

# HARVEST

## {Of the Month}



### HERBS

#### Fast Facts

- ✓ An **herb** is nonwoody, seedbearing plant, or part of a plant that is used for food, medicine or flavoring. **Culinary herbs** are grown for food or flavor. Herbs are also grown hydroponically in Maryland and are available all year long.
- ✓ Catnip isn't just for cats! When consumed by humans as tea, **catnip provides relief for headaches, anxiety and insomnia.**
- ✓ You can make a nice herbal bouquet from hibiscus, catnip, basil, lemongrass, peppermint, and/or lavender to repel flies and mosquitos. Would you make this herbal bouquet for your mom? Share with us on social media using the **#MDKidsEatLocal!**

#### Availability

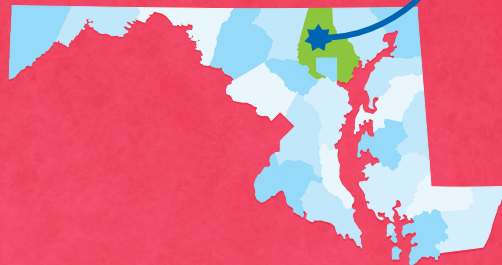
YEAR ROUND



#### Featured Farm

**KOINONIA FARM**  
**BALTIMORE COUNTY**

Koinonia Farm is located on the same 45-acre estate as the historic Gramercy Mansion. Koinonia produces a wide variety of culinary herbs and sells to local distribution centers all throughout the year.



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