



HERBS

Tell Me about Herbs

Herbs, typically used to flavor and garnish foods, are known for their savory and aromatic properties. Herbs refer to the leafy green or flowering part of the plant (either fresh or dried), differing from spices which are typically dried and produced from other parts of the plant, including seeds and roots.

Crediting Information

- Primarily used to flavor foods, herbs typically do not credit toward the meal pattern.



Nutrition Facts

- Herbs are typically added to foods in small quantities to add flavor, they do not add much nutritional value to the dish; however, herbs can make nutritious foods like roasted vegetables or fresh salads more flavorful and appealing.



Thyme, credit: WSDA

Selection and Storage

- Select herbs that are brightly colored and pleasant-smelling; avoid herbs that are wilted or yellowed.
- Woody herbs, like rosemary or thyme, last longer than soft herbs like cilantro or basil.
- Storage recommendations vary for different herbs. Some herbs should be refrigerated, while others store better at room temperature. Ask your producer for storage advice for specific products.

Culinary Tips

- Hardy, woody herbs like rosemary and thyme can be added at the beginning of cooking. Soft herbs like cilantro and basil can be added towards the end of cooking to retain flavor and avoid burning.
- Chop herbs by bunching them into a ball and chopping them roughly with a sharp knife.



Parsley, credit: WSDA

Recipes

- [Spring Rolls with Fresh Herbs USDA Recipe for Schools](#)
- [Harvest Delight USDA Recipe for Schools](#)
- [Baby Potatoes Persillade USDA Recipe for Child Care Centers](#)
- [Caprese Bruschetta USDA Recipe for Child Care Centers](#)
- [Tabbouleh USDA Recipe for Adults in CACFP](#)
- [Cuban Black Beans and Rice Recipe for Adults in CACFP](#)

Sourcing

- [Find Herbs](#)



Sage, credit: WSDA