



# How does it taste?

A journal of flavors

*Fresh Herbs and Spices*

**Basil**

**Chives**

**Mint**

**What other herbs and spices do you like? Why?**

**Cinnamon**

**Nutmeg**

**Ginger**



*Sweet Spices*

*Fruits*

**Lemons**

**Apples**

**Dates**

**What other fruits do you like? Why?**



*Veggies*

**Kale**

**Spinach**

**Broccoli**

**Onions**

**What are your favorite vegetables? Why?**



*Other flavors and foods we love:*

