

Herbs and spices are little nutrition powerhouses and are an easy way to boost the flavour of your meals.

Did you know?

The difference between herbs and spices is where they are located on the plant. Herbs come from the green and leafy part of the plant. Spices are from other parts of the plant such as the root, bulb, bark or seeds.



Three reasons you should eat more herbs and spices

1. Health benefits of herbs

Herbs contain many vitamins and minerals, including B vitamins, vitamin K, vitamin C, iron and folate. Herbs are generally very high in antioxidants, with some herbs containing up to 1000 times the antioxidant content of fruits and vegetables

2. Health benefits of spices

Spices are a richer source of polyphenolic compounds, which act as antioxidants and anti-cancer agents, than the much-researched red wine, tea and cocoa.

3. Help decrease your salt intake

Use herbs and spices liberally in cooking to give flavour without the need to add salt. Try these famous food and herb/spice partnerships tonight: tomatoes and basil, salmon and dill, apple and cinnamon; and pumpkin and cumin.

Fresh vs Dried

Fresh herbs straight from the garden are lovely but the good news is that dried herbs actually contain a more concentrated level of antioxidants due to the absence of water.

Dried herbs also have a longer shelf life (but remember that they don't last forever) and therefore can be a more cost-effective option than purchasing fresh herbs.

This-goes-with-that flavour table

Choose one or more of the ingredients to rub, sprinkle, stir-fry or add to your favourite dishes.

DISH	FLAVOUR IDEAS	
BEEF	Garlic Rosemary Sage Thyme	Ginger Mustard Paprika
PORK	Onion Black pepper Apple Applesauce	Thyme Sage Oregano Garlic Rosemary
LAMB	Turmeric Cumin Rosemary	Garlic Black pepper Oregano
POULTRY	Lemon Tarragon Basil Paprika	Shallots Thyme Garlic
FISH	Lemon Ginger Black pepper Basil	Chives Green onions Parsley Fennel
LEGUMES	Black pepper Thyme Cloves	Onion Chives Parsley
PASTA	Oregano Thyme Marjoram Basil	Parsley Mint Lemon juice Olive oil
COOKED VEGETABLES	Thyme Parsley Oregano	Black pepper Garlic Ginger
SALAD VEGETABLES	Extra virgin olive oil Red wine vinegar Balsamic vinegar Lemon juice	Mint Basil Coriander Chives