



#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!





# 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**: Blend 1 cup vanilla greek yogurt, ½ 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!



ROSEMARY



SAGE



## 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, mined        | 1-1/4 Tbsp cilantro, mined |

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



MINT



CHILI POWDER



PEPPER

