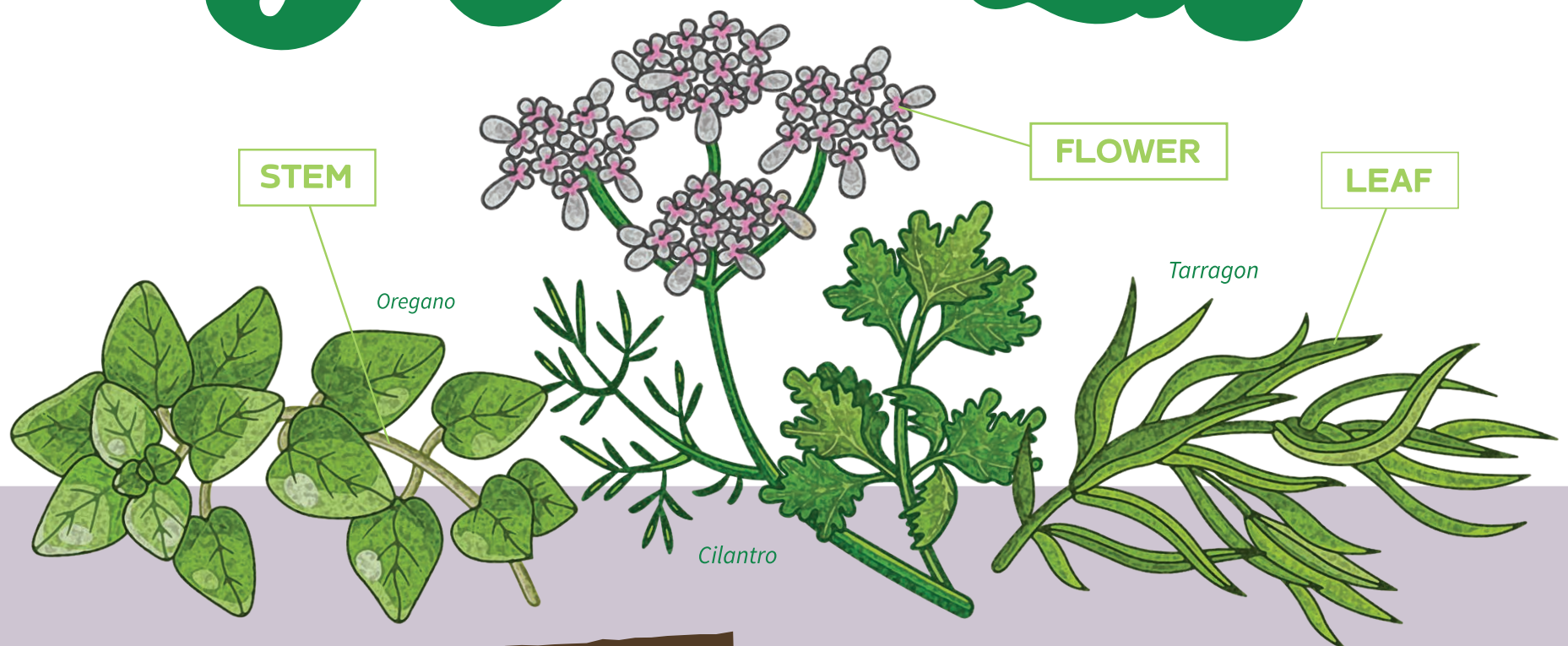


# - FARM FRESH - Herbs



## FOOD *for* FUEL

DRIED HERBS OFFER A CONCENTRATED FLAVOR AND ARE TYPICALLY USED IN SMALL AMOUNTS AS SEASONING. WHEN EATEN FRESH, HERBS HAVE A MORE MILD FLAVOR AND CAN BE EATEN IN LARGER AMOUNTS SIMILAR TO LEAFY GREENS.

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING FRESH HERBS IN YOUR DIET:

### Healthy BONES & BLOOD

Basil is a significant source of vitamin K which helps make various proteins that are needed for blood clotting and the building of bones.

### Happy GUT

Used for centuries to treat digestive issues like gas, bloating, and indigestion, the menthol found in mint has a relaxing effect on gastrointestinal tissue.

### Quick RECOVERY

Packed with antioxidants, cilantro is a good source of vitamins A, C, K, and E, and may help fight infections and reduce inflammation.



“ My favorite herb is cilantro. I just love the smell of it. It can enhance the flavor of any dish—I like to add it to homemade chicken soup.”

– Bai Thao  
Herb Farmer | Sanger, CA

Some herbs can be used to keep pests away. Lemongrass is a natural mosquito repellent, rosemary will keep flies away, and chives discourage aphids from visiting the garden.

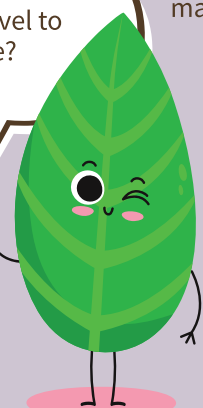
Did you know?



The world's largest vertical farm is operated by AeroFarms inside a 69,000-square-foot former steel mill in Newark, New Jersey. Opened in November 2016, the facility grows 250 different types of vegetables and herbs.

What do herbs use to travel to the future?

A thyme machine!



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Scan the code with your  
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more about herbs.