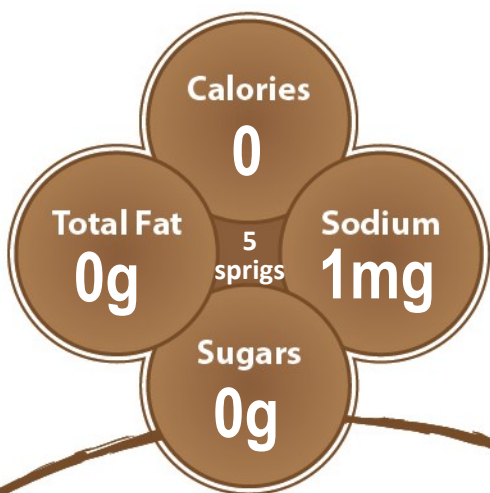


# Harvest of the Month



This institution is an equal opportunity provider.

## FUN FACTS:

Grown worldwide, fresh dill, with its wispy, feathery leaves, is a culinary herb most often used as a pickling spice, and added to soups, salad dressings, potatoes and fish dishes.

Unlike dill seeds, which have a strong taste and intensify when cooked, dill weed has a subtle flavor that fades when cooked, so be sure to add fresh dill toward the end of cooking.

A tea made with dill can help soothe your stomach and relieve hiccups.

