



How do you flavor your food?

¿Cómo anade sabor a tu comida?

- * **Market fresh herbs add different, unique flavors to foods without adding salt, sugar or fat. Try experimenting with combinations of herbs and spices to see if you like the flavor. They also add color to any plate!**
- * **Try something new. Different herbs and spices add a new twist to your recipes and variety to your meals.**
- * **Too tired to cook? Enhance your take-out and leftovers with market fresh herbs. Try pizza with garlic scapes, meatballs with cilantro and ginger with chicken.**
- * **Bring out the flavor in your spices by cooking them a little before you add the food you want to cook. You can toast dry spices on a dry pan or in a little oil. Your spices will be ready when you smell them toasting!**
- * **Use 3 times as much fresh herbs to get the same flavor as dry herbs. Add delicate herbs (e.g. basil, dill, mint and cilantro) a minute or two before finishing cooking. Don't forget to taste as you cook to see if you need to add more flavor.**
- * **When doubling a recipe, don't double the amount of herbs and spices you use! Add them bit by bit, and taste to see if it's right.**
- * **Choose *powdered* garlic and onion instead of garlic/onion salt!**

Herbs on front side (from top to bottom): mint, garlic, cilantro, dill, hot peppers, basil