

WIC Allowable Fresh Herbs

Including but not limited to the following fresh herbs and spices:

- Basil
- Bay Leaves
- Chamomile
- Chipilin Fresco
- Chives
- Cilantro
- Culantro
- Dill
- Epazote
- Fennel
- Ginger
- Lemongrass
- Marjoram
- Mint
- Oregano
- Papalo
- Parsley
- Pipicha
- Rosemary
- Ruta Rue
- Sage
- Tarragon
- Thyme
- Watercress

So many options to choose from!



Not Included

- dried herbs and spices
- potted herb plants

This institution is an equal opportunity provider.