



Winsted Farmers Market
www.winstedfarmersmarket.org

Herb Cheat Sheet

We're excited that you have chosen to shop at the Winsted Farmers Market this week! To help you make the most of everything our farmers have to offer we've collected some recipes featuring seasonal food.

Stop by our booth and let us know what you think! Visit our Facebook page to share recipes of your own, or email recipes@winstedfarmersmarket.org to have them included in these flyers.

A few popular uses for many herbs:

Compound butter — Chop herbs and fold into softened butter. Add lemon juice, shallots, salt and pepper. Great on bread, with grilled veggies or tossed with pasta. Will last in refrigerator for a few days.

Marinades — Add to garlic, oil and herbs of your choosing or add to almost any package marinade for a unique taste.

Herb salad — Works best with leaf-based herbs (stem-based herbs like rosemary can be too strong and chewy). Use more of the mild herbs and include small amounts of strong herbs such as sage. Great as an accompaniment to seafood, grilled or roasted meat or fish.

Particular Herb Tips:

Basil — Classic paired with tomatoes or in pesto. Great in soups, and in herb salads. Add whole leaves to pasta. Wonderful when fresh and abundant.

Chives — Forward flavor or background character in compound butter. Great in herb salad with parsley or in the belly of grilled or salt-crusted fish. Use blossoms to garnish everything from soups to grilled vegetables, etc.

Cilantro — Popular in both Asian and Mexican cuisine. Essential in salsa. Fantastic in stone-fruit salad. Great with chicken and fish. Add to soups and marinades.

Dill — Great in pickles, soups, herb salad, vinaigrettes, and with fish. Delicious paired with dairy, especially in yogurt or butter. Classic favorite is Greek Tsatsiki cucumber salad.

Lavender — For hot tea, steep as you would any herbed tea (it's strong!). For iced tea, steep and strain, mix with other herbs and green or black tea. Add to marinade or glaze for white meats such as pork. Great mixed in butter with other herbs. Surprisingly delicious in ice cream or flavored whipped cream — steep herbs in cream overnight, strain, sweeten and freeze or whip as usual. Or boil in a water/sugar mix, strain, and add the resulting syrup to summer cocktails or pour on fruit.

Lovage — Good for long, slow cooking. Great in soups, such as a celery/chicken soup. Bruise to activate and place in belly of whole fish, grilled or salt-crusted. Also great in marinades for chicken and turkey — chop with garlic and rub inside and out.

(continued on reverse)



Herb Tips Continued:

Mint — Tea, herb salad. Brilliant in anything with peas. Good in soups. Makes a great pesto. Adds a delicious cooling taste to fruit salad; great in ice cream or for flavoring whipped cream.

Parsley — Good for color and base flavor in compound herbed butters. Base of a wonderful salad of leafy herbs.

Rosemary — Marinade for red meats. Especially for lamb and roast or grilled chicken. Also, use woody stem as kabobs or skewering scallops, shrimp or grilled vegetables.

Sage — Very strong. Great in marinades, especially for white meats. Good for roasting or grilling vegetables. Most often associated with chicken but tasty addition to soups as well. Try in citrus vinaigrettes! Also can be added raw to dressings or used to wrap foods such as sardines. Sautéed with butter, it becomes a delicious sauce for pasta when cooler temperatures return.

Savory (summer or winter) — Soups. Great with spring offerings like asparagus and peas. Substitute for basil in pesto. Add to marinades for any white meats, alone or with other herbs. Another good addition, by itself or with other herbs, for flavored butter. Use in vinaigrette for salad dressings or on grilled vegetables.

Tarragon — Forward flavor or background character in compound butter. Wonderful in herb salad with parsley. Finish hollandaise sauce for a true eggs benedict. Make authentic French dressing by adding to vinaigrette. Great chicken marinade but also good inside the belly of grilled or salt-crusted fish.

Thyme — Good with everything! Add to salad dressings or put in a vinaigrette to top grilled vegetables. Use to make a flavored compound butter alone or with other herbs. Can be used in marinades for white meats as well.