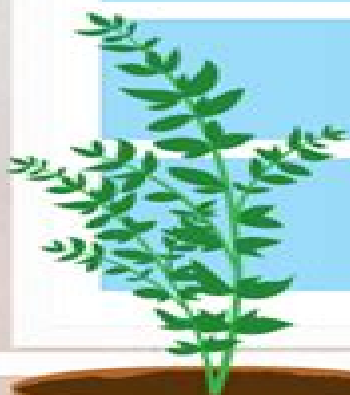


5 BEST HERBS

FOR KITCHEN GARDENS



Thyme

Flavor & Use

Lightly pungent, spicy & clove-like. Good with meats or vegetables because it lightens the profile of the dish, increasing the balance.

Health Benefits

- Anti-microbial.
- Linked to reducing high blood pressure (hypertension), acne, yeast infections, colon & breast cancers.



Chives

Flavor & Use

Thin, hollow leaves with a mild onion flavor. Good in any dish. Great when used as a garnish.

Health Benefits

- Contains Allicin, which has anti-inflammatory properties.
- Linked to improving cholesterol, digestion, & fighting infections.



Mint

Flavor & Use

Sweet, cool, & refreshing. Best known for desserts, but fantastic with lamb & other savory dishes.

Health Benefits

- Contains Menthol, traditionally used for digestive problems, it has been linked to improvements in Irritable Bowel Syndrome.



Sage

Flavor & Use

Deep rich flavor with a slight citrus note. Combines well with rosemary & thyme. Popular varieties include English, Pineapple, Purple, & Variegated.

Health Benefits

- High in antioxidants.
- Anti-inflammatory properties.
- May help improve memory & treat Alzheimer's Disease.



Basil

Flavor & Use

Sweet & spicy, with an anise (licorice) note. Great for increasing the depth of flavor in sauces & dressings.

Health Benefits

- Used for treating arthritis & inflammatory bowel diseases.
- Antioxidant rich.
- May have anti-aging properties by killing harmful molecules in the body.

Salad Herbs How To Grow And Use Them In The Kitchen

Victor M. Corman



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