

## **BUILDING FLAVOR WITH HERBS**

# **Facilitator's guide**

### **Program goal**

To increase knowledge about various types of herbs and how to incorporate them into food preparation and cooking to enhance flavor.

### **Program objectives**

- After the program, the participants will be able to identify common herbs.
- After the program, the participants will be able to report differences in amounts and at which point in the food preparation process they should add the herb for fresh versus dried varieties.
- After the program, the participants will be able to describe common pairings of herbs and types of dishes to enhance flavor.

### **Lesson materials**

- FCS3-629 Savor the Flavor: Building Flavor with Herbs PowerPoint presentation
- Facilitator's guide (references to relevant information releases and podcast episode)
- Post-lesson evaluation
- Marketing flyer
- Leader lesson letter
- Crossword puzzle

### **Preparation**

#### **In-person**

- Make copies of the Savor the Flavor: Building Flavor with Herbs publication (FCS3-629), post-lesson evaluation, and any other necessary handouts for activities.
- Read the section below titled Ideas for Additional Activities and decide which you will implement during your teaching session.
- Gather pens and pencils for completion of activities and post-lesson evaluation.
- Market the program through various channels.
- Reserve a room and equipment needed for the program.



## Virtual

- Develop plans for online implementation (e.g. Zoom, Facebook Live, Google Classroom).
- Market the program and share login information with interested and registered individuals.
- Email or mail the Savor the Flavor: Building Flavor with Herbs publication (FCS3-629) and any other necessary handouts.
- Establish whether an online survey is required for the evaluation or if paper copies will be mailed and returned.

## Facility and equipment requirements

### In-person

- Tables and chairs for participants
- Projector for PowerPoint presentation
- Materials for selected activities (e.g. tasting)

### Virtual

- Computer and virtual lesson platform (Zoom)
- Webcam
- Internet connection
- Materials for selected activities (e.g. demonstration)

## Audience

Potential audiences include Homemaker groups and clubs, MOPS and other parenting groups, diabetes support groups, high school classes, senior citizens centers, youths and their parents or guardians, and faith-based organizations.

## Potential community collaborators

Organizations that improve health and wellness are ideal. These partners may have patients or clientele who are interested in preparing more meals at home or increasing food preparation and cooking skills. Examples include health departments, local libraries, health coalitions, diabetes educators, support groups, and WIC coordinators.

## Introduction and introductory activity

Herbs come from the leaves of plants, and you can use them either fresh or dried for culinary purposes. They provide a new dimension of flavor to dishes. You may have several different types of herbs in your cupboard, but you may not be sure how or when to use them. This lesson will talk you through common herbs, using dried versus fresh herbs, pairing with various dishes, and the benefits.

Many marinades and seasoning blends contain herbs. For a roll call or icebreaker, ask participants to each share their favorite herbs used to flavor and/or their favorite dish to pair it with (e.g., basil used to enhance flavor of pasta dishes or cilantro on tacos).



## Lesson

Share the Savor the Flavor: Building Flavor with Herbs PowerPoint presentation or publication lesson material. Encourage discussion about the information shared that people attending have heard or previously learned regarding the use of herbs in enhancing the flavor of foods. This program can be delivered in 30 to 60 minutes, depending on selected activities and format. Provide an additional activity that is appropriate for space, setting, or mode of delivery (see below).

## Conclusion

Answer any questions. Encourage conversation about creative ways to incorporate herbs in cooking. As a discussion question, ask each participant to share one thing they found interesting from the lesson or a way they plan to try a new herb as a result of participating. Complete the provided post-lesson evaluation tool or follow-up with the electronic evaluation survey.

## Ideas for additional activities

### Herb Identification Activity

Provide an activity in which participants identify fresh herbs using smell and visual characteristics. For example, basil, mint, oregano, and rosemary provide a strong aroma and would work well for this activity.

### Taste Comparison

Prepare two versions of a recipe demonstrating the use of dried versus fresh herbs. For example, prepare a version of salsa with fresh cilantro and a second variation with dried cilantro. Provide vegetables or chips for tasting. Discuss the differences in amounts used for dried versus fresh herb substitutions in recipes.

### Plate it up! Kentucky Proud Recipe Demonstration

The Fresh Corn Salad is a Plate it up! Kentucky Proud recipe that demonstrates how to use fresh herbs in a dish. This would be a simple recipe to demonstrate and sample to show how fresh herbs can go a long way in adding flavor to a dish. The recipe is at <https://fcs-hes.ca.uky.edu/recipe/fresh-corn-salad>.

### Dried Herb Blend Activity

Provide an activity in which participants build their own dried seasoning blend for use in dishes prepared at home. For example, provide dried herbs for participants to create an Italian seasoning blend. A recipe is available for Italian Herbs in the Culinary Herbs publication (HO-74). Provide containers and labels for participants to take home.

### Grow Your Own Herbs Activity

Provide an activity for participants to plant seeds to grow their own herb plants at home. Provide soil, containers, and seeds. Discuss care of plants and resources for growing herbs at home. The activity allows for potential collaboration with Horticulture and Agriculture Extension agents.

### Crossword Puzzle Activity

Distribute the crossword puzzle activity that includes clues and answers regarding types of herbs and information from the PowerPoint lesson.



## Marketing

This program includes a marketing flyer you can distribute to community partners and/or post to social media accounts.

## Newspaper/newsletter

Have you ever bought a fresh herb and wondered what to pair it with? Have you ever found a dried herb in your cupboard but weren't sure when and how to use it? Both fresh and dried herbs are commonly found at farmers' markets and grocery stores and provide a new dimension of flavor, but many people still question how and when to use them.

The \_\_\_\_\_ County Extension Office will be hosting a workshop titled Savor the Flavor: Building Flavor with Herbs on INSERT DATE, TIME, and LOCATION and ADDITIONAL DETAILS IF OFFERING THE CLASS VIRTUALLY. Join us for this class in which you will learn about adding flavor to food with herbs. This lesson will teach you about common types of herbs with practical suggestions for ways to use them in your food preparation and cooking. You will not want to miss this informative lesson that will include recipes and demonstrations about how to make your very own seasoning blend for Italian dishes (ANY ADDITIONAL INFORMATION YOU WANT TO SHARE ABOUT YOUR PROGRAM).

## Social media

Many of us know there are a variety of fresh and dried herbs out there but may not be sure about how and when to use them. Join us at the XXXXXXXX County Extension Office on INSERT DATE and TIME to learn all about adding flavor to food with herbs. We will learn about common types of herbs and incorporating them into food preparation and cooking. You do not want to miss it! (Attach flyer as an image)

## Evaluation

Distribute the one-page evaluation tool at the completion of the program. The results will inform the success story below. If you need a Qualtrics link for the evaluation, please contact Heather Norman-Burgdolf at [heather.norman@uky.edu](mailto:heather.norman@uky.edu).

## Sample success story

Research shows that people who prepare and cook meals at home are more likely to eat the recommended fruits, vegetables, lean meats, and whole grains needed in a balanced diet. Building skills and cooking knowledge increases the likelihood that people choose to prepare home-cooked meals.

To encourage more home-prepared meals, the \_\_\_\_\_ County Extension Office hosted the workshop Savor the Flavor: Building Flavor with Herbs. The Savor the Flavor program focused on flavoring dishes with herbs. Extension developed this workshop as a way to teach people how to make home-prepared meals that are flavorful and exciting. These common pantry and garden staples are versatile, yet people commonly say they are unsure of the appropriate pairings for various herbs. The goal of this program is to increase knowledge about common types of herbs and incorporating them into food preparation and cooking. \_\_\_\_ people participated in the workshop (add additional information about location/partnership/demographics here).

Of those surveyed, \_\_\_\_% indicated they better understood common pairings of herbs with dishes, and \_\_\_\_%

stated they increased their level of understanding regarding ways to incorporate herbs into food preparation and cooking. Further, \_\_\_% expressed the intention to try a new herb as a way to prepare or add flavor to foods, while \_\_\_% expressed the intention to incorporate more herbs into cooking to increase home-prepared meals.

Insert any personal testimony or comments from participant(s) as a conclusion.

## Additional Extension resources

### Podcast episode

From the Ground Up: Growing and Harvesting Herbs:

<https://news.ca.uky.edu/audio/ground-growing-and-harvesting-herbs-audio>

### Information releases

- Cooking with Rosemary: <https://fcs-hes.ca.uky.edu/internal/information-releases/ir001646>
- Cooking with Sage: <https://fcs-hes.ca.uky.edu/internal/information-releases/ir001647>
- Cooking with Basil: <https://fcs-hes.ca.uky.edu/internal/information-releases/ir001645>
- Growing Herbs in Containers: [https://fayette.ca.uky.edu/files/herbs\\_01\\_2019.pdf](https://fayette.ca.uky.edu/files/herbs_01_2019.pdf)
- Experimenting with Herbs: <https://fcs-hes.ca.uky.edu/internal/information-releases/ir001705>
- How to Store Fresh Herbs: <https://fcs-hes.ca.uky.edu/internal/information-releases/ir001654>
- Make the Most of Fresh Herbs: <https://fcs-hes.ca.uky.edu/internal/information-releases/ir001779>

### Extension publications

- FN-SSB-039: Harvesting, Preserving, and Storing Herbs
- FCS3-599: Healthy Ways to Flavor Your Food
- HO-74: Culinary Herbs

### Recipes

- Fresh Corn Salad: <https://fcs-hes.ca.uky.edu/recipe/fresh-corn-salad>  
and <https://www.youtube.com/watch?v=TyiZYd2bHBI>
- Blackberry and Basil Spritzer: <https://fcs-hes.ca.uky.edu/recipe/blackberry-and-basil-spritzer>
- Farmer's Market Skillet Bake: <https://fcs-hes.ca.uky.edu/recipe/farmers-market-skilllet-bake>  
and <https://www.youtube.com/watch?v=GWZ1oVS6iHE>
- One-Pot Pasta with Fresh Tomato Sauce: <https://fcs-hes.ca.uky.edu/recipe/one-pot-pasta-fresh-tomato-sauce>

## Reference

Sara, L., Hause, A., & Martel, P. (2015). On cooking: A textbook of culinary fundamentals. Nueva Jersey: Pearson Education.

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