

# SECRETS OF SODIUM WORKSHOP

## FRESH HERB ACTIVITY

**Instructions:** Look at the herbs displayed on the table. Smell and taste each herb. What word best describes each of them? Think about which herbs might go with which foods.

Read the descriptions listed in the first column and **match them** to the name of the herb listed in the second column. Take note of the uses and flavors of each herb. Try these herbs at home instead of salt to flavor your dishes.

Sweet, sunny flavor, versatile. Use with green beans, peas potatoes, chicken dishes, tomato sauces, salads. Only add at end of cooking time or on prepared dish	Dill
Fresh, aromatic, distinctive. Used in Mexican and Chinese cookery; salsas, chutneys, chicken, pork, salads, tacos	Rosemary
Pungent, tangy; dominate, use alone or with parsley. Salmon, peas, eggplant, cabbage, cucumber yogurt sauces, salads, pickling; used in Mediterranean cooking	Tarragon
Strong; sweet. Teas, desserts, lamb, fish, salads	Oregano
Licorice, lemon flavor; strong. Use alone or with parsley; veal, chicken, potatoes, mushrooms, tomato dishes, vinaigrettes.	Basil
Earthy. Lamb, chicken, pork, seafood, eggplant, tomato sauces; excellent with lemon; Retains good flavor when dried	Cilantro
Almost mint-like, slightly bitter. Pork, veal, sausages, poultry, stuffing, sauces. Use whole stems in soups, stews. Chop whole leaves in thin strips.	Mint
Fresh, piney, pungent; easily overpowers. Chop finely and use lightly. Excellent with poultry, potatoes, white bean, lamb, and breads.	Sage