Herb of the Week: OREGANO

Health Benefits

LOWERS INFLAMMATION
It contains antioxidants which fight inflammation

SUPPORT DIGESTION
It is high in fiber which is important for gut health.

ANTI-CANCEROUS
Contains compounds that can suppress cancer cell growth

Kitchen Tips

USE AS SEASONING
USE AS A TOPPING
MIX INTO SALADS
ADD INTO SAUCES

read more about these tips: https://www.organicfacts.net/health-benefits/oregano.html