

Harvest of the Month

Savory

Calories

3

Total Fat

0g

1
tsp

Sodium

.3mg

Sugars

0g



This institution is an equal opportunity provider.

FUN FACTS:

Savory is an underused herb. Summer savory and winter savory are the most popular in the culinary field. Its spicy aroma and hot, peppery flavor pairs well with slow-cooked meats, beans, vegetables, stews and pizza.

Savory plays an important part in Bulgarian, Italian, German and Romanian cuisines.

It is part of the spice mixture Herbes de Provence. This mixture of dried herbs originated in the southern French region of Provence.

