HEALTH BENEFITS

ANTI-INFLAMMATORY POLYPHENOLS CARTENOIDS ANTIOXIDENTS MINERALS PLANT FIBER VITAMINS

SHOPPER’S TIPS

Herbs are very easy to grow in a small garden or pots. Purchase started plants from a local nursery, plant and water. Snip just enough for each recipe while you are cooking.

Choose fresh, vibrant and fragrant herbs without brown spots.

When you bring your fresh bunch of herbs home, snip off the bottoms, place them in a jar of water, cover with a plastic bag, and place in the refrigerator. Use within a week.

FEATURED FARM OF THE MONTH: VINEYARD HERBS

Melissa Harding of Vineyard Herbs has a hard time choosing one favorite herb out of the sixty that she and her team work with, but has high praises for chamomile. She encourages every mother to keep some with her to “soothe the frazzled nerves motherhood can bring, and to provide relief for little ones when they have an illness, discomfort, or trouble sleeping.” Look for Vineyard Herbs teas and tinctures at Healthy Additions, Cronig’s markets, LeRoux, Rainy Day, the West Tisbury Farmer’s Market, and at vineyardherbs.com.

HEALTHY SERVING IDEAS

If you have an abundance of fresh herbs, chop them, fill an ice cube tray with water, wine or stock and place herbs in the liquid. Store frozen ice cubes in a plastic bag and use to flavor sauce, soup, pasta and more.

A bounty of fresh herbs can be steeped in vinegar to be used in the winter for salad dressing.

Try adding tender herbs such as basil, dill, chives or cilantro into salads for extra flavor.