

## Hey kids, become a FOOD EXPLORER and check this out!

# **Fresh Herbs**







### Did you know...?



- There are lose to 3,000 different types of herbs used for medicine, food flavoring, and aroma.
- Common herbs used for cooking include parsley, basil, cilantro, oregano, dill, mint, and thyme.
- Oregano is known as the "pizza herb." It is a basic ingredient for many Italian dishes.
- Parsley is a natural breath freshener.
- Mint can be used in tea, and sweet and savory dishes.
  Some varieties of mint include spearmint and peppermint.

### **DELICIOUS AND NUTRITIOUS**

Cilantro can help improve your sleep and help settle an upset stomach.

#### **A SUPER SNACK IDEA**

Infuse water with basil and watermelon or cucumber and mint for a refreshing flavorful drink.

#### HERB HUMOR

What did Herbert say when his guest arrived late? Do you have any idea what thyme it is!

#### **UMassAmherst**

Extension Nutrition Education Program

#### For healthy recipes and low-cost tips, visit our website at ag.umass.edu/nutrition.

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