



Spices & Herbs



	CULINARY USES	HEALING BENEFITS
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 it's 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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