

To make tea with most herbs, bring 1 cup of water to a boil, turn off heat, add a heaping teaspoon of herb, cover and steep 10 minutes before straining it into a cup to drink.

| HERB | USES |
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| Al Pastor | A taco seasoning |
| Allspice | Asparagus soup, baked ham, beef and lamb stews, beets, boiled fish, cabbage, carrots, cheese dressings, collards, cottage cheese and fruit salads, cranberry sauce, cream cheese, egg casseroles, eggplant, eggs, fish, fruit cake, fruit compote, fruit, green pea soup, hamburger, lamb, meat gravies, meat loaf, mincemeat, minestrone, molasses cookies, oyster stew, pickled beets, pickles, pies, pot roast, puddings, relishes, spice cake, spiced fruit, spiced wine, spinach, squash, sweet potatoes, tapioca, tomato soup, turnips, vegetable beef soup. For chills, diarrhea and rheumatism. Also use as a digestive aid and natural antioxidant. |
| Anise | Beef stew, beverages, breads, cakes, candy, cheese, cookies, fish, pickles, stewed fruits. For coughs, cramps, colic, nausea, indigestion. Freshens breath and increases mother's milk. Diuretic. Benefits rheumatism. |
| Basil | Bean soup, beef stew, beef, carrots, cheese, clam chowder, cream cheese, duck, eggplant, eggs, fish, French and Russian dressings, garnish, green or vegetable salad, jelly, lamb, liver, lobster, meat loaf, mussels, noodles, onion, pea soup, peas, pork, potatoes, rabbit, rarebits, rice, sausage, scallops, scrambled eggs, seafood cocktails, shrimp, sole, soufflés, spinach, squash, stewed tomatoes, string beans, tomato and vegetable juices, tomato sauces, tomato soup, tomatoes, turtle soup, veal, venison. For headaches, rheumatism, colds, aid digestion and has calming properties. |
| Bay Leaf | Artichokes, aspic, beef and seafood salads, beef soup, beets, boiled and steamed shrimp and lobster, bouillon, carrots, chicken, chowders, corned and roast beef, eggplant, fish, fish chowders, French dressing, gravies, lamb, marinades, meat pies and stews, minestrone, onions, oxtail soup, pickled beets, pickles, pot roast, potato soup, potatoes, squash, stewed tomatoes, tomato juice, tomato soup, veal, vegetable soups, venison. For gas, indigestion, headaches, Antifungal and diaphoretic. |
| Borage | Raw, salads, summer drinks. |
| Burnet, salad | Salads, vinegar and wine punches. |
| Caraway | Beef á la mode, beef or lamb stew, beets, borsch, broccoli, Brussels sprouts, cabbage, cake, carrots, cauliflower, celery, clam chowder, coffee cakes, cole slaw, cookies, cottage cheese, cream and vegetable soups, cream cheese, eggs, goose, green beans, kidney stew, lamb, liver, marinades for meats, muffins, onions, pickles, pork, potato salad, potatoes, rice, roast pork, rolls, rye bread, sauerbraten, sauerkraut, soft cheese spreads, sour cream dressing, spareribs, tomatoes, tuna casserole, turnips, zucchini. For colic and indigestion. Increases breast milk, freshens breath. |
| Cardamon | Baked goods, fruit, grape jelly, pickles, puddings, soups, squash, sweet potatoes. Use as an aphrodisiac, for indigestion and gas. Freshens breath, helps headaches. |
| Cayenne pepper | Cheese, chicken, eggs, fish, meat dishes, pickles., pizza, spaghetti, vegetables. For poor circulation, arthritis and respiratory congestion. |
| Celery seed | Bean salad, biscuits, boiled, fried, and deviled eggs, bouillon, braised lamb, breads, cabbage, cauliflower, cheese sauces, chicken and turkey hash, chicken pie, cole slaw, cream cheese and ham spreads, cream of celery soup, cream sauces, croquettes, deviled eggs, dips, egg dishes, egg salad, fish and oyster stews, fish chowders, fruit salad, meat loaf, omelets, pickles, potato salad, potatoes, rarebits, roasts, rolls, salty breads, soups, sour cream dressing, stewed tomatoes, stews, stuffing, tomato juice, tomatoes, tuna salad, turnips, vegetable soup, vegetables. Celery salt may be used in any of the above, but the amount of salt in the recipe must be reduced. |
| Ceviche | Lemony seasoning good wiith fish and vegetables. |
| Chervil | Egg or cheese dishes, salads, sauces, soups. |
| Chili powder | Bean casseroles, cheese, chicken, corn, dips, egg dishes, eggplant, marinades for meats, meat loaf, stews, tomato or barbequed sauces. |
| Chives | Potatoes, scrambled eggs with cheese. |
| Cinnamon | Apple desserts, bakery products, beverages, boiled fish and chicken, buns, chicken, coffee cakes, cookies, custards, fruit salads, fruits, ham, hot spiced beverages, lamb or beef stews, pickled fruit, pickles, pork chops, pork, pumpkin pie, pumpkin, rice and chocolate puddings, roast lamb, sauces for pork and lamb, spice cakes, squash, stewed fruit, sweet potatoes, tapioca. For nausea, indigestion, diarrhea and poor circulation. |
| Cloves | Apple and pumpkin pies, baked beans, baked fish, baked goods, baked ham, baked tongue, bean soup, beef soup, beets, candied sweet potatoes, carrots, chicken á la king, cream of pea soup, cream of tomato soup, croquettes, fish, fruit punch, fruit salad topping, fruits, gravies, green beans, Harvard beets, hot spiced wines, hot tea, marinades for meats, meat sauces, mincemeat, pickles, pot roast, rice pudding, roast chicken, sausage, spiced fruit, squash, stewed fruit, stews, stuffing, sweet potatoes, tapioca, |

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| | tomatoes. Used whole to stud ham, fruit, glazed pork or beef. For indigestion and gas. Freshens breath. Apply powder to an aching tooth. |
| Coriander | Cooling, diuretic, benefits stomach ache. Use as an aphrodisiac. |
| Cumin | Cabbage, cheddar cheese, chili con carne, cottage cheese, cream cheese, deviled eggs, fish, fruit pies, hamburger, meat loaf, sauerkraut. For colic, headache, gas, arthritis. Antispasmodic and antiviral. |
| Curry powder | Baked fish, beef, breads, carrots, celery, cheese sauces, chicken, clam and fish chowders, corn, cottage cheese, cream cheese, cream of mushroom and tomato soups, cream sauces, creamed onions, croquettes, curried chicken and turkey, curried lamb, deviled eggs, dips, dried beans, eggs, fish, French dressing, fruit, hash, lamb, lima beans, marinades for meats, mayonnaise, meat and fruit salads, meat balls, oyster stew, pork, potatoes, salted nuts, scalloped tomatoes, shrimp, stews, tomato juice, veal, veal croquettes. |
| Dill seed/weed | Anchovy and cheddar cheese spreads, apple pie, avocados, baked fish, barbecued and corn beef, bean salad, beets, borsch, breads, cabbage, cauliflower, chicken soup, chicken, cole slaw, cottage cheese, cream cheese, creamed chicken, cucumber salad, deviled and scrambled eggs, dill-seed bread, egg dishes, eggplant, fish chowders, fish, French and sour cream dressings, green beans, green salad, hamburger, lamb, lima and snap beans, lobster, lobster bisque, mayonnaise, navy bean soup, omelets, pickled beets, pickles, pork, potato salad, salads, sauerkraut, seafood salad, shrimp, sour cream dips, squash, stews, tomato soup, turnips, veal. For gas, colic bad breath, headache and hiccoughs. Increases mother's milk. |
| Fennel seed | Apple desserts, baked or stewed apples, beef stew, boiled fish, breads, buns, cakes, cheese, coffee cakes, cookies, egg dishes, fish, marinades for meats, muffins, roast pork, sauerkraut, squash, stews, sugar cookies, sweet pickles, vegetables. For colic, constipation, obesity and indigestion. Increases mother's milk. |
| Garlic | Bread, dill pickles, dips, fish, marinades, meat, poultry, salad dressings, salads, sauces, soups, stews, tomato dishes. For high blood pressure, sinus congestion, coughs, asthma and rheumatism. Antiparasitic. |
| Ginger | Applesauce, baked beans, baked or stewed fruits, baked products, beef, beets, beverages, black and navy bean soup, broiled and chopped beef, carrots, chutney, conserves, cookies, Cornish hen, custards, fish, French dressing, ginger pears, gingerbread, Indian pudding, lamb, onion soup, Oriental dishes, pickles, pork, pot roast, potato soup, poultry, preserves, pumpkin pie, roast chicken, soups, spice cake, squab, squash, stewed and baked fruit, stews, veal, vegetables. For nausea, chills, poor circulation, gas, stomach distress, lung disorders and arthritis. |
| Horseradish | For mucous conditions, sinus congestion, chills. Improves lung activity. |
| Lavender | |
| Lovage | Salads, soups, or use like celery. |
| Mace | Baked products, breads, chowder, fish, fruits, jellies, meat loaf, pickles, poultry, vegetables. |
| Marjoram | Asparagus salad, baked and broiled fish, beef, bread, broccoli, Brussels sprouts, carrots, cauliflower, celery, cheese dips and spreads, cheese sauces, chicken salad, chicken, clam chowder, duck, egg dishes, eggplant, fish, fruit punch, fruit salad, goose, green beans, green salad, herb butters, lamb chops, lamb, liver pâté, meat pies, minestrone, mushrooms, omelets, onion soup, oxtail soup, oyster stew, peas, pheasant, pickles, pizza, pork, rarebits, roast beef, salmon loaf, seafood salad, soufflés, soups, spaghetti, spinach, squash, stews, stuffed mushrooms, stuffings, tomato dishes, tomato juice, tomatoes, veal, venison. Benefits coughs, colic, headaches, head colds, gout. Aids digestion. |
| Mint | Cabbage, carrots, celery, cottage cheese, custards, frostings, fruit compote, fruit salad, ice cream, lamb and veal roast sauces, lamb roast, lamb stew, mint jelly, punches, sauces for desserts, sherbet, snap beans, tea, tea, vegetables, white potatoes. Spearmint: Benefits colic, gas, indigestion, nausea, colds and freshens breath. |
| Mustard, dry | Asparagus, beets, boiled fish, broccoli, Brussels sprouts, cabbage, celery, cheese and fish sauces, creamed and stewed oysters, deviled eggs, dressings, egg and cheese dishes, ham, kidneys, meat, molasses cookies, mustard sauces, onions, pickled meats, pickled onions, pickles, poultry, salad dressings, shrimp, snap beans, squash, vegetables, white potatoes. Bronchial dilator. Use in liniments for backache. Avoid direct skin application. |
| Mustard seed | Boiled cabbage, coleslaw, corned beef, cucumber pickles, potato salad, sauerkraut. |
| Nutmeg | Baked products, cabbage, cakes, chicken, conserves, cookies, custards, doughnuts, eggnog, eggs, fruits, glazed carrots, hot beverages, ice cream, meat loaf, onions, pickles, puddings, pumpkin pie, seafood, snap beans, spinach, squash, stewed fruit, sweet potatoes, vegetables, whipped cream. Aphrodisiac, digestive aid. For poor circulation, chills, nervousness. |
| Onion | |
| Onion, Egyptian | |
| Onion powder | All meats, breads, cheese dishes, dips, egg dishes, fish, poultry, rice dishes, salads, soups, stews, stuffing, vegetables. If onion salt is used, reduce the amount of salt in the recipe. |

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| Oregano | Aspics, avocado dip, avocado salad, barbeque sauce, bean soup, beef soup, beef stew, boiled and scrambled eggs, broccoli, broiled and roast lamb, butter sauce for shellfish, cabbage, cheese sauces, cheese spreads, chicken, chili con carne, cottage cheese, cream cheese, dressings, egg and cheese dishes, fish, gravies, green salad, lamb, lentil soup, marinades, meat loaf, minestrone, mushrooms, onion soup, onions, pasta sauces, peas, pheasant, pizza, pork, potato salad, rarebits, seafood salad, soufflés, spinach, stewed tomatoes, string beans, stuffed fish, stuffings, tomato and vegetable juices, tomato salad, tomato sauce, tomato soup, tomatoes, veal, vegetable soup, white potatoes. Diuretic. For headaches, nausea, asthma, colic, rheumatism |
| Paprika | Beef, cheese dishes, egg dishes, fish, game, lamb, pickles, pork, poultry, sausage, veal, vegetables lacking in color. |
| Parsley | All meats and poultry and game, all soups, breads, broiled or fried fish, buttered potatoes, carrots, cheese spreads, cole slaw, cottage cheese, cream cheese, dips, fish salad, garnishes, green salad, omelets, peas, potato salad, poultry, scrambled eggs, stews, stuffings, tomato and meat sauces. Freshens breath. Benefits eyes, kidneys and liver. Decreases breast milk. |
| Pepper, black | Eggs, fish, meats, pickles, poultry, vegetables. Use for vertigo and as a digestive aid. |
| Pepper, red | Barbequed beef and pork, cheese dishes, curried dishes, dips, meats, pickles, poultry, sauces, soups, spaghetti sauce, tamale pie, vegetables. |
| Pepper, white | Vegetables, white or light meats. |
| Poppy seed | Breads, cakes, cheese sticks, cookies, fruit compotes, fruit salad dressings, fruit salads, noodles, pie crust, scrambled eggs, vegetables. |
| Poultry seasoning | Chicken soup, meat loaf, poultry, stuffings, veal. |
| Rosemary | Baked fish, beef, broccoli, capon, cauliflower, cheese sauces, chicken fricassee, chicken soup, chowders, creamed seafood, deviled eggs, duck, fruit cup, fruit salads, green and lima beans, ham loaf, lamb, meat loaf, omelets, onions, peas, pheasant, pickles, pork, potatoes, poultry, quail, ragouts, roast and broiled lamb, sautéed mushrooms, scrambled eggs, soufflés, sour cream dip, split pea soup, stews, turnips, turtle soup, veal, venison. Use to improve memory, to freshen breath and as a digestive aid. Natural antioxidant. |
| Saffron | Baked goods, chicken, curries, rice, seafood. Use as a tea for measles. Benefits digestion, colds and stomach distress. |
| Sage | Baked fish, beef, Brussels sprouts, carrots, casseroles, cheddar cheese, cheese sauces, cheese spreads, chicken, chowders, consommé, corn chowder, cream soups, creamed eggs, duck, eggplant, fish chowder, French dressing, goose, green salads, lima beans, marinades, meat loaf, onions, peas, pork, pot roast, potatoes, poultry stuffings, poultry, rabbit, roast lamb, sauces, soufflés, soups, stews, stuffings for fish, stuffings for meats, stuffings for poultry, tomatoes, turkey, turnips, veal, venison, winter squash. Use for stomach problems and stress. Decreases mother's milk. May help increase perspiration. |
| Savory, summer | Bean salad, bean soup, beans, beef, beets, broiled and baked fish, cabbage, chicken, chowders, consommé, deviled eggs, dressings, duck, green salad, hamburger, lamb, lentil soup, omelets, peas, pork, poultry stuffings, rabbit stew, scrambled eggs, sauerkraut, tomato salad, turkey, veal, vegetable juice cocktail, venison stew. |
| Sesame seed | Add to cakes, cookies, dips, pie crust, pie fillings, and stuffings. Sprinkle on breads, casseroles, canapes, cookies, noodles, salads, soups, and vegetables. |
| Sorrel, French | |
| Tarragon | All egg dishes, asparagus salad, asparagus, beans, bean salad, bean soup, bisques, broccoli, butter sauce for steak, cabbage, casseroles, cauliflower, cheese spreads, chicken salad, chicken, chicken soup, cole slaw, consommé, cucumber salad, duck, fish chowders, fish sauces, fish, gravies, green salads, herb butters, lamb, marinades, meat marinades, mushroom soup, pea soup, pickles, pot roast, potatoes, poultry, seafood cocktails, shellfish, sour cream sauces, stews, tomato and vegetable juice cocktails, tomato soup, turkey, turtle soups, veal, Yorkshire pudding. Diuretic. Aids digestion, fevers. Freshens breath. Promotes menses. |
| Thyme | All meats, artichokes, beans, beets, borsch, broiled, baked, and fried fish, carrots, cottage cheese, cream cheese, croquettes, dressings, eggplant, fish chowder, fish, fricassees, gumbo, mushrooms, onions, pea soup, potatoes, poultry, seafood salads, shirred eggs, stuffings, tomato and vegetable juice cocktails, tomato aspic, tomatoes, vegetable soup, vegetables, venison. Antifungal and antibacterial. For respiratory and digestive problems. |
| Tumeric | Breads, cakes, curried meats, egg dishes, fish, pickles, poultry, rice dishes. Natural antioxidant. Improves liver function. Use for inflammation and parasites. |
| Vanilla | Baked goods, beverages, puddings. Aphrodisiac. Energizing. |
| Wintergreen | Candy, chewing gum, desserts. Bath preparations and perfumes. Poultice's for boils and swellings. |