

# PACKAGED HERBS AND THE PRICE OF CONVENIENCE



*Herb Pastes - Not Just Herbs!*

Have you ever noticed what is in those super convenient ready-to-use herb tubes and jars? I don't know but for some reason I just assumed that when it was labelled "garlic" or "oregano" that that was all that it was but many are only 40% the fresh herbs! Of course a lot of these products have a long fridge life so it's not surprising you'd be getting additives or preservatives in the paste. But still I know I previously never took note and now I am, I'm disappointed to see canola oil featuring yet again.

For an example in the Gourmet Garden range only 40% to 60% of the ingredients are the fresh herbs. Their Oregano is comprised:

40% Fresh Oregano

Remaining 60% is listed as:





*Herb Garden*