Herb of the Week: Parsley

Health Benefits

**KIDNEY HEALTH**
Acts as a diuretic to help prevent kidney stones and bladder infections.

**SKIN HEALTH**
Contains antioxidants to reduce blemishes and scars.

**EYE HEALTH**
Is a good source of vitamin A which is important for eye health.

Kitchen Tips

- **GARNISH SOUPS AND PASTAS**
- **JUICE IT**
- **ADD TO SMOOTHIES**

read more about these tips: https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-parsley.html