

All it takes is a quick snip or a pinch to add flavor to your meals!



Herbs - a little goes a long way

Want to elevate and add dimension to a meal?

Studies show there is a range of health properties that herbs possess including antioxidant, anti-inflammatory, antibacterial, antitumorigenic, anticarcinogenic, and glucose and cholesterol-lowering. Some can enhance focus and mood.

Along with their unique flavors and aromas, herbs also provide fiber, vitamins and minerals. There are thousands of herbs, too many to name here. We've chosen to discuss a few below. But go around any farmers market and your bound to discover many more.

OREGANO:

- Associated with providing relief from asthma, coughs, and other respiratory ailments.
- Oregano leaves are rich in carvacrol, a compound that has been effective against norovirus, a highly contagious stomach bug and in helping to lower blood glucose levels.
- Oregano tea (which you can make) can help boost the immune system and help the body fight infections.

SAGE:

- Also associated with providing relief from bronchitis, cough, asthma, and other respiratory ailments.
- Sage may help memory and elevate mood and alertness.
- Drinking sage tea may improve levels of cholesterol and triglycerides among people with type 2 diabetes.

ROSEMARY:

- May boost the immune system and improve circulation.
- Contains compounds that may help keep blood sugar in check, important in controlling diabetes along with other compounds that may contribute to improved memory.
- Contains the antioxidant, carnosic acid, which may help protect brain cells from age-related changes such as deteriorating verbal skills and increased difficulty in learning new information.

THYME:

- When brewed into a tea, it is associated with providing relief from sore throats, coughs, and bronchitis and has expectorant and antispasmodic properties.
- Helps to promote digestion.
- Contains thymol, the active ingredient that provides antioxidant, anti-inflammatory and antimicrobial properties.

LEMON BALM:

- Has been shown to reduce stress and anxiety and improve sleep.
- May lift negative mood and provide a sense of calmness and relaxation, particularly when paired with valerian and chamomile herbs.
- May help heal cold sores and relieve itchy bug bites when applied topically.