



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

Fresh Herbs



Did you know...?



- There are close 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!