

Fresh Herbs

Nebraska Seasonal Produce Guide

Fresh herbs are strong-smelling, flavorful plants that can be added to dishes to make them more flavorful. Herbs include basil, cilantro, garlic, dill, rosemary, oregano, and thyme, as well as others. They can be grown at home indoors or outdoors during their growing season.



Why Should I Eat This?

Herbs contain vitamin C, which helps heal cuts and wounds and promotes a strong immune system. They also contain vitamin K, which helps heal our bodies quickly.

Proper Storage

Store basil stems in water and cover with a plastic bag on the counter for up to ten days or in the refrigerator for up to five days. Store garlic on the counter. For cilantro, dill, and parsley, wrap the cut stems in a damp paper towel and place them in a plastic bag. Store for up to a week.

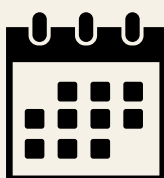
Make a Good Selection

Look for herbs that are not limp or drooping. The leaves of herbs should be bright in color and free of brown spots or yellow leaves. Herbs should have a strong smell. Garlic should be chosen when it is firm.



How Could I Use This?

- Herbs can be finely chopped and mixed with oil and lemon juice to make a chimichurri sauce that can top cooked meat
- Herbs can be chopped and added to salads
- Add to mashed potatoes
- Add to a sandwich or use in a sandwich spread
- Try adding herbs to soups and stews
- Add to an omelet or egg dish
- Incorporate into baked breads



Seasonal Availability in Nebraska

Harvest Season: May through October

Market Availability: May through October



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