

HERBS PROFILE

APRIL-OCTOBER



IT PAIR WELL WITH...

- BASIL, GARLIC, OLIVE OIL, SALT
- PARSLEY, LEMON, PARMESAN
- OREGANO, TOMATO, PORK

PREPERATION TECHNIQUES...

- BLEND
- STEW
- TYPICALLY, HERBS ARE BEST SERVED FRESH ON TOP OF A DISH

NUTRIENTS AND BENEFITS

- Vitamin K
 - Many herbs are high in vitamin K, specifically basil. It aids in the prevention of osteoporosis, relief from menstrual pain
- Vitamin A
 - Important for vision, growth, and cell production

ANTIOXIDANTS AND BENEFITS

- Beta-carotene
 - Eye health, cognitive function (improve memory), skin protection (protect against UV light), cancer prevention
- Vitamin E
 - Protect body from diseases associated with free radicals, reduce oxidative stress

Nutrition Facts

Serving size: 1 tbsp
Servings: 1

Amount per serving

Calories **1**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0.1g 0%

Dietary Fiber 0.1g 0%

Total Sugars 0g

Protein 0.2g

Vitamin D 0mcg 0%

Calcium 9mg 1%

Iron 0mg 1%

Potassium 16mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

KEEP IN MIND...

- **Notable flavor**
 - Herbs come in a variety of flavors, ranging from delicate onion flavors, tangy, and fresh
- **Can you consume it raw?**
 - Yes! Herbs are consumed both raw and cooked,
- **What parts of the plant can you eat?**
 - Herbs stems are typically bitter compared to the leaf, but the entire plant is edible
- **Short term storage**
 - Store in a jar with 1 inch of water in the fridge
- **Long term storage**
 - Take a bunch, hang upside down in a dark, dry area until dry
 - Lay herbs on muslin and bake at 180 degrees for 30 minutes, remove from oven and crumble for dried herbs

