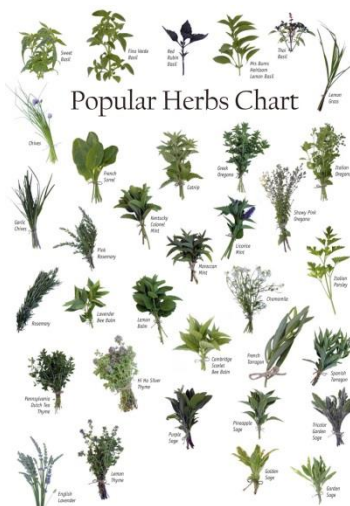


Herbs



Herb Facts

- Culinary use typically distinguishes herbs from spices. Herbs refer to the leafy green or flowering parts of a plant, while spices are usually dried and produced from other parts of the plant, including seeds, bark, roots and fruit.
- Many herbs have been used as medicine throughout history and are still used as natural remedies.
- Some examples of herbs as medicine: mint gets rid of gas and stomach aches and helps you relax and rest, and oregano has been known to fight viruses and bacteria like antibiotics do.
- Ever since the days of ancient Greek scholars, rosemary has had a reputation for helping with memory and energy. People were known to wear rosemary garlands, braid it into their hair, or dab its oil on their heads to improve mental capabilities while studying.
- Herbs can be used fresh or dried. Some herbs have a stronger flavor when they are dried, but others have a stronger flavor when fresh.
- Herbs can be added to salads, dressings, soups, or steeped as tea.
- There are over 10,000 types of herbs with some of the most common being parsley, mint, rosemary, thyme, cilantro, oregano, basil, dill, chives and garlic.
- New Jersey ranks sixth in the nation for fresh herb production.

