



Can I Eat That?



Intro to Growing & Using Medicinal Herbs



Chef Becca

County Extension Coordinator/FACS Agent

Serving Clayton County residents through research-based information for every day living.

Certified Chef

Help people discover themselves through cooking and eating.



MY FAVORITE QUOTE

Herbs add gusto to foods and beverages . . . and also work well as substitutes for part or all of the salt normally added to foods.

Wayne McLaurin, Professor Emeritus
University of Georgia
College of Agricultural and Environmental Sciences








Herbs 101

HERBS USED FOR COOKING,
BAKING, AND DRINKS

Use herbs to spice up your foods and add the vitamins and nutrients you need every day.





Top Herbs

Fan favorites from my kitchen to your home

Some herbs can be linked to certain cuisines.



Rosemary





Parsley

Ginger



Garlic





What Goes With This?

ITALIAN

oregano, parsley, garlic, basil, fennel

SOUTH AFRICAN

cumin, coriander, fennel, scallion

FRENCH

thyme, parsley, marjoram, bay, chives, rosemary

GREEK

rosemary, garlic, mint, parsley, oregano

GERMAN

dill, fennel, caraway



Hibiscus

UNCOMMON BUT AMAZING

Hibiscus Tacos

TURN DINNER INTO AN
EXPERIENCE

Not your typical type of taco but packed
full of powerful health benefits.

