

Topic	Website
Tips on Cooking with Fresh	https://extension.umd.edu/resource/tips-cooking-fresh-herbs
Herbs	
Harvesting and Preserving	https://extension.umd.edu/resource/harvesting-and-preserving-herbs
Herbs	
Pairing Herbs & Spices with	Food herb & spice pairing chart (psu.edu)
Foods	
Growing Herbs in Containers	Growing Herbs in Containers and Indoors   University of Maryland Extension
and Indoors	(umd.edu)
Herb Problems	https://extension.umd.edu/resource/herb-problems
Maryland Grows Blog	https://marylandgrows.umd.edu/tag/herbs/
Growing Greens and Herbs	https://extension.umd.edu/programs/family-consumer-sciences/sna
in Recycled Garden	p-ed/eat-smart/eat-smart-blog/growing-greens-and-herbs-recycled-g
Containers	<u>arden-containers</u>
Basil: oven roasted	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/oven-roasted-vegetables
vegetables	p-ed/eat-smart/recipes/oven-roasted-vegetables
Black Bean & Corn Salsa	https://extension.umd.edu/programs/family-consumer-sciences/sna
Black Beall & Colli Saisa	p-ed/eat-smart/recipes/black-bean-and-corn-salsa
Spaghetti Squash with	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/ea
Tomatoes Basil & Parmesan	t-smart/recipes/spaghetti-squash-tomatoes-basil-and-parmesan
Oregano: Roasted Tomatoes	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/ea
with Herbs	<u>t-smart/recipes/roasted-tomatoes-herbs</u>
Cilantro: Chicken Vegetable	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/ea
Tortilla Soup	t-smart/recipes/chicken-vegetable-tortilla-soup
Mix and Match Herbs and	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/ea
Spices: Vinaigrette dressing	t-smart/recipes/vinaigrette-dressing
Salmon or Tuna Veggie Salad	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/ea
	t-smart/recipes/veggie-salmon-or-tuna-salad
Italian Veggie Soup	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/ea
	<u>t-smart/recipes/italian-veggie-soup</u>

## **Thank you for attending!**

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