



HERBS

Workbook



Herbs (Video 3 x2)

What are herbs?

In general herbs are plants with savoury or aromatic properties that are used for flavouring or garnishing food, for medical purposes or for fragrances.

What are herbs used for?

Herbs are used for any problems that human beings have.

Herbs are used for colds, flu, earaches, headaches and even bigger problems like asthma and arthritis. Even a broken leg can heal faster by using herbs.

Herbs can help you to relax and sleep better.

Herbs can be used in rooms to keep germs away, to clean the house with and keep places smelling nice.

Herbs can keep clothing free from bugs.



Match the leaf to the plant. Help on sheet below.



Mint



Corriander



Basil



Sage



Parsley



Rosemary



Chives



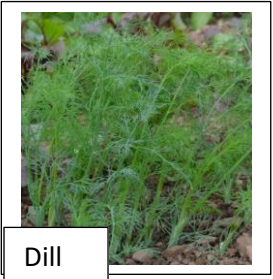
Thyme



Tarragon



Oregan



Dill

This chart shows what each herb can be used in for cooking.

Culinary Herbs



Oregano

Origanum vulgare
Uses: vegetables, roast beef, lamb, chicken, pork, fish, stuffing, pasta, pizza, soup, bread



Dill

Anethum graveolens
Uses: fish, meat, sauce, vegetables, pickles, soups, stews, dips, potatoes, bread



Parsley

Petroselinum crispum
Uses: egg, fish, poultry, veal, pork, vegetables, potatoes, pasta, soup
Combine With: chives, chervil, tarragon (fines herbes), basil



Chervil

Anthriscus cerefolium
Uses: soup, omelettes, roasted chicken, salad, dressing, fish (add fresh leaves toward the end to preserve flavor)
Combine With: parsley, chives, and tarragon (fines herbes)



Thyme

Thymus vulgaris
Uses: fish, poultry, soup, eggs, tomatoes, lamb, veal, croquettes
Combine With: parsley, bay, rosemary



Sage

Salvia officinalis
Uses: pork, poultry, lamb, sausage, stuffing, salad, cheese, vegetables, seafood, bread



Chives

Allium schoenoprasum
Uses: potatoes, omelettes, pasta, soup, salad, chicken, spreads
Combine With: parsley, chervil, tarragon (fines herbes)



Tarragon

Artemisia dracunculoides
Uses: egg, poached fish, mushroom, vegetables, chicken, salad dressing
Combine With: parsley, chervil, chives (fines herbes)



Basil

Ocimum basilicum
Uses: tomatoes, pesto, sauce, pizza, pasta, salad
Combine With: garlic, parsley



Cilantro (Coriander)

Coriandrum sativum
Uses: mexican cuisine, salsa, soup, stew, chicken, rice, curry, avocado, tomato
Combine With: cumin, curry seasoning



Rosemary

Rosemarinus officinalis
Uses: lamb, pork, veal, chicken, potatoes, vegetables, squash, salad dressing, bread
Combine With: italian herbs



Mint

Mentha spp.
Uses: lamb, vegetables, yogurt dressings, bread, iced tea, soup, fish, poultry, desserts

Why not try this recipe to use herbs in?

Cheddar and herb scones



Ready in 42 min

Ingredients

Makes: **20 scones**

450g (1 lb) self raising flour
10g (1/2 oz) baking powder
1 teaspoon salt
10g (1/2 oz) mature Cheddar cheese
10g (1/2 oz) dried mixed herbs
1 teaspoon English mustard
50g (2 oz) butter
110ml (4 fl oz) milk
110ml (4 fl oz) water

Preparation method

Prep: 25 min |Cook: 17 min

1. Preheat the oven to 230 C / 210 C Fan / Gas 8. Line a baking tray with parchment.
2. Put the flour, baking powder, salt, dried herbs, mustard and cheese into a mixing bowl and rub through with your fingers until the mixture resembles breadcrumbs.
3. Make a well in the middle of the flour mixture and pour in a little at a time the water and milk until you have ran out of milk and water. (If the mixture looks dry add a tiny bit of water)
4. Knead for about 2 minutes on a floured surface. Roll the dough out on a floured surface and put on your baking tray. Try to cut the scones as close together as you can so you can fit more dough and cut more scones until you have no dough left.
5. Bake in the oven for about 17 minutes. Keep an eye on your scones to make sure that they do not burn!

Can you find the words that are hidden in the word search?

Herbs

sage parsley oregano mint coriander
basil chives rosemary thyme dill
taragon

r o c o r i a n d e r t n v
y f k a p m c i i z x a u s
n d c u q e w b l x q r r r
r o s e m a r y l d z a r v
l r m z w o q l j o c g x m
j e t d l i x y c l t o e i
s g d p n m x t d b e n e n
y l c p z o u a p d t z o t
c s l z t v y n y k u w x o
p v p i t d n w w l d c z p
e w u b a s i l b y b w z b
r w g k h s a g e a f t w a
p a r s l e y o r e g a n o
c h i v e s t h y m e i n x

This chart shows some of the benefits of herbs and spices on our body.

Healing Herbs and Spices

Medicine Cabinet in Your Kitchen

	OREGANO Helps soothe stomach muscles		THYME Relaxes respiratory muscles
	MINT Can ease hiccups		TURMERIC Anti-cancer
	GINGER Anti-nausea remedy		BASIL Can relieve gas and soothe stomach upsets
	GARLIC Natural antiseptic		BLACK PEPPER Helps relieve indigestion
	FENUGREEK Helps flush out harmful toxins		CAYENNE Can stop a heart attack
	FENNEL Can reduce bad breath and body odor		CINNAMON Helps lower blood pressure
	CLOVE Anti-microbial		DILL Treat heartburn, colic, and gas
	SAGE Antiseptic and antibiotic		ROSEMARY Anti-oxidant

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