

Herbs	Complimentary Foods
Basil	Beef, Lamb, Goat, Beans, Bread, Brussel Sprouts, Carrots, Cauliflower, Corn, Cucumbers, Eggplant, Eggs, Fish, Herb Butters, Italian, Pasta, Peas, Potatoes, Poultry, Rice, Salads, Salad Dressings, Spanish, Spinach, Summer Squash/Zucchini, Tofu, Tomatoes, Winter Squash
Bee Balm/ Bergamot	Beef, Lamb, Goat, Poultry, Tomatoes
Chervil	Beef, Lamb, Goat, Eggs, Fish, French, Potatoes, Poultry, Salads, Soups
Chives	Breads, Carrots, Chinese, Eggs, Fish, Herb Butters, Pasta, Potatoes, Rice, Salads, Salad Dressings, Spreads, Summer Squash/Zucchini, Tofu, Winter Squash
Coriander/ Cilantro	African, Beans, Beef, Lamb, Goat, Caribbean, Chinese, Corn, Fish, Mexican, Poultry, Pasta, Rice, Salads, Salad Dressings, Tomatoes
Dill	Beets, Breads, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Cheese, Cottage Cheese, Cucumbers, Eggs, Fish, German, Peas, Potatoes, Rice, Salads, Salad Dressings, Sauces, Soups, Tofu, Tomatoes, Yogurt
Fennel	African, Breads, Carrots, Cucumbers, Eggs, Fish, German, Marinades, Potatoes, Pork, Rice, Salads, Salad Dressing, Summer Squash/Zucchini, Tomatoes, Winter Squash
Horseradish	Sauces
Lavender	Baked Goods (cookies, muffins, cakes), Breads, Herb Butters, Cheese, Salads, Salad Dressings, Summer Squash/Zucchini
Lovage	Cheese, Cottage Cheese, Salads, Soups
Marjoram	Beans, Beef, Lamb, Goat, Breads, Caribbean, Carrots, Cottage Cheese, Eggplant, Eggs, Fish, French, Herb Butters, Mushrooms, Pasta, Peas, Potatoes, Salad Dressings, Soups, Sauces, Summer Squash/Zucchini, Spinach, Tomatoes, Winter Squash
Mint	Baked Goods (cookies, muffins, cakes), Beans, Beef, Lamb, Goat, Breads, Corn, Peas, Poultry, Spinach, Winter Squash
Oregano	Beans, Beef, Lamb, Goat, Carrots, Cheese, Corn, Eggplant, Eggs, Fish, Greek, Herb Butters, Mexican, Onions, Peas, Pasta, Pork, Potatoes, Poultry, Salads, Salad Dressings, Sauces, Soups, Spinach, Summer Squash/Zucchini, Sweet Peppers, Tomatoes, Turnips, Winter Squash
Parsley	Beans, Beef, Lamb, Goat, Caribbean, Carrots, Cauliflower, Corn, Eggplant, Fish, French, Greek, Herb Butters, Italian, Onions, Pasta, Potatoes, Poultry, Rice, Salads, Salad Dressings, Soups, Spanish, Summer Squash, Tofu, Tomatoes
Rosemary	Beef, Lamb, Goat, Breads, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Cheese, Fish, Greek, Marinades, Pasta, Peas, Pork, Potatoes, Poultry, Rice, Salad Dressings, Soups, Spanish, Summer Squash/Zucchini, Tomatoes, Turnips, Winter Squash
Sage	Beans, Beef, Lamb, Goat, Breads, Brussel Sprouts, Cheese, Eggplant, Eggs, Fish, Onions, Pasta, Peas, Potatoes, Poultry, Pork, Soups, Summer Squash/Zucchini, Tomatoes
Savory	Beans, Beef, Lamb, Goat, Cheese, Eggs, Fish, Pasta, Peas, Potatoes, Sauces, Soups, Summer Squash/Zucchini
Sorrel	Beef, Lamb, Goat, Eggs, Fish, Pork, Salads, Sauces, Sweet Peppers
Tarragon	Beans, Beef, Lamb, Goat, Beets, Broccoli, Carrots, Cauliflower, Cucumbers, Eggs, Fish, Herb Butters, Pasta, Poultry, Potatoes, Rice, Salads, Sauces, Spinach, Summer Squash/Zucchini, Tomatoes, Winter Squash, Yogurt
Thyme	Aparagus, Beans, Beef, Lamb, Goat, Beets, Breads, Broccoli, Brussel Sprouts, Caribbean, Carrots, Eggplant, Eggs, Fish, French, Herb Butters, Mushrooms, Onions, Pasta, Peas, Poultry, Potatoes, Rice, Soups, Summer Squash/Zucchini, Tomatoes, Winter Squash