



Summertime Herbs and Spices

UPMC Health Coach Health Plan Class



UPMC HEALTH PLAN

Maris Altieri, RD, Let's Move Pittsburgh Coordinator
Cassie Smolic, Senior Health Coach of UPMC Health Plan

What is your favorite herb or spice?

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Herbs and Spices Quiz:

Sometimes used interchangeably, there's actually a distinct difference between herbs and spices. What is it?

1. Herbs must be ground before use, whereas spices can be used whole
2. Herbs come from the green, leafy part of a plant, while spices come from the root, bark, seeds and/or fruit
3. Herbs are stronger and more flavorful than spices

Correct answer: herbs come from the green, leafy part of a plant, while spices come from the root, bark, seeds and/or fruit



Oregano = herb



Cloves = spice

Herbs and Spices Quiz:

Plants can be both an herb and a spice.

1. True
2. False

Correct answer: True!



Cilantro Plant



Cilantro = herb



Coriander seeds = spice

Herbs and Spices Quiz:

Fresh herbs are more potent than dried herbs

1. True
2. False

Correct answer: False!

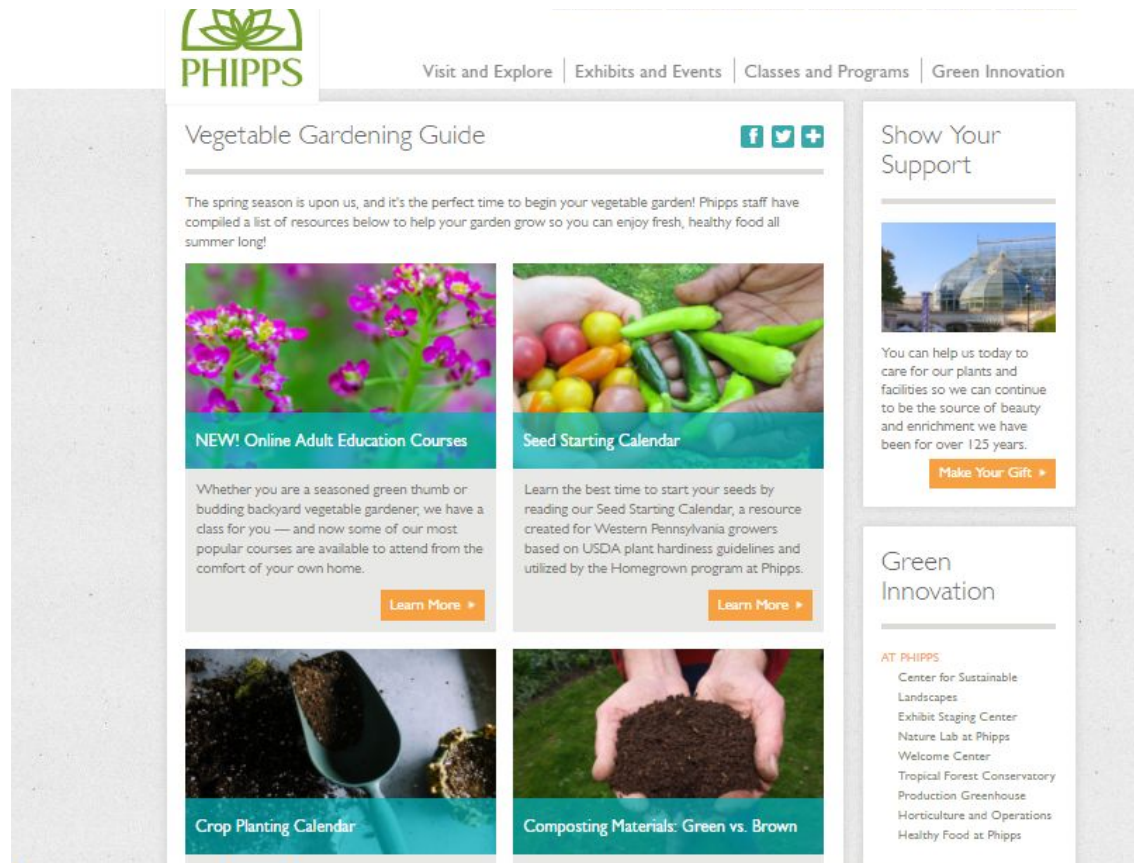


The **ratio** is one tablespoon of **fresh herbs** to one teaspoon of **dried herbs**.

Looking to create your own herb garden?

Phipps Vegetable Gardening Guide

- Adult education classes
- Seed storing calendar
- Crop planting calendar
- Compost guide
- Smart seed shopping
- Square foot gardening method
- Pest management
- And more!



Link: <https://www.phipps.conservatory.org/green-innovation/at-home/vegetable-gardening-guide>



Summer Herb: Basil

150 different species of basil

- **Sweet basil**
 - Sweetest, clove undertones
 - Very delicate, best eaten raw
- **Thai basil**
 - Slightly more spicy, licorice undertones
 - Endures higher heat, sturdier leaves
- **Holy Basil**
 - Peppery, with a background of clove and slight aniseed
 - Incorporated in tea or used topically, best cooked



Health properties:

- Rich source of vitamin K, zinc, calcium, magnesium, potassium
- Flavonoids orientin and vicenin=antioxidants

Summer Herb: Rosemary



Culinary Uses:

- Add sprigs to stews and meat dishes
- Add finely chopped leaves to biscuits, frittatas and roasted veggies
- Infuse rosemary stalk in olive oil
- Use to flavor roasted nuts
- Pairs well with bay, chives, garlic, lavender, mint, oregano, parsley, sage, thyme

Health Properties:

- Rosmarinic acid, chlorogenic acid, and caffeic acid have been most strongly linked to its potential medicinal uses
- Current research on the benefits of rosemary for central nervous system health and cognitive performance

Summer Herb: Oregano



Culinary Uses:

- Incorporate in marinades and fresh sauces
- Add sprigs to roasted proteins
- Garnish in moderation
- Pairs well with basil, cumin, garlic, parsley, rosemary, sage, thyme

Health Properties:

- Rich in vitamins A, C, and K, and minerals like iron, calcium and manganese
- Packed with essential oils like carvacrol and thymol, which have antibacterial, antimicrobial, and anti-inflammatory properties
-

Summer Herb: Lemongrass



Culinary Uses:

- Added to curry pastes, sauces and salads
- Infused into teas, soups and stocks
- Incorporated into desserts
- Pairs well with cilantro, coconut milk, garlic, ginger, turmeric

Health Properties:

- Contains quercetin, a flavonoid known for having antioxidant and anti-inflammatory benefits
- Lemongrass tea may help with upset stomach, stomach cramping, and other digestive problems

Penn State Extension Food Herb & Spice Pairing Chart:

Food herb & spice pairing chart

Herb	Taste	Food Pairing	Herb & Spice Pairing	Tips
Basil	Sweet, spicy aroma	apricots, bell peppers (red), broccoli, blueberries, carrots, corn, peaches, peas, potatoes, rice, tomatoes, white beans, zucchini	chives, cilantro, garlic, oregano, mint, parsley, rosemary, thyme	Avoid leaves that are drooping or blackened. Store for 2-3 days in damp paper towel or a plastic bag in the refrigerator vegetable crisper.
Caraway	Sweet, bitter	apples, cabbage, poultry, onions, pork, potatoes, sauerkraut, tomatoes	coriander, garlic, parsley, thyme	Caraway seeds can be bought ground but are best if bought whole. Grind as needed.
Cardamom	Sweet, bitter	apples, oranges, pears, legumes, sweet potatoes and other root vegetables, yogurt	caraway, cinnamon, cloves, coriander, cumin, ginger	Seed pods will keep for a year or more in an airtight jar. Grind seeds as needed.
Cilantro	Sweet, sour	avocado, bell pepper, coconut milk, corn, cucumber, rice, figs, yogurt, carrots, potatoes, soups, stews, root vegetables	basil, chives, dill, garlic, ginger, lemon grass, mint, parsley	Cilantro will keep for 3-5 days in the refrigerator vegetable crisper. Always use fresh and add to cooking at last minute.
Cinnamon	Sweet, bitter	apples, almonds, apricots, bananas, blueberries,	cloves, coriander, cumin, ginger, nutmeg, turmeric	Add early in cooking process.

Food Demo: Chimichurri Sauce

Chimichurri Sauce

Prep time: 5 minutes Cooking time: N/A Servings: 12

Ingredients:

- 2 cup flat-leaf parsley
- ¼ cup fresh oregano
- 2 garlic cloves
- 2 Tbsp rice wine vinegar
- 2 Tbsp lime juice, fresh
- 1 cup olive oil
- 1/2 teaspoon red chili flakes (optional)
- ½ tsp salt

Directions:

1. Finely chop parsley and oregano and place in large bowl.
2. Finely mince garlic and add to large bowl.
3. Wisk in vinegar, lime juice, olive oil chili flakes and salt.
4. Transfer sauce to a jar with tight-fitting lid and let the flavors marinade for at least 1 hour.
5. This sauce tastes great on everything! We recommend pairing it with roasted veggies or any grilled protein.
6. Use within 3 days if refrigerated or store in [ice cube trays](#) for up to 6 months.

Nutrition Facts

Servings: 12

Amount per serving

Calories 172

% Daily Value*

Total Fat 18.9g 24%

Saturated Fat 2.7g 14%

Cholesterol 0mg 0%

Sodium 104mg 5%

Total Carbohydrate 2.1g 1%

Dietary Fiber 1g 4%

Total Sugars 0.2g

Protein 0.5g

Vitamin D 0mcg 0%

Calcium 39mg 3%

Iron 1mg 7%

Potassium 89mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

