

Spices & Herbs



| | CULINARY USES | HEALING BENEFITS |
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| ALLSPICE | Berries, ground. Similar to cloves and cinnamon combo, more complex. Cakes, cookies, relishes, tomato sauce, stew, chicken, lamb. Steep to make tea. | Antibacterial and anti-fungal. Treats indigestion, flatulence, bruises, soothes joints and muscles. |
| BASIL | Sweet, sunny flavor, versatile. Use with green beans, peas, potatoes, chicken dishes, tomato sauces, salads. Only add at end of cooking time or on prepared dish. | Anti-inflammatory, respiratory disorders & allergies. Antibacterial, antispasmodic, vitamins and minerals. |
| BAY LEAF | Pungent, mint like; dried leaves. Used in sauces, stews, soups, gumbos; fish and potatoes. Leaves used whole and removed before serving. | Antibacterial, antispasmodic. Herbicide (place by books and in corners to repel silverfish) |
| CHILE PEPPER | Ground, dried whole, fresh or frozen. Mild to blistering hot. Soups, stews, beans, sauces, poultry, greens; add to most foods i.e. eggs, hamburgers, for that extra kick. | Anti-inflammatory, improves circulation, vitamin C, relief from colds. Hangover remedy & digestive relief. Too many benefits to list for chile/cayenne. |
| CINNAMON | Sticks/bark, ground. Pungent, sweet, hot. Pastries, breads, cakes, cookies, pies, sauces, apples, pumpkin and squash recipes, beverages. Try on pork, lamb, meat. | Anti-inflammatory, anti-spasmodic antimicrobial. Alleviates indigestion, stomach cramps, intestinal spasms, nausea. Normalizes blood sugar levels. |
| CLOVES | Whole or ground. Aromatic, sweet. Fruits, desserts, Cakes, candies, pickles. Use to flavor meats, curry, soups, beans, pork and ham. Steep to make tea. | Topical analgesic, anti-viral, expectorant, digestive aid. Useful in Teas for nausea and toothache. Make an air freshener with cloves stuck into orange. |
| CORIANDER | Leaves also called Cilantro. Slight Lemony flavor. Use in salads, garnish, chili, salsa. Seeds called coriander - pickling spice, curries, soups, meat dishes. | Anti-spasmodic, digestive aid in tea. Anti-inflammatory. Treat various types of pain when used regularly. Reduces high cholesterol, high in Vit C. |
| CUMIN | Seeds, ground. Bold, distinctive; can overpower. Chili, tacos, stews, cabbage, beans. Add to curries, meats, cheeses, sausages, seafood, pickles, rice dishes. | Good for indigestion, diarrhea, nausea, morning sickness. Relaxes muscles, good source of iron. Prevent muscle cramps. Great for insomnia. |
| DILL | Pungent, tangy; dominate. Use alone or with parsley. Salmon, peas, eggplant, cabbage, cucumber yogurt sauces, salads, pickling; predominate in Mediterranean cooking. | Anti-spasmodic, aids digestion. Use in teas for insomnia, colds, flu, and colic. Sweetens the breath as well taken after meals. Calms Hiccups. |
| GARLIC | Raw cloves or powder. Baked and eaten, rubbed on bread for garlic bread, stir fries, salad dressings, sauces, soups, rubbed over meats, marinades. | Anti-bacterial, anti-viral, anti-microbial, immune boosting. Reduces blood pressure & cholesterol. A powerful antioxidant. Worth research for benefits. |
| GINGER | Fresh or dried, whole, or ground. Use in Oriental dishes, meat, poultry, seafood; also in squash, pumpkin recipes, cookies, candies, cakes, and breads. Steep for teas. | Anti-bacterial, anti-viral, immune boosting. Relieves arthritis pain, headaches, fevers. Digestive problems relieved by tea. Promotes bone health. |
| MARJORAM | Leaves, Whole or ground. Use as a seasoning for lamb, soups, stews, fish, poultry stuffing, sausages, beans and other vegetables; also in beverages and jellies. | Good for hay fever, sinus congestion, indigestion, asthma, stomach pain, headache, dizziness, colds, coughs, & nervous disorders. Tea for sleeping. |
| NUTMEG | Whole, ground or seeds. Sweet, spicy, fragrant. Use in cakes, fruit, beans, sauces, cabbage, spinach. Also in breads, cookies, custard, pies, desserts, vegetables. | Anti-bacterial, anti inflammatory, antiseptic, Relaxes muscles. Treat anxiety and depression, improve memory. Digestive aid. |
| OREGANO | Leaves fresh or dry or crushed. Italian & Mexican dishes, tomato sauces, soups, sauces, stews, meats, salads, and marinades. Steep to make tea. | Anti-inflammatory, analgesic pain reliever, toothaches, digestive aid, mouthwash. Relieves nervousness and depression. |
| PAPRIKA | Mild red spice, always used ground; Use as a garnish for potatoes, potato salad, eggs, deviled eggs, beef, poultry, salads, and salad dressings. Useful for its red color. | Anti-bacterial, antioxidant, anti inflammatory. Storehouse of vitamins C, A, E & K and minerals. Energizer. Digestive aid. |
| ROSEMARY | Small needle-like leaves used dried or fresh. Meat dishes, herb butters, combined with other herbs in salad dressings, potatoes and in breads. Steep to make tea. | Anti-spasmodic, anti-bacterial, analgesic, digestive aid. Tea treats depression, headaches. Relieves colds. Stimulates hair growth, good for scalp. |
| SAGE | Leaves, used as rubbed or ground. Strong woody flavor. Use to season sausage, poultry stuffings, veal, pork, meat loaf, stews, and salads and grains. Steep to make tea. | Anti-fungal, anti-inflammatory, anti-spasmodic, antiseptic, diuretic. Relieves sore throats, stress & depression. Good hair rinse. Chinese cure all. |
| TARRAGON | Leaves fresh or dried, whole or ground. Strong spicy smell & taste. Season veal, lamb, beef, poultry, seafood, eggs, salads, dressings, mushrooms, asparagus. Steep for tea. | Anesthetic useful to numb toothaches. Relieves discomforts of travel, diuretic, appetite stimulant, digestive aid. Promotes circulatory health. |
| THYME | Fresh and dried, whole or ground. Earthy, subtle, versatile; use whole sprigs in soups, stews. Especially seafood, poultry, pork, veal, tomato, vegetables, breads. | Antiseptic, anti-microbial, expectorant. Crush fresh leaves into wounds. Settles stomachaches, soothes coughs and muscles. Use sparingly. |
| TUMERIC | Orange-yellow powder, mild flavor. Use in curries, poultry, relishes, pickles, eggs, rice. Add to stews, soups and casseroles. Warm with milk and honey for healing drink. | Anti-inflammatory, reduces pain. Antibacterial, anti-bacterial & anti-carcinogenic. Immune boosting. Aids digestion. Natural detoxifier. |

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