WASTE LESS, TASTE MORE 045

Store Herbs for the Next Plate



A FEW LEAVES TONIGHT SHOULD NOT MEAN A LOST BUNCH TOMORROW.

A dinner party garnish may use only part of a bunch of herbs. Store the remaining herbs according to their type and plan another dish while they are fresh.

1 Separate the garnish portion

Take what you need for tonight's plates and keep the rest protected.

Why: The entire bunch does not need to sit beside the stove during service.

2 Refrigerate most fresh herbs

For herbs such as parsley and cilantro, use a suitable refrigerated storage method. Wash under cool running water before use.

Why: Appropriate storage helps retain their usefulness for another meal.

3 Treat basil differently

Keep fresh basil stems in a glass of water at room temperature rather than treating them exactly like refrigerated herbs.

Why: Basil is sensitive to cold, which can discolor its leaves.

KITCHEN NOTES

Check the bunch regularly

Remove deteriorating leaves and use the sound remainder promptly.

Keep the next dish specific

Write "dill for cucumber salad" or "parsley for lentils" on your meal plan.

Protect delicate leaves

Avoid crushing them beneath other ingredients.

THE PLATING MINDSET

Fresh herbs are ingredients worth caring for between one beautifully finished plate and the next.

Herb storage: Health Canada / Penn State Extension (linked in PDF)