



## Hey, Herb! What can you add?

## FRESHNESS FACT

Our local farmers give us the tomatoes, cucumbers and other produce to use in recipes that are on our daily menus. But how can we season them?

With herbs, of course.

Herbs are plants whose fresh or dried parts are used to season foods, provide fragrances, supply natural dyes, or make industrial or pharmaceutical products. In many parts of Europe, herbs are used instead of shrubs or flowers as foundation plantings or garden borders.

Culinary herbs – the ones we use – are those whose fresh or dried leaves are used in cooking. Some of the common culinary herbs are basil, chive, dill, oregano, parsley, sage, rosemary, and thyme. Each has a unique flavor to add, and each pairs exceptionally well with certain foods – basil or oregano in tomato sauce, dill or chives with lemon, etc.

Our herbs will spend their growing time adding fresh scents and attractiveness to the gardens in which they're grown, and then they'll serve us by flavoring the food we prepare and eat.

Explore the wonderful and tasty world of herbs with us as we enjoy the fragrant, flavorful products of the garden!

Our commitment ... to the best for your nutrition.

