

# Capture the Flavor: Herbs & Spices



Join us for this fun event funded by the McCormick Science Institute.

## Learn how to:

- **Use** herbs and spices to create your own international flavors
- **Apply** best practices for herbs & spices storage
- **Explain** how herbs & spices can be a food safety concern if handled improperly
- **Recognize** health benefits of cooking with herbs & spices

## When & Where:

**December 11, 5:30-6:45PM**

**Bonneville County Extension office**

**1542 East 73<sup>rd</sup> South, Idaho Falls**

## Register Today!

\$5 Class Fee

Register at the Extension Office by  
December 6<sup>th</sup>

For further information, contact

[lblanch@uidaho.edu](mailto:lblanch@uidaho.edu)

208-529-1390



The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.

Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Buck prior to the event at 412 West Pacific Street, Blackfoot, ID 83221; 208-785-8060; [jhbuck@uidaho.edu](mailto:jhbuck@uidaho.edu)

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*Healthier People, Healthier Communities*