

# Harvest of the Month



## HERBS



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** parsley on its own.
2. **MAKE** a dish with parsley using the recipe and ingredients provided.
3. **LEARN** about herbs with the information below.



### Fun Facts

- Herbs have been used in cooking and medicine across the globe for thousands of years.
- When we talk about culinary herbs and spices, "herbs" generally refer to the leaves and flowering parts of plants, while spices come from fruits, seeds, bark, and roots.
- Herbs are a perfect addition to any garden, as they can be grown in beds, containers, and even indoors.
- The antioxidants in herbs help your cells stay healthy!

### Storage Tips

- Purchase only enough herbs for immediate use, unless planning to dry or freeze them. Trim the bases of the stems, place them in a jar with an inch of water, cover loosely with a plastic bag, then transfer to the refrigerator.
- For long-term storage, tender herbs like parsley and cilantro can be removed from their stems and frozen into ice cubes. Pack ice cube trays with chopped herbs, cover with water and freeze. Transfer frozen cubes into a Ziploc bag and keep in the freezer.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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