



Herbs & Spices for Vegetables



Experiment with different herbs and spices to flavor your vegetables instead of using salt, sugar or fat.

Beans, dried: allspice, bay leaf, celery seed, chili powder, cloves, cumin, mustard seed

Beans, lima: basil, cayenne, celery, onion, savory

Beans, snap: basil, bay leaf, savory

Beets: bay leaf, cloves, nutmeg

Broccoli: caraway seed, garlic, mustard seed, onion

Brussels sprouts: caraway seed, dill, mustard seed

Cabbage: celery seed, cumin, fennel, mustard seed

Carrots: marjoram, nutmeg, parsley thyme

Cauliflower: celery seed, dill, paprika, parsley

Corn: chili powder, chives, parsley,

Cucumber: basil, chives, dill, parsley, pepper

Eggplant: allspice, bay leaf

Greens, dark leafy: marjoram, nutmeg

Greens, salad: basil, celery seed, chervil, chives, dill, marjoram, parsley, pepper,

Onions: caraway seed, celery seed, mustard seed, parsley

Parsnips: chervil, dill, marjoram, parsley, rosemary, thyme

Peas: basil, chervil, chives, marjoram, mint, rosemary, tarragon

Potatoes, sweet: allspice, cinnamon, cloves, ginger, nutmeg

Potatoes, white: basil, chives, paprika, parsley, pepper,

Squash, summer: chervil, marjoram, parsley, pepper

Squash, winter: allspice, basil, cinnamon, cloves, ginger, mustard seed, nutmeg,

Squash, zucchini: marjoram, oregano

Tomatoes: basil, bay leaf, celery seed, chives, curry, tarragon, thyme

Turnips: allspice, dill, nutmeg, paprika



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