

Here are a few of the most commonly known herbs...

Rosemary

Assertive, with the flavor of pine. To use: Run fingers down stems against growth to remove leaves. Crush or chop leaves. *Snip into marinades. *If you have ample supply of woody sprigs, pull off leaves and use stems as skewers for tiny potatoes (first make a hole with a real skewer) or lamb or pork chunks before grilling. *Mince leaves with garlic, insert into slits made in leg of lamb before roasting *Add to stuffing for poultry or fish. *Toss new potatoes with olive oil, coarse salt and minced rosemary before roasting. *Stir into cornbread or biscuit batter.

Thyme

Slightly pungent, with a spicy clove-like taste. Creole and Cajun cooks use thyme by the handful. To use: Remove tiny leaves from woody stems by running two fingers over stems from top to bottom. Chop leaves. *Add to beef, lamb or veal stews. *Throw whole sprigs on hot coals when grilling meat, poultry, or fish. *Add with peeled garlic to water when boiling potatoes. Mash with some of the cooking liquid and a bit of butter.

Mint

Cool and refreshing. A staple in Middle Eastern cuisine. To use: Pull leaves from stem. Chop leaves. *Toss with melon chunks and sliced oranges. *To make mint tea, pour boiling water over crushed stems. Let steep 1 hour, sweeten and chill. *Add to Tabbouleh salad (see parsley.) *Stir in to pineapple, orange, or lemon sorbet. *Use sprigs to garnish meat and fish platters and desserts. *Crush with garlic and salt, then mix with olive oil. Use to baste grilled eggplant and squash. *Toss, with cubed tomatoes, feta cheese, and oil-lemon juice dressing.

Sage

Strong, fragrant, and earthy. To use: Chop leaves or cut in shreds unless whole leaves are called for. *Saute thinly sliced onions and sage until limp. Stir in strips of lightly floured beef or calves' liver and cook just until done. *Stir into hot polenta along with shredded Parmesan or Romano cheese. *Tuck leaves under the strings around a boned and rolled pork loin before roasting. *Mix strips with drained cans of tuna, canned white or black beans, and vinaigrette dressing.

Parsley

Flat-leaf (also called Italian parsley) has a more distinctive flavor and is better for cooking. Curly is best for cold dishes. To use: Pull leaves from coarse stems and wash well. Chop leaves. *Tie 5 or 6 stems in a bundle. Simmer in soups and stews. *Tabbouleh salad: Toss prepared bulgur with lots of chopped parsley, along with fresh mint and diced tomatoes; dress with olive oil, fresh lemon juice, garlic, salt and pepper. *Sprinkle a mixture of minced garlic, parsley and lemon peel on beef stew before serving.

Tarragon

Aromatic with licorice (anise) overtones. Go easy as it tends to overpower. Used widely in French cooking. To use: Pluck leaves off stems before chopping. *Add to cream sauces for poultry and fish. *Stuff sprigs under chicken skin before roasting. *Add to eggs before scrambling or making omelets. *Put a few sprigs in a bottle of white-wine vinegar (wait a few days for flavor to blend.) Use in vinaigrette dressing for salads. *Add to mayonnaise and serve with butter, toss with hot green beans, peas, or carrots.

41 Tarragon

Dark green leaves possesses distinctive flavor. Used for culinary purposes.

42 Winter Savory

Aromatic and culinary plant with dark glossy leaves.

43 Yarrow - Summer Pastels

Fern-like leaves with pink umbrella flowers.

44 White Yarrow

Used to relieve burns and reduce fever.

45 Golden Yarrow

Fern like leaves with large yellow flowers.

46 Thai Basal

Culinary purposes.

47 Fennel

Coppery tinged foliage with an anise-like flavor. Used for culinary purposes.

48 Mexican Sage

A large bushy plant that blooms late in summer with purple and white fuzzy spikes.

49 Sweet William

Biannual ornamental.

50 Hyacinth Bean

A twining vine that has purple or white flowers with edible pods and seed.

The Herb Garden, at Mammoth Spring State Park was established in 1990 by the Mammoth Spring Garden Club. The garden club continues to maintain the herb garden. The herb garden is an ever changing and growing garden featuring culinary, medicinal herbs, and herbs which are used for fun or artistic purposes.

Please do not pick our herbs or take cuttings from them. All plants located in the state park are protected and it is a violation of state law to remove any plant material from the park.

The Mammoth Spring Garden Club holds an herb sale in the park each spring. The proceeds from the sale go directly into maintaining and improving the herb garden.



Mammoth Spring
State Park

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The Herb Garden

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