



# Herb, Bay Leaf

- Bay leaves have a strong, distinct flavor that mellows in cooling. Can be used to season stuffing, poultry dishes, game, fish and tomato-based sauces.

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

USA , Mexico

### Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

## Nutrition Facts

### Serving Size: 1 leaf

Amount Per Serving

Calories 1	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0 g	
Protein 0 g	0%
Potassium 1 mg	0%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

\*Percent Daily Values are based on a 2,000-calorie diet.