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Contact:

The Herb Society of America Names Top 10 Most Useful Culinary Herbs

KIRTLAND, OHIO-January 2008-Open any cookbook or cooking magazine and you will see that the majority of recipes include a fresh herb or two. Good cooks and chefs from Boston to California and everywhere in between know the secret to some of the most delicious dishes-herbs! The Herb Society of America (HSA) has named the Best of the Best in culinary herbs.

Making the list of top 10 culinary herbs are basil, garlic, oregano, marjoram, sage, dill, chives, parsley, bay and rosemary, which are all friendly to the beginning herb gardener.

“The top 10 Culinary Herbs can be found in most grocery stores and markets and are easily grown in an outdoor or window garden. The renewed interest in eating fresh whole foods along with creative cooking has lead to a renewed interest in herbs,” said Katrinka D. Morgan, HSA executive director. “This selection of herbs is an excellent start for those wanting to learn more about herbs and their uses.”

More About The Top 10 Most Useful Culinary Herbs

- **Basil**, the main ingredient in pesto sauce, is also used to top pizza, sprinkled on hot or cold tomatoes, fish and pasta dishes. Basil is also said to repel insects.
- **Garlic**, is a bulb used in many culinary dishes: roasted with meat, in salad dressings, in breads, butter and even in cookies. It has anti-bacterial properties and some studies have shown that it lowers blood pressure, cholesterol and blood sugar.
- **Oregano** is a popular ingredient in pizza, vegetables, meat and tomato recipes. Its name is derived from the Greek word oros (mountain) and ganos (joy). This “joy of the mountain” is used in Greek wedding ceremonies.
- **Marjoram**, like its close cousin oregano, is one of the main ingredients in bouquet garni and is used in a wide variety of food dishes. Marjoram tea is said to reduce cold symptoms and calm upset stomachs.
- **Sage** is a wonderful culinary herb-especially in meat recipes. It is used in sausage for flavor and preservation. Sage has also long been valued for its healing properties and is said to help relieve cold, laryngitis, sore throats and infection in the mouth.
- **Dill**, which is often used with fish and in soup and meat dishes, is the main ingredient in dill pickles.

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- **Chives**, freshly chopped are a wonderful addition to salads, meats, potatoes or egg dishes. The grass-like leaves have a mild onion flavor.
- **Parsley** is a biennial herb used for flavoring an immense variety of foods. Its leaves are high in Vitamin C and other minerals. Some people chew on the leaves after eating garlic to freshen their breath.
- **Bay**, once used to crown the heads of outstanding athletes and intellectuals, is also used to flavor fish, rice and soup. A bay leaf placed in a flour canister will deter bugs.
- **Rosemary** is used in just about every type of culinary dish with fruit, eggs, salads, sauces and meat. It is used as a hair rinse (said to make dark hair shine) and is said to repel insects.

The Herb Society of America, Inc. is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research and sharing the experiences of its members with the community. Members of The Society have a variety of interests including gardening, cooking, crafts, education and research and sharing activities with children. For more information or to purchase a membership or gift membership to The Herb Society of America please contact 440-256-0514 or visit www.herbsociety.org. The Herb Society of America is a 501 (c)(3) organization.

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