

# Culinary Herbs

A culinary herb garden is made up of herbs that are used for adding flavor to your cooking. Spice up your diet with some of these zesty herbs.

When planning your own culinary herb garden, select herbs that you cook with every day. Since different types of cuisine use different herbs, growing the herbs you use most often will save you time and money by eliminating a trip to the grocery store every time your recipe requires the use of fresh herbs. You simply have to walk out your back door!

How many of these culinary herbs do you recognize from your favorite dishes?

## Did you know?

The leaf of a plant used in cooking is generally referred to as an herb. If any other part of the plant is used, such as buds, bark, roots, berries or seeds, it is called a spice. Typically, fresh herbs and spices contain higher levels of flavor and antioxidants than dried or processed products. For example, fresh garlic is 1½ times more potent than dried garlic powder.

Find helpful Culinary Herb information at [GBBG.org/Herbs](http://GBBG.org/Herbs)



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A unique way to bring your culinary herb garden indoors