



#LOL: WHAT HERB DO PEOPLE ALWAYS WISH THEY HAD MORE OF? THYME!

FUN FACTS!

Double Duty

Some plants produce both an herb and a spice! Cilantro is the leafy herb of the same plant that gives us the popular spice, coriander.

Let Food Be Thy Medicine

Unlike herbs, spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties.

Belly Ache?

Try soothing upset tummies with ginger root tea, found in most grocery stores.

Dew of the Sea

Rosemary means "dew of the sea" and comes from the coasts of the Mediterranean. This evergreen herb can grow up to five feet tall – that's a lot of rosemary!

Art Work At Home

Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!

SIMPLY
GOOD

PEPPER

HERBS & SPICES

BUY SPICES IN BULK!

Because of how long they last, it's safe to buy more and save. Whole spices (like peppercorn) will stay fresh for about 4 years, ground spices (like turmeric, ginger, garlic powder) for about 2 to 3 years and dried herbs (like basil, oregano, or thyme) for 1 to 3 years.

BLEND UP SOME FLAVOR!

Whey protein is known for it's awesome muscle building power. Great news for our families - we don't need to buy expensive powders to reap the benefits. Try a **Cinnamon Apple Protein Smoothie**:

Protein Smoothie: Blend 1 cup vanilla greek yogurt, $\frac{1}{2}$ cup apple juice, and 1 tsp cinnamon in a blender with 1 cup of ice. Drink up after a big game or workout for filling recovery!

CILANTRO LIME BROWN RICE

Serves 4

4 oz parboiled brown rice, dry	1-1/4 cup chicken broth
1 tsp oil	1/2 tsp lime zest
1-1/2 Tbsp onions, chopped	2 tsp lime juice
1-1/4 tsp garlic, minced	1-1/4 Tbsp cilantro, minced

Heat oil in the bottom of a saucepan and caramelize onions and garlic in the pan. Pour rice and broth into the saucepan. Bring to a boil. Stir, cover, and reduce heat to medium-low. Simmer for 10 minutes. Remove from heat and set aside until water is absorbed, about 5 minutes. Add lime juice, lime peel zest and fresh minced cilantro. Fluff with fork and serve.

Nutrition per 1/2 cup serving: 130 calories, 2 g fat, 55 mg sodium, 0 mg cholesterol, 23 g carbohydrate, 3 g protein, 1 g fiber

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