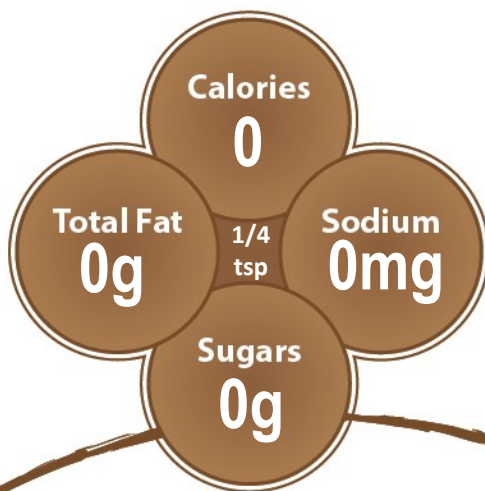


# Harvest of the Month



Thyme



## FUN FACTS:

*Supports  
Healthy Skin*

Thyme (pronounced time) is one of the most widely used herbs. It enhances meats, fish, poultry, seafood and vegetables.

Native to the southern Europe and Mediterranean regions, there are hundreds of species of thyme.

The tiny, pale green leaves have a minty, citrusy aroma. A French combination of herbs called a “bouquet garni” is made up of fresh sprigs of parsley, bay leaves and thyme.

This institution is an equal opportunity provider.

