



Herb	Vegetables it pairs well with	Best culinary uses
Anise hyssop	Carrots, beets, winter squash, sweet potatoes, tomatoes	Herbal teas, fruit desserts, syrups, infused honey, salads, cocktails
Apple mint	Peas, carrots, cucumbers, potatoes, tomatoes	Fresh salads, sauces, peas, potatoes, iced tea, desserts, mint sauce
Basil	Tomatoes, peppers, eggplant, zucchini, beans, corn	Pesto, pasta, tomato dishes, salads, sauces, soups, infused oils
Calendula	Carrots, potatoes, beans, peas, leafy greens	Salads, soups, rice, compound butter, herbal vinegars; petals as a saffron-like garnish
Cat mint	Carrots, potatoes, peas, beans, squash	Herbal tea; young leaves sparingly in salads and as a mild herb
Dill	Cucumbers, potatoes, carrots, peas, beans, cabbage	Pickles, potato salad, sauces, fish, soups, yogurt sauces, fresh salads
Dill flowers	Cucumbers, cabbage, carrots, potatoes, beans	Pickling, infused vinegar, salads, soups, garnishes; stronger dill flavor than leaves
Lavender	Carrots, potatoes, winter squash, beets, peas	Infused sugar/honey, baked goods, teas, desserts, herbes de Provence-style blends
Marjoram	Tomatoes, potatoes, beans, peas, carrots, squash	Soups, stews, roasted vegetables, beans, tomato sauces, herb blends
Nettle	Potatoes, beans, peas, carrots, onions, mushrooms	Cooked greens, soups, pesto, pasta fillings, savory pies; cook/ Blanch before eating



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Oregano	Tomatoes, eggplant, peppers, beans, zucchini, potatoes	Tomato sauces, pizza, roasted vegetables, beans, Greek/Mediterranean dishes
Safflower	Carrots, squash, potatoes, beans, leafy greens	Petals for color/garnish, rice dishes, teas; seeds for culinary oil
Sage	Pumpkin, winter squash, potatoes, beans, carrots, corn	Brown-butter sauces, stuffing, roasted vegetables, bean dishes,
Tulsi	Tomatoes, peppers, eggplant, beans, squash	Teas, infused honey, fresh salads, sauces, curries and Southeast Asian-inspired dishes

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