

HERBS AND SPICES– What’s the Dill?

Many of us use the words “herb” and “spice” interchangeably, but there is actually a difference between them!

Herbs are obtained from the leaves of “herbaceous” or non-woody plants. Some common herbs are thyme, basil, rosemary, or mint.

Spices are obtained from roots, flowers, fruits, seeds, or bark of plants. Spices often are stronger in flavor in herbs, so used in smaller amounts in cooking. Some spices include cinnamon (from the bark of the cinnamon tree), ginger (from a root), cloves (from the flower bud), and nutmeg (from a seed).

Some plants are sources of both herbs *and* spices. Coriandrum sativum, whose leave we commonly know cilantro also gives off seeds that are dried and used as what we call coriander. Dill seeds are also a spice, whereas dill weed from the leaves is an herb.

Health Benefits

The addition of herbs and spices to any meal can help improve overall flavor, without the addition of salt. High intake of salt, or sodium, can contribute to the following conditions; hypertension, congestive heart failure, renal disease, and liver disease. Using herbs and spices is a great way to reduce salt and sodium intake while still eating food that is packed with flavor!

Peach Salsa

- | | |
|---|--------------------------------|
| 1 cup chopped peaches (canned or fresh) | ½ cup chopped cilantro |
| 1 large tomato, chopped | 1 tablespoon lime juice |
| 1 bell pepper, seeded and chopped | ¼teaspoon each salt and pepper |
| ½ cup chopped onion | Optional: diced jalapeno |

Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix. Cover and refrigerate until ready to serve. Refrigerate leftovers within 2 hours.



FIND US ON



HOPE YOUR MONTH
IS JUST PEACHY

