

# Leaf It to Herbs: Nourishing Your Body with Nature's Goodness

Herbs are not only a delicious addition to your meals, but they also offer a wide range of health benefits. Many herbs are packed with antioxidants, vitamins, and minerals that support your overall well-being. Incorporating fresh or dried herbs into your daily routine can enhance the flavor and nutrition of your food.

## Benefits of Herbs:

- Rich in Nutrients:** Many herbs are packed with vitamins and minerals, such as Vitamin C, Vitamin K, folate, and potassium. For example, parsley is a great source of Vitamin C, while basil is high in Vitamin K.
- Anti-Inflammatory Properties:** Herbs like turmeric, ginger, and oregano are known for their anti-inflammatory benefits, which can help reduce the risk of chronic diseases such as heart disease and arthritis.
- Supports Digestive Health:** Herbs like mint, ginger, and fennel can promote healthy digestion and alleviate common digestive issues like bloating or indigestion.
- Rich in Antioxidants:** Many herbs, such as thyme, rosemary, and oregano, are loaded with antioxidants that can help protect your body from oxidative stress and improve overall health.
- May Boost Immunity:** Garlic, thyme, and echinacea are just a few herbs known for their immune-boosting properties, helping your body fight off infections and illnesses.

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## How to Use Herbs:

- **Fresh vs. Dried:** Fresh herbs are typically more aromatic, while dried herbs have a more concentrated flavor. Fresh herbs are ideal for garnishing or adding to dishes at the end of cooking, while dried herbs can be added at the beginning of cooking for a more robust flavor.
- **Herb Combinations:** Certain herbs pair well together, such as basil and oregano for Mediterranean dishes or thyme and rosemary for roasted meats.
- **Growing Your Own:** Growing herbs at home, whether in a garden or on a windowsill, is an easy and cost-effective way to have fresh herbs readily available. Some common herbs to grow include basil, parsley, mint, and chives.

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## Herb Tips for Daily Use:

- **Add herbs to your water:** Infuse water with fresh mint, basil, or rosemary for a refreshing twist.

- **Use herbs in smoothies:** Mint, parsley, and basil can be great additions to green smoothies.
  - **Herb ice cubes:** Freeze fresh herbs in ice cube trays with water to add flavor to drinks or use in cooking.
  - **Herb butters:** Blend softened butter with fresh herbs like chives, parsley, and garlic to spread on bread or vegetables.
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## Water Infused with Herbs: Refreshing and Nutritious Recipes

Infusing water with herbs is an excellent way to boost flavor and add health benefits without extra calories or sugar. Herbs can help hydrate, support digestion, and offer a variety of wellness benefits. Here are some delicious and easy water-infused recipes featuring herbs:

### Lemon Rosemary Infused Water

#### Ingredients:

- 1 lemon, thinly sliced
- 2-3 fresh rosemary sprigs
- 4 cups water
- Ice (optional)

#### Instructions:

1. Add the lemon slices and rosemary sprigs to a large pitcher or jar.
2. Pour in the water and stir gently to combine.
3. Let the mixture infuse in the fridge for at least 2 hours (or overnight for a stronger flavor).
4. Serve chilled, with ice if desired.

#### Benefits:

- **Lemon** is rich in Vitamin C and helps detoxify the body, supporting digestion and boosting immunity.
  - **Rosemary** is known for its antioxidant, anti-inflammatory, and digestive benefits, and it can also improve memory and focus.
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Incorporating a variety of herbs into your meals can be an easy and flavorful way to boost nutrition, add vibrant flavors, and promote good health.

## Add a Little Herb, Taste the Magic



### Garlic Herb Butter

#### Ingredients:

- 1/2 cup unsalted butter, softened
- 2 cloves garlic, minced
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh thyme, chopped
- Salt and pepper to taste

#### Instructions:

1. In a bowl, mix together the softened butter, garlic, parsley, and thyme.
2. Season with salt and pepper to taste.
3. Spread on bread, use on vegetables, or top grilled meats.

**Tip:** This herb butter can be stored in the fridge for up to a week.



### Lemon Rosemary Roasted Potatoes

#### Ingredients:

- 1 lb. baby potatoes, halved
- 1 tablespoon olive oil
- 1 lemon, sliced
- 2 rosemary sprigs, chopped
- Salt and pepper to taste

#### Instructions:

1. Preheat the oven to 400°F (200°C).
2. Toss the potatoes with olive oil, lemon slices, rosemary, salt, and pepper.
3. Spread the potatoes on a baking sheet and roast for 25-30 minutes, or until crispy and golden.
4. Serve as a side dish.

**Tip:** You can also add garlic for an extra burst of flavor.

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## Basil Pesto

### Ingredients:

- 1 cup fresh basil leaves
- 1/4 cup pine nuts (or walnuts)
- 1/4 cup Parmesan cheese
- 1/4 cup olive oil
- 1 garlic clove
- Salt and pepper to taste

### Instructions:

1. In a food processor, combine basil, pine nuts, Parmesan, garlic, and olive oil.
2. Pulse until smooth, adding more oil if needed to reach desired consistency.
3. Season with salt and pepper.
4. Toss with pasta, spread on sandwiches, or drizzle over roasted vegetables.

**Tip:** You can freeze pesto in ice cube trays for easy use later!



## Simple Herb Salad Dressing

### Ingredients:

- 1/4 cup olive oil
- 2 tablespoons red wine vinegar (or lemon juice)
- 1 teaspoon Dijon mustard (optional, for extra creaminess)
- 1 tablespoon fresh herbs (such as parsley, basil, or thyme), chopped
- 1 small garlic clove, minced
- Salt and pepper to taste

### Instructions:

1. In a small bowl or jar, whisk together the olive oil, vinegar (or lemon juice), Dijon mustard (if using), and minced garlic.
2. Stir in the chopped fresh herbs.
3. Season with salt and pepper to taste.
4. Drizzle over your favorite salad and toss to combine.

**Tip:** You can easily adjust the herbs based on what you have on hand—fresh dill, oregano, or tarragon are all great choices!