Spices & Herbs
Adding flavor to your food without the extra salt

Dried herbs and spices...
- Allspice
- Bay leaf
- Caraway seed
- Cardamom
- Cayenne pepper
- Chili powder
- Cinnamon
- Clove
- Cumin
- Curry powder
- Freshly ground black pepper
- Garlic powder
- Ginger
- Italian
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Rosemary
- Saffron
- Sage
- Smoked paprika
- Star anise
- Thyme
- Tumeric

Try some of these fresh herbs...
- Basil
- Chives
- Cilantro
- Dill
- Lemon thyme
- Mint
- Oregano
- Parsley
- Rosemary

Some benefits of herbs and spices...
- Add flavor to food
- They contain antioxidants
- They may lower inflammation, blood pressure, blood sugar and LDL cholesterol
- Aid with digestion
- And many others...
Examples of spices and herbs to pair with food items...

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Spices and Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Cinnamon, cloves, ginger, nutmeg</td>
</tr>
<tr>
<td>Avocado</td>
<td>Chile peppers, pepper, cumin, garlic</td>
</tr>
<tr>
<td>Beans</td>
<td>Parsley, garlic, marjoram, mint, onions</td>
</tr>
<tr>
<td>Beef</td>
<td>Cloves, coriander, garlic, pepper, allspice, basil, bay leaf, cayenne, cinnamon</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Cinnamon, ginger, nutmeg, cloves, mace, mint</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Garlic, parsley, pepper, thyme, basil, bay leaf, coriander, fennel seeds</td>
</tr>
<tr>
<td>Chicken</td>
<td>Basil, cinnamon, curry powder, garlic, ginger, red pepper flakes, saffron, sage</td>
</tr>
<tr>
<td>Coffee</td>
<td>Cinnamon, cocoa, nutmeg</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Dill, garlic, parsley, tarragon, thyme</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Basil, cinnamon, garlic, ginger, oregano, saffron, sesame seeds</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Garlic, parsley, pepper, tarragon, thyme</td>
</tr>
<tr>
<td>Oats</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Allspice, bay leaf, cinnamon, garlic, ginger, nutmeg, parsley, pepper, rosemary, thyme</td>
</tr>
</tbody>
</table>


Spice blends...

**Chinese Five-Spice Powder:**
- 6 star anise (2 teaspoons ground star anise)
- ¾ teaspoons Chinese ground cinnamon or ground cinnamon
- 1 ½ teaspoons fennel seeds
- 1 ½ teaspoons Szechuan peppercorns or black peppercorns
  * Combine all ingredients and mix in blender or grinder until very fine

**Citrus Rub:** Combine grated lemon, orange and/or lime peel with fresh, minced garlic and cracked pepper

**Herb Rub:** Combine fresh or dried marjoram, thyme and basil

**Italian Rub:** Combine fresh or dried oregano, basil and rosemary with minced Italian parsley and garlic

**Italian Seasoning:**
- 2 tablespoons each of:
  - Dried basil, oregano, rosemary, marjoram, cilantro, thyme, savory, and red pepper flakes

**Jamaican Jerk Seasoning:**
- ½ cup ground allspice berries
- 1 tablespoon ground thyme
- 2 teaspoon freshly ground black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon cayenne pepper
- 2 tablespoon dried minced onion or 2 teaspoon onion powder
- ½ cup packed brown sugar
- ½ teaspoon grated nutmeg
- 1 teaspoon salt
- 2 tablespoons vegetable oil
* Combine all dry ingredients and mix with vegetable oil for immediate use

**Pepper-garlic rub**: Combine garlic powder, cracked black pepper and cayenne pepper

**Storage Tips...**
- Dried spices and herbs should be stored away from moisture and heat and placed in a cool dark cupboard in an airtight container
  - Not next to your oven or refrigerator!
- Fresh herbs should be tightly wrapped and refrigerated