

# Let's Plant Antioxidants!

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## Concepts Taught:

- Learn importance of antioxidants in our diet.
- Discuss ideas to eat more antioxidants through herbs.
- Identify herbs that are easy to grow at home.
- Learn planting tips to grow herbs at home.

## What are antioxidants?:

- Vitamin, mineral, or enzyme that absorbs and attaches to destructive molecules called free radicals.
- Free radicals can be formed from smoking, inflammation, insulin resistance, air pollutants, etc.
- Antioxidants work to prevent free radicals from attacking normal, healthy cells.

## Why include antioxidants in diet?

- Process of decreasing free radicals may decrease cancer risk.
- Research shows benefits in getting antioxidants from food rather than supplements.

## Sources of antioxidants:

- **Veggies:** broccoli, leafy greens (mustard greens, collard, spinach), tomatoes, bell peppers
- **Fruit:** cantaloupe, berries, oranges, kiwi, peaches, mango, papaya
- **Legumes:** chickpeas, lentils
- **Nuts/seeds:** cashews, sunflower and pumpkin seeds
- **Grains:** brown rice, barley
- **Protein:** fish, beef, chicken, shrimp

## Common herbs with antioxidants:

- Rosemary, oregano, parsley, thyme, dill, and basil.

## Ideas to use more herbs:

- **Rosemary:**
  - Strawberry-rosemary yogurt pops, rosemary parmesan popcorn, rosemary lemonade
- **Oregano:**
  - Add to burger patties, add to marinade for chicken, add to tomato-based sauce for pasta or pizza
- **Parsley:**
  - Tabbouleh, quinoa salad, chimichurri, pesto, quiche, potato salad, pairs well with cod or shrimp
- **Thyme:**
  - Add to a zucchini sauté or roasted carrots, pairs well with lamb, pork, chicken, add to chicken noodle soup
- **Dill:**
  - Cucumber salad, dill sauce for chicken or salmon, dill potatoes, tzatziki (dip for pita or veggies), add to peas or green beans
- **Basil:**
  - Caprese salad, spaghetti, minestrone, mixed fruit salad, lime basil pie, salmon, quinoa bowl.

## Easy to grow at home:

- These common herbs are easy to grow at home - either in containers or in the ground.
- Rosemary and thyme are harder to start from seed, consider purchasing plants from greenhouse.
- If planting in a garden:
  - Plant rosemary with beans, cabbage, carrots.
  - Plant thyme with cabbage and tomatoes
  - Plant dill with brussel sprouts, cabbage, broccoli
    - Do not plant with carrots
  - Plant basil with tomatoes

## Recipes & Resources:

- <https://www.tasteofhome.com/collection/ways-to-use-up-parsley/>
- <https://www.tasteofhome.com/collection/fresh-rosemary-recipes/>
- <https://insanelygoodrecipes.com/oregano-recipes/>
- <https://www.tasteofhome.com/collection/25-fresh-basil-recipes/>
- <https://www.tasteofhome.com/collection/fresh-dill-recipes/>
- <https://www.tasteofhome.com/collection/recipes-with-fresh-thyme/>