

Grown Safe™



Herbs

Herb	Varieties	Cuisine Type	Works Well with	Comments
Basil	Lemon, Pesto Perpetuo, Purple Ruffles, Spicy Globe, Sweet,	Chinese, Italian, Thai, Vietnamese	Chicken, Veggies, Soups, Pasta Sauces, Pizza	
Chives		Danish, Mexican, Scandinavian	Beans, Potatoes, Salads, Salsa, Soups, Dips	
Cilantro/ Coriander		Caribbean, Chinese, Mediterranean, Mexican, Spanish, Thai, Vietnamese	Chicken, Rice, Yogurt, Salsas, Lentils, Fish, Root Veggies	Seed referred to as Coriander; leaves referred to as Cilantro
Dill		Danish, European, German, Scandinavian	Breads, Chicken, Seafood, Sour Cream, Fish, Potatoes	
Lavender	Hidcote Blue, Munstead	Mexican	Chocolate, Veggies, Ice Creams, Cream Sauce, Potatoes, Rice, Salsas	Calming fragrance
Marjoram	Sweet	Greek, Italian, Mediterranean	Soups, Salads, Potatoes, Rabbit, Eggs, Chicken, Eggs	Can be used as a substitute for Oregano
Mint	Apple, Chocolate, Corsican, Ginger, Orange, Peppermint, Mojito, Spearmint, Variegated Pineapple	Caribbean, Greek, Thai, Vietnamese	Chocolate, Veggies, Yogurt Sauces, Rice, Salsas, Potatoes, Pilafs, Duck	
Catnip				Potpourris, herbal tea, cat toy fill, insect repellent
Oregano	Hot & Spicy, Greek, Kent Beauty, Variegated	Dominican, Greek, Italian, Jordanian, Mexican, Middle Eastern, Spanish, Turkish	Sausage, Tomatoes, Rabbit, Pork, Pasta, Beans, Salsa, Chili	
Parsley	Italian Straight, Curled	French, Hungarian, Italian, Mediterranean, Middle Eastern, Russian, Spanish, Turkish	Chicken, Rice, Veal, Shellfish, Broccoli, Cauliflower	Best used fresh; Curled – often used as garnish; Straight – more nutritious
Rosemary	Arp, Gold Dust, Gorizia, Hill Hardy, Tuscan Blue	Greek, Italian, Mediterranean	Lamb, Beans, Steaks, Salmon, Fish, Grains, Potatoes	Can be dried by hanging bundles upside down
Sage	Pineapple, Berggarten, Tricolor	Southwestern US	Duck, Fish, Peas, Stuffing, Tomatoes, Pork, Ravioli	Has many medicinal uses
Stevia				Used as a sweetener
Tarragon	French	Danish, French, Italian	Rabbit, Mushrooms, Potatoes, Chicken, Salads, Stuffing	Can easily overpower other flavors
Thyme	Hi-Ho Silver	German, Greek, Turkish	Beef, Curry, Chicken, Rice, Shellfish	Dried to fresh equivalent is 1 to 3
Verbena	Lemon			Lemon scented leaves