

# HERBS & SPICES



## Exploring Flavors with Herbs and Spices:

- Herbs and spices are great ways to enhance the flavors of our meals. Rubbing the herbs between your fingers or hands releases the essential oils to increase the herb's fragrance and flavor. If you don't have fresh herbs on hand for a recipe, this is a great way to enhance the flavor of your dried herbs.

## Activity:

- Get a sample of the herb of your choice. Dried herbs will have the most noticeable difference between the first and second smell.
- Pick up the herb, smell it and set it back down.
- Now, rub the herb between your fingers first and then smell it.
- What did you notice between the first time you smelled the herb and the second time you smelled it? Did anything change?

