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Alternative Apothecary



Brittany Snow · Sep 4 · 2 min read

Simple Ways To Elevate Flavor And Nourishment In Your Cooking

We eat everyday, so why not get the most out of what you eat? Here are a few ways to add more to your meals.

Use Fresh Herbs

Not only do fresh herbs add amazing flavor, texture, and color to a dish, they also have health benefits! Basil, for example, may help lower blood sugar, protect against cell damage, and more. I love using fresh herbs in dressings, pastas, salads, and as a final sprinkle to finish dishes.



Basil Kits

For those who want to try and grow their own! These kits are available in-store.

Fresh herbs may last a while in the fridge, but I try and use them as early as possible for optimum freshness. So, growing your own is definitely useful!

Switch To High Quality Olive Oil

Olive oil is high in monounsaturated fats, rich in antioxidants, and contains anti-inflammatory properties; which can help with cardiovascular disease, cancer, and more. With a high quality olive oil, not only is the flavor better, but the benefits are too.



Texas Hill Country Olive Company Goods

I use these all the time, but I find that they shine best in dressings. The basil infused olive oil is a personal favorite (especially in pasta salads!)

Shop Texas Hill Country Olive Co, at The FM, in-store and online ([click here](#).)

Incorporate Superb Spices

Spices, like herbs, can add a lot of flavor to a dish, while also adding extra nourishment. There are plenty of spices out there, many of which have different health benefits! For example: turmeric may be used to reduce inflammation, ginger may be used to ease nausea, and cayenne may be used to help relieve pain.

So, when it comes to buying spices, I recommend leaning towards a brand you trust, that offers high quality spices and practices batch roasting. I personally use Spicewalla, and yes, we have some available at The FM!



I prefer dried herbs and spices for meals that simmer and often add fresh herbs as a garnish.

I love playing in the kitchen and have incorporated all of these practices into my own meals. However, I am not a professional. So, make sure to do your own research and find what works for you.

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