

Spring into Flavour!

As spring has sprung, many of us are turning our attention to gardening. When thinking about what to plant in your garden this year, consider planting a variety of herbs. Herbs add flavor to meals without salt, meaning you can cut back on your sodium intake while keeping your meals flavourful and delicious!

If you don't have an outdoor garden, not to worry, growing an indoor herb garden is easier than you may think. Choose a herb that you like to cook with often (basil is great for a variety of dishes). You can purchase potted herbs at your local grocer or you can buy the seeds and plant your own. Here are a few tips to ensure your indoor herbs thrive!

1. Herbs love the sun! Place your herbs in windows that face south or west so that they get a lot of sun.
2. Don't over water. Too much water can cause herbs to wilt and lose their flavour.
3. When potting your herbs, choose containers with drainage holes.
4. Use your herbs often. Cutting or picking the leaves will encourage growth.



Tips on using your herbs:

- Finely chop or cut your herbs. The more surfaces you expose, the more flavour that will be released.
- Don't over cook your herbs as their flavours and aromas can be lost with too much heat.
- 1 Tbsp of fresh herbs = 1 tsp of dried herbs, when making swaps in recipes.