

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Using Fresh Herbs

- **Fresh herbs can make ordinary meals extraordinary**
- **Fresh herbs have stronger smell but do not taste as strong**
 - **General rule is use 3 times as much fresh as dried so 1 tablespoon (which is 3 teaspoons) of fresh to 1 teaspoon dried**
- **Store Fresh herbs whether store bought or picked from a garden --In a container with about 1 inch of water cover with a plastic bag or wrap, not to tight let have some air. Should last up to one week**

Source: Dinner Tonight-Texas AgriLife <https://dinnertonight.tamu.edu/recipe/get-cooking-with-herbs/>
and Tips for using herbs by Michigan State Extension

https://www.canr.msu.edu/news/tips_for_using_and_preserving_fresh_herbs

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