

LET'S GET HEALTHY WITH HERBS

Herbs Help Savor the Flavor...Enjoy the colors, textures, aroma of food seasoned with herbs/spices!

Shopper's Article for 4.18.18. Submitted by Barbara Roths, Family Consumer Sciences Agent, Butler County Extension Office

Fresh herbs add fantastic flavor and help us enjoy the colors and aroma of foods, while we reduce salt, sugar, fat. Learn to grow and use fresh herbs, make healthy choices AND enjoy great taste!

On Thursday, May 3, at 6:30 p.m. at the Butler County 4-H/Community Building, 200 N. Griffith, El Dorado, KS, Kay Neff, owner of Neff Family Farms, will share her vast knowledge of all things herbal. Kay will be offering tips on what herbs grow well in Kansas and how to grow them. She will also be sharing recipes and have a good selection of herbs for sale for those in attendance.

Barb Roths, Butler County Extension Family Consumer Sciences, and her team of volunteers, will offer tips to add flavor to foods and easy ways to use both fresh and dried herbs. Come enjoy the food demonstrations and tasty food samples!

To help us offer food samples and information resources, we ask you to pre-register for this event. The cost to attend is \$5.00 per person and registration deadline is Wednesday, May 2. To register, call the Butler County Extension office at 316-321-9660.

Join us for information on buying, growing, preserving, using and cooking with herbs!

Larry Crouse, CEA, Horticulture Agent
Barbara Roths, RD/LD, CEA, Family Consumer Sciences
K-State Research and Extension, Butler County
206 N. Griffith, El Dorado, KS 67042 316-321-9660
www.butler.ksu.edu