

Herbs in my Kitchen

Newsletter #04/2021

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www.herbsinmykitchenbook.com

- Joints Pain Relief

HERBS IN MY GARDEN

Spring arrived and the season of outdoor cooking is just around the corner. Hopefully weather will cooperate and we will be planting a lot of herbs and veggies in our gardens soon. Let's focus our attention to herbs. The staples in my little garden are: basil, thyme, oregano, rosemary, sage, tarragon and parsley. They are most popular, easy to grow and have fantastic flavor and aroma. Any dish sprinkled with freshly picked herbs will taste heavenly. If you do not have a garden, grow your herbs in the containers on your kitchen counter. This herb loves sun so plant your oregano at the sunny spot.

Oregano is a popular herb during the Easter. Lamb chops and lamb roast will be prepared for the Easter Feast. There are variety of recipes depends on the cuisine but my favorite recipe is with oregano and veggies (see recipe on the next page).

Using herbs is a healthy alternative to increase the dimension of the aroma and taste of the dish vs traditional salt and pepper. It is also an opportunity to shine and show off the culinary skills.



HAPPY EASTER!!!



Herb of the Month: Oregano

Oregano is used in foods and beverages as a culinary spice and a food preservative. **Oregano** is a warm, aromatic and slightly bitter herb in the mint family. The best quality oregano is grown in a warm dry climate. It can be mixed with garlic, parsley, sage, thyme, pepper and basil. Oregano is used to season pasta, pizza, grilled veggies specially tomato, sweet potato and zucchini, fish, seafood and lamb. Possibilities are endless.

Health Benefits of Oregano: Oregano oil can be taken internally by mouth for coughs, asthma, allergies, croup, and bronchitis, stomach disorders such as heartburn, bloating, and parasites. painful menstrual cramps, rheumatoid arthritis, urinary tract disorders including urinary tract infections (UTIs), headaches, diabetes, bleeding after having a tooth pulled, heart conditions, and high cholesterol. Oregano is also one of the ingredients of **Joints Pain relief** (see page3). This Joint Paint Relief makes miracle, reduces pain, inflammation and over period of time you will forget you even had rheumatoid arthritis. I am the walking testimonial.



Simple salad dressing:

olive oil, garlic, oregano, lemon juice, salt, pepper and little bit balsamic vinegar. This dressing is very refreshing and easy to prepare. Most importantly you can easily adjust amount of any ingredient based on your taste buds' preferences and it will taste fantastic.



Ester lamb chops

Marinate lamb chops with lemon juice salt, pepper and minced oregano for a couple of hours in the refrigerator in the separate bowl mix minced oregano, garlic, salt pepper and olive oil. Mix everything well and spread on each side of the lamb chops just before grilling or frying. Grill it 5 to 10 minutes on each side (it depends on the thickness). Serve with green beans, grilled veggies, asparagus or salad.

*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,*

is knowing when to use it." —

Daniel Gilbert

RESOLUTION'S SOLUTION:

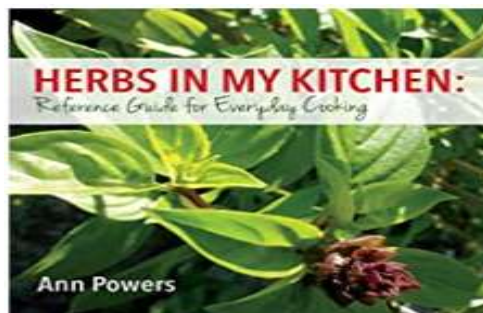
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

