



## Mixing Herbs and Greens

### **Some suggestions for how to mix different flavors and textures for your next garden-fresh salad.**

The greens and herbs you use, as well as the proportions of each, depend on what's available and what you like.

#### Mild Flavors

TIP: Use larger amounts—for example--3 cups herbs to 3 cups salad greens

Herbs with milder flavors that blend well with others, such as: parsley cilantro mint sorrel burnet bee balm and some varieties of basil

#### Pungent Herbs

TIP: Use smaller amounts of pungent herbs with greens.

More pungent herbs whose flavors tend to dominate, such as: dill tarragon savory chervil chives lovage

#### Choosing Salad Greens

Choose salad greens with mild flavors that don't compete with the herbs, such as: baby spinach romaine butterhead and looseleaf varieties