



Useful Links & Recipes

Topic	Website
Tips on Cooking with Fresh Herbs	https://extension.umd.edu/resource/tips-cooking-fresh-herbs
Harvesting and Preserving Herbs	https://extension.umd.edu/resource/harvesting-and-preserving-herbs
Pairing Herbs & Spices with Foods	Food herb & spice pairing chart (psu.edu)
Growing Herbs in Containers and Indoors	Growing Herbs in Containers and Indoors University of Maryland Extension (umd.edu)
Herb Problems	https://extension.umd.edu/resource/herb-problems
Maryland Grows Blog	https://marylandgrows.umd.edu/tag/herbs/
Growing Greens and Herbs in Recycled Garden Containers	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/eat-smart-blog/growing-greens-and-herbs-recycled-garden-containers
Basil: oven roasted vegetables	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/oven-roasted-vegetables
Black Bean & Corn Salsa	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/black-bean-and-corn-salsa
Spaghetti Squash with Tomatoes Basil & Parmesan	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/spaghetti-squash-tomatoes-basil-and-parmesan
Oregano: Roasted Tomatoes with Herbs	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/roasted-tomatoes-herbs
Cilantro: Chicken Vegetable Tortilla Soup	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/chicken-vegetable-tortilla-soup
Mix and Match Herbs and Spices: Vinaigrette dressing	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/vinaigrette-dressing
Salmon or Tuna Veggie Salad	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/veggie-salmon-or-tuna-salad
Italian Veggie Soup	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/italian-veggie-soup

Thank you for attending!

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