



<i>Herb or Spice</i>	<i>Use to Season</i>	<i>Facts About</i>
Allspice	Use with meat, fish, gravy, soup and stew, pickles, spice cakes & cookies pumpkin and squash	The taste of allspice resembles a blend of spices
Anise	Used in candies, baked goods and pork.	Has a licorice-like flavor
Basil	Used in sauces, vegetables, salads, meat, seafood, egg dishes	Leaves are used fresh or dried
Bay Leaves	Used to season meats, fish, potatoes, sauces, soups & stews	Leaves are usually used whole and removed before serving.
Caraway Seeds	Used on breads, especially rye bread; cheeses	Has a flavor similar to dill
Cardamom	Used in curries, cookies & other pastries, breads, pickles	Common in Scandinavian and Middle Eastern dishes; Has a sweet, lemony flavor.
Cayenne Pepper	Used in meats, soups, sauces, chili, seafood, Mexican & Cajun dishes	Thin, red & yellow very hot peppers used whole, or dried and ground.

Celery Seed	Used in salads, pickles and relishes, sauces, soups & stews, beef	Seeds are sold as whole or ground; Also combined with salt for celery salt
Chervil	Used in egg & cheese dishes, vegetables, soups and stews, salads, creamy sauces	Looks similar to parsley; common in French cuisine.
Chili Powder	Used in chili, sauces, curries, Mexican foods	A combination of chili peppers plus other spices, including cumin.
Chives	Used in cheese dishes, eggs, fish, sauces; as a garnish in soups, salads, and vegetable dishes	Long hollow green leaves have a mild onion flavor; Best when used fresh, but are also used dried
Cinnamon	Used in pastries, breads, cakes, cookies, pies, sauces, apples, pumpkin and squash recipes. Cinnamon sticks are sometimes used in beverages.	A highly aromatic spice available as cinnamon sticks and as a ground powder.
Cilantro	A leafy green herb used in many Middle Eastern, Indian, and Oriental, Spanish and Caribbean dishes.	The seeds of cilantro are finely ground to make the spice known as coriander.
Cloves	Used in cakes, cookies, and candies, ham, sauces, pickles & relishes	Have a strong, spicy-sweet flavor; Used whole or ground; If used whole, they are usually removed before serving.
Coriander Seeds	Used in curry, pickles, breads, cakes, cookies.	Small fragrant seeds are used ground or whole; have a slight lemony flavor. Leaves of the same herb are known as cilantro

Cumin	Added to curries, meats, cheeses, sausages, seafood, pickles, rice dishes, and chili	Small fragrant seeds; a main ingredient in chili powder.
Curry Powder	Used in rice, lamb, poultry, eggs, and vegetables; used in many Indian recipes	Curry powder is not a single spice, but combination of several spices such as coriander, ginger, turmeric, fenugreek seed, cumin, pepper, cloves, and other spices.
Dill	Used mainly in pickles , but can also be used in breads, soups, meats, and salads.	Also known as dill weed; Both the leaves and seeds of this flavorful herb are used to season foods.
File' powder	Used to thicken and add flavor to Gumbo and other Creole dishes. Heat has an adverse affect on File, so add it after a pot of food has been removed from the oven or stove.	File' powder is made dried, ground sassafras leaves. It has a root beer like flavor. Cornstarch can be used as a substitute thickener.
Fennel Seed	Use in pickles, pizza and spaghetti sauces, breads, cakes, cookies	A member of the parsley family, grown for its sweet seeds; has a flavor similar to anise.
Garlic	Used in meats, chicken, seafood, stews, sauces, marinade, salad dressings; used in many Italian and Chinese dishes.	An herb related to the onion; Its bulb, which is composed of several small cloves; used fresh or dried; also has many health benefits and medicinal uses.
Ginger	Used in Oriental dishes, meat, poultry, seafood; Also in squash & pumpkin recipes, cookies, cakes, and breads.	Ginger root is used fresh or dried, whole, ground, or cracked; Has a strong spicy-sweet flavor.

Mace	Used in cakes, doughnuts and other baked goods, fish, meat stuffings, and in pickles.	Made from the coating of the nutmeg seed; Used both whole and ground; Has a flavor similar to nutmeg, but with a touch of cinnamon.
Marjoram	Used as a seasoning for lamb, soups, stews, fish, poultry stuffing, sausages, beans and other vegetables and in beverages and jellies.	Also called sweet marjoram; Its leaves are used whole or ground; has a sweet, minty flavor.
MSG (monosodium glutamate)	Used mainly as a seasoning for meat and seafood, frequently in Chinese and other Asian dishes. It's added to other foods to enhance flavor.	MSG is a vegetable protein, a fine white powder, produced through the fermentation of foods such as molasses.
Mint	Used in fruits, desserts, jellies, candies, beverages, and as a garnish.	Mint leaves have a distinctive flavor and smell; Used fresh or dried, whole or chopped.
Mustard	Used as ground mustard in salad dressings, sauces, cheese and egg dishes. Mustard seeds are commonly used in pickles, relishes, salads, beets, cabbage, and sauerkraut.	Mustard is sold as whole seeds or as a finely ground yellow powder; Has a strong, hot flavor
Nutmeg	Used in breads, cookies, cakes, custard, pies, desserts, vegetables	Used either ground or as a whole seed, nutmeg has a sweet, aromatic flavor.
Oregano	Used in tomato dishes, pizza, spaghetti sauce; in Greek, Italian, and Mexican dishes.	Ground oregano is an ingredient in many types of Italian food; Has a flavor and aroma similar to marjoram, but stronger.

Paprika	Used as a garnish for potatoes, potato salad, eggs, deviled eggs, beef, poultry, salads, and salad dressings.	A mild red spice, always used ground; used not only for its flavor, but for its red color.
Parsley	Used in soups or salads as a seasoning. Goes well with almost any meat as a garnish.	Parsley sprigs are used mainly as a garnish for foods and are often left untouched; Used fresh or dried as a seasoning.
Black Pepper	Used to strengthen the flavor of meats, poultry, fish, eggs, cheese, vegetables and more.	Black Pepper can be purchased as ground or as whole peppercorns; Best when fresh ground.
Poppy Seeds	Used as a topping for rolls, breads, cookies, butters, pastas	Poppy seeds have a crunchy nut-like flavor; Used as whole seeds, or they can also be used crushed or ground.
Rosemary	Used to season lamb, beef, veal, poultry, soups and stews, potatoes, and breads such as rosemary focaccia.	Small needle-like leaves are used dried or fresh, whole or ground; Has a sweet but bold aroma and flavor,
Saffron	Used in rice dishes and other Mediterranean cuisine; used in paella, bouillabaisse, and sometimes in chicken dishes	Saffron is sold as a ground powder; Has a yellow color and a slightly bitter taste.
Sage	Used to season sausage, poultry stuffings, veal, pork, meat loaf, stews, and salads	An herb grown for its leaves, used as rubbed or ground; has a slightly lemony taste.
Savory	Used with lamb, beef, poultry, egg dishes, squash, beans and lentils.	Leaves are used fresh, and dried as whole leaves or dried; Has a flavor similar to thyme.

Sesame Seeds	Used on bread, rolls, bagels, salads, and in stir fry	Sesame seeds are always used as whole oil seeds; most used on hamburger buns.
Tarragon	Used to season veal, lamb, beef, poultry, seafood, eggs, salads, dressings, mushrooms, asparagus	Leaves are used fresh or dried, whole or ground; strong spicy smell & taste; If using dried tarragon leaves, remove them after cooking, since once dried they will not soften again when cooked. .
Thyme	Used in poultry, poultry stuffing, pork, beef, tomatoes, tomato soups and sauces.	An herb used both fresh and dried, whole or ground; Has a strong, but pleasant flavor, resembling a blend of cloves and sage
Turmeric	Used in curries, poultry, relishes, pickles, eggs, rice.	A member of the ginger family; an orange-yellow powder with a mild flavor