

Harvest of the Month

Fenugreek

Calories

11

Total Fat

0g

1
tsp

Sodium

2mg

Sugars

0g

FUN FACTS: fen-yə-grēk

The fenugreek plant has light green leaves similar to clover, small white flowers and long pods filled with 10-20 yellow-brown flat seeds.

The leaves are used as a green vegetable, like microgreens, or dried and used as an herb. The seeds are roasted and ground into a spice.

The seeds smell like maple syrup or burnt sugar. Once roasted they are used in candies, soft drinks, baked goods, marinades and ice creams. They are a favorite ingredient in Indian curries.

This institution is an equal opportunity provider.

