### I PAIR WELL WITH...

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

#### **Nutrition Facts**

Serving size: 1 tbsp Servings: 1

Vitamin D 0mcg

Potassium 16mg

Calcium 9mg

Iron 0mg

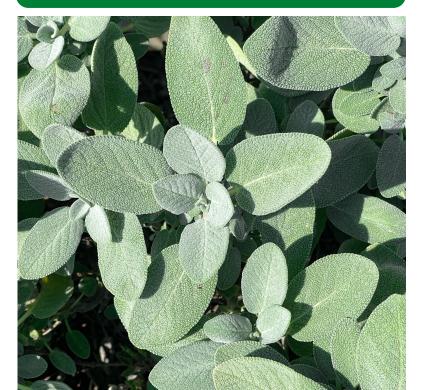
Amount per serving	4
Calories	1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0.1g	0%
Dietary Fiber 0.1g	0%
Total Sugars 0g	
Protein 0.2g	

\*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.

1%

1%

0%



#### PREPERATION TECHNIQUES...

- ✓ BLEND

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

#### **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

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## **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

