Herb of the Week: THYME

Health Benefits

EYE HEALTH
It contains Vitamin A which supports eye health

HEART HEALTHY
Contains variety of antioxidant, vitamin, and minerals that support heart health

LOWERS STRESS
Contains Vitamin B6 which is linked to lowering stress hormones

Kitchen Tips

ADD INTO SOUPS
DRINK IT AS A TEA
ADD INTO SAUCES
USE IT TO GARNISH DISHES

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