

Herb of the Week:

PARSLEY



Health Benefits

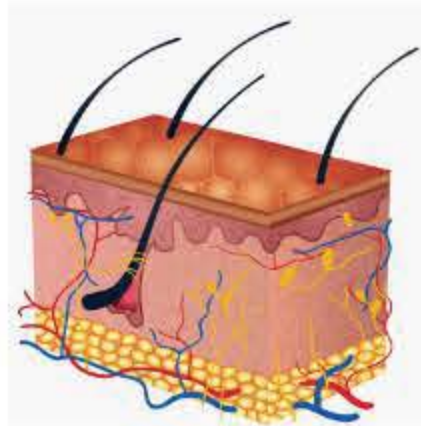


KIDNEY HEALTH

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>