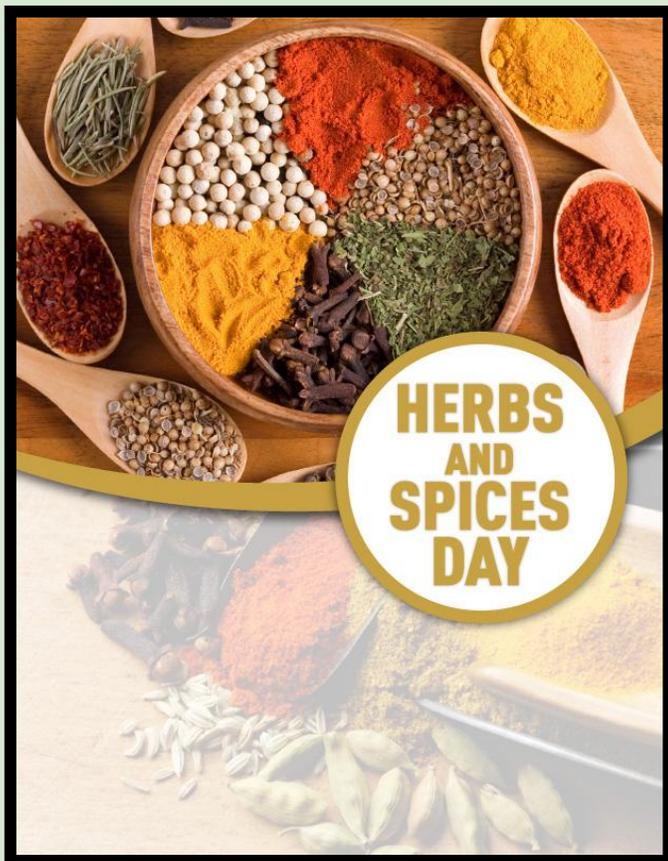


## HERBS AND SPICES DAY JUNE 10



Spices and herbs are common in most food around the world today. Both are used to flavour foods and some for medicinal purposes. In early times, herbs and spices were considered luxuries and only available for the use of the wealthy.

The essential difference between a herb and a spice is where it is obtained from on the plant. Herbs usually come from the leafy part of the plant and are usually dried. However, some herbs can be used fresh. Spices can be obtained from the seeds, fruit, root, bark, or some other vegetative substance. Spices are not necessarily as fresh as some herbs can be.

### Celebrating Herbs and Spices Day

Showcase herbs and spices and how they are used around in the world in regional cuisine. It is a great way to showcase world flavours and bring some diversity to your weekly menu. Use smart recipes™ search tool to look up great ethnic recipes featuring herbs and spices:

**Want to cook Italian**, search ingredient key words like: Flat leaf parsley, oregano, basil, fennel

**Want to cook Mexican**, search ingredient key words like: Paprika, cumin, chipotle, ancho, or cayenne

**Want to cook Indian**, search ingredient key words like: coriander, cumin, cardamom, turmeric

**Want to cook French**, search ingredient key words like: Tarragon, Thyme, Sage, chervil, marjoram

**Want to cook Asian**, search ingredient key words like: Ginger, star anise, thai basil, mint, lemon grass

### Promoting Herbs and Spices Day

- Display the nutrigram/superfood information at the station where the herbs are being featured. [Click here](#) to access
- Place freshly cut herbs in vases around the servery. It will look great and smell amazing
- Find some information about the health benefits of the particular herbs that you are using.
- Try to utilize local herbs as much as possible. Use the local identifier to promote.