

HERBS

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GENERAL INFORMATION

Did you know? Herbs are plants with leaves, seeds and flowers that can be used to flavor foods and be used as medicine.

In season: April - October

Key nutrients: Vitamins A, C, folic acid and antioxidants

HOW TO SHOP

What to look for: Look for bright green and fragrant odors.

Methods of preparation:

Topped on foods or prepared in dishes.

Storage: Snip the stems at the base and store loosely in a plastic bag in the fridge. Use within 1-2 weeks.



RECIPE IDEAS

- Pesto
- Herb Butter
- Green Sauce

