



## The Vegetable of the Month is HERBS!

Herbs are plants used in cooking or for their medicinal properties. Herbs are usually used for their green, leafy parts, and add flavor to the dishes we cook.

**Parsley** is the world's most popular herb. You often see sprigs of parsley used as decorative garnishes on top of food, but it is also used to season many dishes. Parsley can help to freshen breath and even get rid of the smell of garlic if rubbed on your hands. It is naturally high in **Vitamins K, C, and A**, so eat your garnishes!

**Chives** are an herb from the onion family. Although they are from the onion family, chives do not have large bulbs. They grow in clumps like grass, and the shoots are small hollow tubes that are cut up for use in dips, sauces, and salads. Chive flowers are small pink pom-poms that are also edible.

**Dill** is most well known as a flavoring for pickles in the United States. It is related to parsley, and is a tall, feathery herb used for its leaves and seeds. The word dill comes from the Norse word *dylla*, meaning to soothe or to lull. Parents used to give their children dill seeds to chew in church to keep them awake and alert during long sermons.

**Basil** is a member of the mint family. It is native to tropical Asia and is a common flavoring in Thai, Vietnamese, and also Italian cooking. It has a strong smell. There are several major varieties of basil used, including Thai (hot and spicy), Common, Holy Basil, and Lemon Basil. Some basil seeds can germinate even after 10 years!



**Look for Herbs on the lunch line this month. Try recipes like potato wedges with chive dip and cucumber dill salad. Use herbs in recipes at home!**

