Summertime Herbs and Spices
UPMC Health Coach Health Plan Class

Maris Altieri, RD, Let’s Move Pittsburgh Coordinator
Cassie Smolic, Senior Health Coach of UPMC Health Plan
What is your favorite herb or spice?
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:

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