

HARVEST OF THE MONTH: HERBS



NUTRITION FUN FACTS:

- Eating herbs can provide some of the essential vitamins, A, C, and K, which help to build immunity and healthy bone tissue.
- Herbs contain some of the highest levels of antioxidants, which help to slow cell damage.

Fun snack ideas!

HOW TO EAT HERBS:

1. Mint and cucumber can be added to beverages to make a yummy drink such as a refreshing cucumber mint water, for a great flavor and a pretty garnish.
2. Chopping up fresh rosemary and adding it to mashed or roasted potatoes will give your dish a wonderful taste.
3. Dried herbs can replace fresh herbs for more convenience.

Pick the yummiest!

THINGS TO LOOK FOR:

1. When purchasing fresh herbs, make sure there aren't any black or browning soggy bits.
2. Fresh herbs should be vivid in color, springy in appearance, and fresh/aromatic in smell.
3. To store fresh herbs, place in a damp paper towel and wrap loosely. Store the herbs in a resealable bag or airtight container, in the the fridge.

**BEST TIME TO
EAT:**

YEAR ROUND



UNC Center for Health Promotion and Disease Prevention

RECIPE: CAPRESE SALAD

DIRECTIONS

1. Slice the tomatoes and mozzarella, then layer them while alternating slices.
2. Wash basil, and put a piece between each slice of tomato and mozzarella (so that you have a white, green and red pattern going), and sprinkle basil on top of entire dish as well.
3. Sprinkle salt, and black pepper over the entire dish.
4. Drizzle olive oil and balsamic vinaigrette to taste over the entire dish.
5. Serve and enjoy!

INGREDIENTS

10 Minute Prep

4-6 Servings

- 3 vine-ripe tomatoes (1/4 inch thick slices)
- 1 pound of fresh mozzarella (1/4 inch thick slices)
- 1 bunch of basil, about 20-30 leaves
- 2 tablespoons of extra virgin olive oil
- 2 tablespoons of balsamic vinaigrette (optional)
- 1/2 teaspoon of Salt
- 1/2 teaspoon of Black pepper

ACTIVITY: MATCH THAT HERB

Draw a line to the matching picture of the herb to its corresponding name to test your knowledge!



MINT

PARSELY

ROSEMARY

BASIL