

## **Cumin**

Use in soups & stews or to season Mexican, Indian, or Middle Eastern fare. It has antioxidant properties, is beneficial for diabetics, & helps those with asthma.

## **Curry Powder**

May contain up to 20 spices mostly associated with Indian cuisine. The flavor is often better after having time to rest overnight.

## **Ginger**

Most often used in baking, Ginger has anti-inflammatory properties, helps alleviate upset stomach & nausea, & helps break up congestion from colds.

## **Kosher Salt**

Usually made without additional iodine and the larger crystals make it easier to pinch & control when seasoning.

## **Nutmeg**

Use in puddings, pies, cookies, cakes, muffins, & on vegetables. It helps relieve pain & indigestion, it can help induce sleep, & a scrub can help your complexion.

## **Oregano**

Use to add flavor to vegetables, sauces, & meat. Oregano oil has antibacterial, antiviral, & antiseptic properties.

## **Paprika**

Use to season meat, seafood, & vegetables. It helps regulate blood pressure & circulation, aids digestion, acts as an antibiotic, & has anti-inflammatory properties.

## **Crushed Red Pepper**

Usually a blend of peppers and used to spice up foods. It helps relieve pain & inflammation, the thermo genic properties boost metabolism, & anti-oxidants prevent disease.

## **Allspice**

Similar to cloves with a more pungent flavor, best used in spice mixes

## **Bay Leaves**

Should have a rich green color, use in soups, stews, & marinades; remove before serving

## **Black Pepper**

Obviously for seasoning, but also add tsp. to laundry to keep colors bright or mix with flour and sprinkle on garden to deter bugs.

## **Cayenne Pepper**

Use to add heat to any dish, the Capsaicin in it helps decrease inflammation & pain, aids in heart health, boosts immunity, & increases metabolism for a bit after eaten.

## **Chili Powder**

Usually a blend of dried chilies, cumin, coriander, and oregano; use in Mexican and Southwestern dishes.

## **Cinnamon**

In the kitchen use in sweet treats and for your health it aids in digestion, balance of blood sugar, and helps fight off infection.

## **Cloves**

Use in baking, but only a little. Eugenol in cloves is toxic to insects & can be used as a repellent; it contains antioxidants, & helps with nausea and motion sickness.

## **Cream of Tartar**

Bet you did not know it is made from the crystalline acid on inside of wine barrels. Mostly used to stabilize meringues.

## **Rosemary**

Use in stuffing, lamb, pork, & poultry. The oil can be used externally for skin irritations & joint problems, speeds up wound healing & can help dandruff & hair loss.

## **Thyme**

Add early in cooking so the oils have time to release. Making a tea from the leaves helps with coughs & the oil has antiseptic & antibiotic properties.

## **Basil**

Used in Italian & Mediterranean cooking, but it can be added to almost anything. It has antibiotic properties, calms the stomach, soothes a cough, & the oil helps ear infections.

## **Cilantro**

Use dried cilantro when a recipe calls for a tiny bit, otherwise stick with fresh. It is rich in vitamin K, which helps build bone mass & has been used in treatment of Alzheimer's disease patients by limiting neuronal

## **Coriander**

The seed of the cilantro plant it adds an earthy, lemony flavor to food & pairs well with cumin. Helps treat UTIs, aids digestion, freshens breath, lowers LDL cholesterol, & promotes sleep.

## **Dill Seed**

Use to add a strong flavor to salads, dressings, & fish. It is high in calcium & helps regulate the growth of bacteria.

## **Dill Weed**

Mix with yogurt to make a dip for crudité or add to roasted potatoes or vegetables. Dill weed is high in Vitamin A, C, and flavonoids.

## **Fennel Seeds**

Use seeds to flavor fish, meat, & veggies. Seeds contain creosol & alpha-pinene, which loosen congestion & help make coughs more productive. Drink a cup of fennel tea before a meal to lessen appetite.

## Marjoram

As a dried herb it holds its flavor better than others. Use it when cooking fish, stew, & meat. & veggies. It acts as a muscle relaxant, treats symptoms of colds, help calm nerves, & help with indigestion.

## Mustard

Use in dry rubs, sauces, & dressings. Mustard is high in selenium & magnesium giving it anti-inflammatory properties, which help with asthma & chest colds. It also speeds up metabolism.

## Sage

It can be overpowering so use lightly in stuffing, potatoes, risotto, beans, & sauces. Sage aids in digestion so it is often used when preparing fatty meats.

## Tarragon

Often used when pickling vegetables, but can be used sprinkled on salads or as a seasoning for eggs. Studies show it inhibits clot formation in the tiny blood vessels located in the heart & brain. It is also very high in antioxidants.

## Turmeric

Used in curry, it goes well with rice, poultry, and veggies. It gets stronger when cooked so use sparingly. It has high amounts of curcumin, which helps boost immunity & control cholesterol.

## Parsley

Can be used in almost anything so be creative. It supports kidney function, helps control blood pressure, aids in digestion, & it also has anti-inflammatory properties.

## Garlic

Garlic can be used in just about everything, there are even desserts with garlic in them. It has been shown to reduce heart disease & it is an antibiotic that kills virus's bacteria, fungi, & parasites.