

Good Food Starts with Great Ingredients

Everything HERBAL
by Cheryl Jabz

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Bubbie's

COOKING CLASS

Simple Tips ♥ Better Flavor ♥ Happier Meals

FRESH HERBS vs. DRIED HERBS

Different Forms ♥ Same Great Flavor

FRESH HERBS

Bright • Vibrant • Delicate

- ✓ Use fresh herbs when you want a bright, lively flavor.
- ✓ Add near the end of cooking to keep their flavor and color.
- ✓ Great for salads, marinades, sauces, soups, and garnishes.
- ✓ Store in the refrigerator (wrapped in a damp paper towel or in a jar with water).



Basil Parsley Cilantro

DRIED HERBS

Concentrated • Robust • Long-Lasting

- ✓ Use dried herbs when you want a deeper, more intense flavor.
- ✓ Add earlier in cooking so they have time to rehydrate and release their flavor.
- ✓ Great for soups, stews, sauces, rubs, and slow-cooked dishes.
- ✓ Store in a cool, dark place in airtight containers.



Oregano Thyme Rosemary

EASY SUBSTITUTION GUIDE

Use 1/3 the amount of dried herbs when substituting for fresh.

Fresh Herb	= Use This Dried Amount
Basil	1 tsp dried = 1 Tbsp fresh
Parsley	1 tsp dried = 1 Tbsp fresh
Cilantro	1 tsp dried = 1 Tbsp fresh
Dill	1 tsp dried = 1 Tbsp fresh
Oregano	1 tsp dried = 1 Tbsp fresh
Thyme	1 tsp dried = 1 Tbsp fresh
Rosemary	1 tsp dried = 1 Tbsp fresh
Sage	1 tsp dried = 1 Tbsp fresh
Chives	1 tsp dried = 1 Tbsp fresh

Bubbie's Tip:

Add fresh herbs at the end...
Add dried herbs at the beginning!

Herbs Turn Simple Meals into Something Special

Good Ingredients Brighter Days

www.EverythingHerbalByCherylJabz.com

Herbs for the Body ♥ Peace for the Soul ♥ Live Well Naturally Every Day.