

Harvest of the Month

Anise

Calories

7

Total Fat
0g

1
tsp

Sodium
0mg

Sugars
0g

FUN FACTS:

Anise is an annual herb with feathery leaves and oval seeds that taste like black licorice.

It is one of the oldest cultivated spices enjoyed by early Egyptians, Greeks and Romans.

Fresh anise leaves are used in soups, sauces and salads. The seeds are used as flavoring in breads, candy, gum, cough drops, beverages, sausages, pickles, cookies and desserts.

Anise can help to calm an upset stomach.

This institution is an equal opportunity provider.

