







How to Spice it Up

	<i>BASIL</i>	<i>CORIANDER</i>	<i>DILL</i>	<i>MINT</i>	<i>OREGANO</i>	<i>PARSLEY</i>
PICTURE						
FLAVOR	Clovelike and sage	Orange peel and sage	Fresh, aromatic	Sweet, fresh, aromatic	Sharp, aromatic	Refreshing, peppery
PART USED	Fresh or dried leaves	Ground seed, fresh leaf (cilantro)	Fresh or dried seeds, stems, leaves	Fresh or dried leaves	Fresh or dried leaves	Fresh or frozen leaves
SOUPS AND STEWS	Tomato and bean soups	Most soups, casseroles	Bean, borscht and tomato soups		Onion and tomato soups; vegetable juice	In soup bouquets chopped in soups and stews
EGGS AND CHEESE SUBSTITUTE	omelets, scrambled and creamed eggs	Mexican and spicy egg dishes	Cheese spreads and scrambled eggs	Cream cheese omelets	Omelets and scrambled eggs	scrambled eggs, omelets
VEGETABLES AND SALADS	Tomatoes, eggplant, onion, rutabaga, squash; potato, and cucumber salads	Pickled beets, beet and fruit salads	cocktails, cabbage; seeds with beets, carrots, cauliflower, peas, potato salad; leaves with turnips	cabbage, carrots, celery, potatoes, snap beans, spinach; fruit, jellied and green salads	Broccoli, beans, tomatoes, carrots, lima beans, squash, mushrooms, onions, potatoes, eggplant; potato	Most vegetables and salads, creamed vegetables, boiled potatoes, sliced tomatoes
BREADS AND DESSERTS	Corn bread and muffins, stuffing, fruit compotes	cookies, gingerbread, baked apples, stewed fruit	Seeds in rye bread, apple dumplings, stewed pears, cake	Fruit compote, ice cream, applesauce, stewed pears, currant jelly	Pizzas, rolls, stuffings	Biscuits, herb breads, muffins, stuffings
SAUCES AND DRESSINGS	Marinades, pesto	pesto	Leaves in sour cream dressing; seeds in gravies	Mint sauce for French dressing	Cream, spaghetti & tomato sauces	parsley butter, pesto
OTHER US	Vinegar, tea	Curry powder; leaves in Chinese & Mexican cooking	vinegar, pickles	Flower vinegars and liqueurs, iced drinks, tea	Mexican and Italian cooking	Garnishing