

Louisiana HARVEST *of the* MONTH



Herbs

Fun Facts:

- Herbs are considered culinary flavorings that come from the vegetative part of the plant, most often leaves and roots.
- Herbs have been used in cooking and as health remedies for thousands of years. Herbal seeds have been found dating back as far as 500,000 years ago.
- Some herbs, such as basil, are planted in vegetable gardens to help deter pests.

Nutrition Facts:

- Fresh herbs aid in the digestion of food and help eliminate toxins from the body.
- Cooking with fresh herbs enhances the flavors of food without adding fat, sodium or calorie content.
- Fresh herbs are nutritious. They have many of the same nutrients and phytochemicals that our favorite green, leafy vegetables contain.



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