

Bay Leaf



Bay Leaf is a fragrant herb commonly used to flavor soups, stews, sauces, rice dishes, and slow-cooked meals. It has a warm, earthy, slightly floral flavor that deepens savory dishes while also offering traditional wellness benefits.

CULINARY USES



Soups & Stews – Adds depth and aroma



Sauces & Gravies – Enhances flavor



Rice & Grains – Infuses subtle flavor



Slow-Cooked Meals – Perfect for long simmering

WELLNESS BENEFITS

- Supports digestion
- Soothes bloating
- Rich in antioxidants
- May support respiratory health



Everything
HERBAL

— by Cheryl Jabz —

*Simple Herbs.
Real Flavor.
Natural Wellness.*



Scan to
Learn More
About Herbs!



Download
Herb Guide



Print



Save



Share

