

*What are some good herb combinations?*

- Parsley, chervil, chives and tarragon
- Basil, parsley and tarragon
- Thyme, oregano, rosemary and savory
- Basil, bay leaf, marjoram, oregano and parsley
- Basil, parsley and savory

*What are some good herb substitutions?*

- \* Basil: oregano or thyme
- \* Chervil: parsley or tarragon
- \* Chive: onion, green onion or leek
- \* Cilantro: parsley
- \* Marjoram: basil, thyme or savory
- \* Mint: basil, marjoram or rosemary
- \* Oregano: thyme or basil
- \* Parsley: chervil or cilantro
- \* Rosemary: thyme, tarragon or savory
- \* Sage: savory, marjoram or rosemary
- \* Tarragon: chervil or a dash of fennel seed
- \* Thyme: basil, marjoram, oregano or savory

*Where can I use dried herbs?*

Add herbs to soups, stews, sauces and salads. Use them in marinades and rubs for meat and fish. Think about how much better lamb tastes with rosemary, chicken with thyme, and tomato sauce with oregano.

Sprinkle cinnamon on oatmeal and paprika on fish or potatoes. Add ginger to marinades and stir-fries.

Once you start thinking about using dried herbs and spices, your imagination takes flight - and you remember all the good things you have always loved because of the touch of herb, kiss of spice.

Have fun experimenting with herbs, but be careful not to put too much of them in a dish at once. Start with small amounts, especially when using strong herbs like sage, rosemary and cilantro. A safe amount to start out with for a meal serving four is 1/4 teaspoon of powdered herb or 1 teaspoon of dried herb or 1 tablespoon of fresh herb.

Today there has been a great surge of renewed awareness in herbs. A revival of the culinary arts and various ethnic cuisine has prompted new interest. Health conscious cooks have found that herbs contain no calories or fat. This is very important to those on weight loss diets. Doctors even recommend the use of herbs and spices in salt-restricted diets to enhance flavor without adding sodium content. Dried herbs add great flavor, are inexpensive, and are long-lasting.

*What are Herbs?*

Herbs are soft, succulent plants which usually grow in the temperate zone. Until recently cooks have had to make do with very few fresh or dried herbs. Nowadays you can find all supermarkets and most small grocery stores have well-stocked spice shelves offering a wonderful selection of herbs and spices.

*What are Spices?*

Spices come from the bark, roots, leaves, stems, buds, seeds, or fruit of aromatic plants and trees which usually grow only in tropical countries. Pepper, allspice, cloves, nutmeg, mace, cinnamon, ginger, saffron, and turmeric are spices.

*When should I replace my dried herbs?*

When you buy new herbs, use a black marker to date them so you know when they were purchased; they should be frequently rotated. Don't be shy about tossing them when it's time. Most herbs begin to lose potency after six months. If they don't smell strong, discard them and buy a new batch.

*When should I add herbs to my food?*

Before adding the herbs to the food, crush the leaves between your fingers. This will help release volatile oils and increase the herb's flavor -- and always add dried herbs at the beginning or middle of cooking. When cooking in a crockpot, add your dried herbs (and fresh herbs too) at the end of cooking cycle. Long, slow cooking times can diminish the herb's intensity.

*Want to learn more about herbs and spices?  
Come on in and take one of our herb classes,  
you will be surprised on what you can do.*



**Truely Unique**  
2006 US Hwy 301 South  
Wilson NC 27893  
252-237-3800  
TruelyUnique.com

We are also on ETSY and Facebook

## ***Culinary Herbs and Spices***

Ever wonder why everything tastes so great and smell so delicious when you eat at a good restaurant? It is usually because of the seasoning. Great chefs know that fresh food is always best and that includes fresh herbs.

Fantastic cuisine can be very simply prepared, but add a few fresh herbs and you have created a masterpiece. As you master the art of seasoning with fresh herbs, you will astound family and guests with your remarkable culinary talents.

We carry over 350 different herbs and spices. This is just a small sample of the herbs and spices we carry. So if don't see what you are looking for just ask us we may carry it in our store.

\* Prices and product subject to change without notice.

<b>Cooking Herbs (Prices are by the ounce unless otherwise noted.)</b>	#Oz	Price
Adobo		\$1.35
Annato Seed		\$1.10
Allspice (powdered)		\$1.35
Arrowroot		\$1.85
Barley		\$0.95
BBQ Seasoning		\$1.35
Basil		\$0.80
Bay Leaves (are lightweight only need 1/2 oz)		\$0.95
Banana Chips and Crisps		\$1.10
Beet Root Powder		\$1.65
		\$
Caraway		\$1.10
Cardamom		\$1.00
Carob Raw		\$1.95
Cayenne (60 heat 90heat)		\$0.95
Chicken Bouillon Base		\$1.05
Chili Mix		\$1.50
Chili Flakes		\$1.00
Celery, diced		\$1.50
Celery Seed		\$0.95
Cherries, dried		\$2.85
Cheese Powder		\$1.60
Chocolate Covered-Coffee Beans (Seasonal)		\$2.40
Cilantro		\$1.75
Cinnamon Stick		\$0.95
Cinnamon Chips / Powder		\$0.95
Cloves		\$1.25
Coriander		\$0.85
Cranberries, Dried		\$1.75
Cumin		\$1.00
Curry		\$1.05

<b>Culinary Herbs and Spices</b>	#Oz	Price
Curry Leaf		\$1.65
Dill (seeds and weed)		\$0.95
Fennel		\$0.85
Fenugreek		\$2.00
Flax Seeds		\$0.75
Garlic (Powder and granular)		\$1.05
		\$
Ginger, Crystal		\$1.90
Himalyan Pink Salt (package)		\$2.25
Honey Powder		\$1.35
Italian Seasoning		\$1.35
Kelp		\$0.85
Leek Flakes		\$0.95
Lemon Peel or Orange Peel		\$0.95
Lemon Juice Powder or Lime Juice Powder		\$1.00
Lemon Pepper		\$1.50
Mango		\$0.95
Marjoram		\$0.95
Mace Powder		\$2.10
Mesquite Seasoning Blend		\$1.50
Mulling Spice		\$1.85
Mustard Seed (Brown and Yellow mix)		\$1.90
No Salt Herb Seasoning		\$1.90
Nutmeg (whole and ground)		\$1.00
Onions ( Powder or Granular)		\$1.05
Orange Peel		\$0.95
Oregano (Mexican)		\$0.95
Paprika (Hungarian)		\$1.50
Parsley		\$1.15
Black Pepper (whole and ground)		\$0.95

<b>Culinary Herbs and Spices</b>	#Oz	Price
Peppers, (green & red mixed)		\$0.95
Peppercorn, White		\$2.10
Peppercorn Mix		\$1.50
Papaya		\$0.95
Pineapple		\$0.95
Poppy Seeds		\$1.25
Pumpkin Pie Spice		\$1.25
Pumpkin Seeds		\$1.25
Rosemary		\$0.95
Sage		\$1.00
Savory		\$1.25
Salt (many varieties)		Market Value
Sesame Seeds		\$1.10
Sesame Sticks		\$0.95
Soy Nuts		\$0.95
Spinach Flakes		\$0.95
Spirulina Powder		\$3.50
Star Anise		\$1.00
Steak Seasoning		\$1.50
Sunflower seeds		\$1.25
Tarragon Leaves		\$1.40
Taco Mix		\$1.50
Thyme		\$0.95
Tomato Flakes		\$1.90
Turmeric		\$1.00
Vanilla Bean (whole)		\$3.00
Vegetable stew blend		\$0.95
Vegetable soup blend		\$0.95
Wasabi Peas		\$1.90
Home Harvest Soup Mix (package)		\$4.00
Dried Pesto Mix (Package)		\$3.50
Spinach Vegetable Mix		\$3.00