

**GUIDELINES FOR USING HERBS**

<u>Herb</u>	<u>Flavor</u>	<u>Suggestions for Use</u>		
		<u>Meat</u>	<u>Poultry</u>	<u>Vegetables</u>
<i>Thyme</i>	Pleasant, fresh taste with faint clove after-taste	Beef, Lamb, Pork, Duck, Rabbit	Chicken, Rock Cornish Hens	Parsnips, Tomatoes, Cabbage, Green Beans, Winter Squash, Pickled Beets
		<u>Fish/Seafood</u>	<u>Other</u>	
		Tuna, Oysters, Shrimp	Stuffings, Creole and Gumbo Dishes, Stews, Eggs	

REVISION