



This month
we're celebrating
**herbs
& spices**

Discovery
KITCHEN

DID YOU KNOW?

- Thyme is an easy to grow herb and pairs well with fish, chicken, and stuffing.
- Herbs and spices are an excellent substitution to salt to add flavor to your dishes!
- Turmeric is typically used in Indian dishes and has a pungent, earthy-sweet taste. It has been used medicinally for thousands of years for its anti-inflammatory properties.
- Basil is great for treating acne and other infections because of its antibacterial and anti-inflammatory properties.
- Cinnamon is one of the most delicious and healthiest spices, known for lowering blood sugar and reducing risk of heart disease - Ceylon Cinnamon is the best quality!