

# Harvest of the Month



*This institution is an equal opportunity provider.*

## FUN FACTS:

Nutmeg is native to the Indonesian islands. It is made from the nut of a nutmeg tree. Both nutmeg and mace come from the same plant.

Nutmeg has a warm, spicy aroma and can be used in sweet and savory cooking.

It is commonly used to flavor puddings, cakes and custards, as well as the classic béchamel sauce.

Nutmeg relaxes muscles and is commonly used for stomach problems such as indigestion.

