemon Basil** (*Ocimum basilicum* “Mrs. Burns Lemon”)
- **Lemon Grass** (*Cymbopogon flexosus*)
- **Thai Basil** (*Ocimum basilicum* “Thai Magic” or “Purple Ruffle”)
- **Mint** (*Mentha*)
- **Cilantro** (*Coriandrum sativum*)
- **Vietnamese Coriander** (*Polygonum odoratum* “Vietnamese”)
- **Ginger** (*Zingiber Officinalis*)



## Lemon/Citrus Herb Garden



- **Basil** (*Ocimum sp.* “Mrs. Burns Lemon”)
- **Lemon Verbena** (*Aloysia triphylla*)
- **Thyme** (*Thymus x. citriodorus* “Golden Lemon”, “Lime” or “Lemon”)
- **Lemon Grass** (*Cymbopogon flexosus*)
- **Lemon Balm** (*Melissa officinalis*)
- (“Lemon Gem” marigold)
- (“Orange Gem” marigold)
- **Lemon scented Geranium** (*Pelargonium sp.*)



## Fragrance Garden



- **Lavender** (Any kind)
- **Lemon Verbena** (*Aloysia triphylla*)
- **Thyme** (*Thymus x. citriodorus* “Golden Lemon”, “Lime” or “Lemon”)
- **Rosemary** (*Rosmarinus officinalis* or any other Rosemary)
- **Scented Geraniums** (*Pelargonium sp.*)
- **Pineapple Sage** (*Salvia elegans*)
- **Patchouli** (*Pogostemon cablin*)



## Tea Party Garden



Perhaps the easiest way to enjoy herbs is to make an herbal “tisane”. Pour boiling water over crushed herbs (dried or fresh) and let it steep. Strain herbs from liquid and enjoy!

- **Basil** (*Ocimum sp.* “Mrs. Burns Lemon” or “Cinnamon” or “Spicy Bush”)
- **Chamomile, German** (*Matricaria recutita*)
- **Fennel** (*Foeniculum vulgare*)
- **Lemon Balm** (*Melissa officinalis*)
- **Mint** (any kind)
- **Pineapple Sage** (*Salvia elegans*)
- **Parsley** (Any kind)
- **Lemon Verbena** (*Aloysia triphylla*)



## Butterfly Garden



Herbs attract all kinds of butterflies. They are a host plant (main food source) for several. Focus on herbs with brightly colored blooms, and create an environment where the birds can drink nectar and rest safely.

- **Lavender** (All kinds)
- **Chives** (*Allium tuberosum*)
- **Fennel** (*Foeniculum vulgare*)
- **Parsley** (Any kind)
- **Yarrow** (*Achillea millefolium*)
- **Bee Balm** (*Monarda didyma*)
- **Dill** (*Anethum graveolens*)
- **Sage** (*Salvia elegans*)
- **Lemon Verbena** (*Aloysia triphylla*)
- **Borage** (*Borago officinalis*)



## **Vietnamese Lemongrass Marinade**



Recipe Link

<http://www.recipesource.com/ethnic/asia/vietnamese/lemongrass-marinade1.html>



## **Pan-Seared Sake & Lemongrass- Marinated Pacific Halibut**



Recipe Link

<https://www.bcliving.ca/recipe-pan-seared-sake-and-lemongrass-marinated-pacific-halibut>