

The Herb Society of America 2013 Calendar featured an herb for each month. Each month beginning on the first Monday of the month. We will feature information about the Herb of the Month.

Bay, *Laurus nobilis* is featured for January. Selected for its use in savory and long cooking winter recipes - stews, soups and casseroles.

Quick facts and notes:

“In our home, if you are lucky enough to find the bay leaf in your soup bowl, you will get to do the dinner dishes!” – Katrinka Morgan, Executive Director

“According to ancient belief, a bay laurel tree planted next to a doorway prevented evil spirits from entering a house.” *The Herb Society of America, Guide to Growing and Cooking with Herbs.*