

GUIDELINES FOR USING HERBS

<u>Herb</u>	<u>Flavor</u>	<u>Meat</u>	<u>Suggestions for Use</u>	
			<u>Poultry</u>	<u>Vegetables</u>
<i>Dillweed</i>	Slightly sweet with sharp tang	Pork, Veal	Chicken, Rock Cornish Hens	Potatoes, Tomatoes, Cucumbers, Green Beans, Carrots, Yellow Squash
		<u>Fish/Seafood</u>	<u>Other</u>	
		Halibut, Cod, Flounder/Sole, Haddock, Trout, Lingcod, Perch, Catfish, Salmon, Tuna, Crab, Scallops	Eggs, Breads, Sour Cream, Sauces, Vinegars	

REVISION

(OVER)

<u>Herb</u>	<u>Flavor</u>	<u>Meat</u>	<u>Suggestions for Use</u>	
			<u>Poultry</u>	<u>Vegetables</u>
<i>Garlic/ Garlic Powder</i>	Pungent	Beef, Lamb, Pork, Rabbit	Chicken, Rock Cornish Hens, Turkey	Beets, Eggplant, Tomatoes, Broccoli, Cabbage, Green Beans
		<u>Fish/Seafood</u>	<u>Other</u>	
		Lingcod, Perch, Catfish, Tuna, Shrimp	Casseroles, Salads, Vinegars, Sauces	

(CONTINUED)