



### Week 3: Accountability Card

This week is about ways to incorporate household herbs into your diet and daily living. Check the box when the strategy has become a part of your lifestyle.

Incorporate fresh herbs into one meal a week.	
Try a new dried or fresh herb.	
If you are a tea drinker, try a new herbal tea.	
If you garden plant a new herb this year.	

What is the new fresh herb you tried and how did you try it?