



# Top Spices and Herbs

Spices and herbs are the key to adding flavor to your food and reducing the need for salt. Spices are the dried part of the plant or seed. Spices add pungent aromas and flavors. Herbs are the leafy green part of aromatic plants and are used for flavor, fragrance, and as garnishes.

## Top spices to keep on hand

1. Peppercorns—pungent with mild heat
2. Garlic—pungent
3. Ginger—spicy and zesty
4. Cumin—smoky and earthy
5. Paprika—sweet; adds red color
6. Cinnamon—sweet and warm
7. Cayenne—sweet heat.
8. Nutmeg—sweet and pungent
9. Cloves—sweet and warm
10. Fennel Seeds—sweet and licorice
11. Turmeric—mild woody
12. Cardamom—warm and citrusy

For the best flavor, grind your spices as needed using a mortar and pestle or a spice grinder. Toasting spices before grinding will increase the flavor.

## Top herbs to keep on hand

1. Parsley—green, grassy
2. Chives—mild onion
3. Basil—aromatic, robust, licorice
4. Thyme—pungent and woody
5. Oregano—robust and lemony
6. Mint
7. Rosemary—strong and piney
8. Dill weed—pungent, herbaceous, pickle
9. Sage—pine, lemon, and eucalyptus
10. Cilantro—pungent, herbaceous
11. Bay leaf—woody

Extra herbs can be dried or dehydrated for long storage. Dried herbs have greater punch than fresh herbs. When substituting fresh herbs for dried, use a third of the amount of fresh herbs called for. For example, if the recipe calls for a tablespoon of fresh rosemary, use 1 teaspoon of dried rosemary.

### Terms to know

**Aromatic:** distinctive and pleasant smell

**Mortar and Pestle:** small bowl and tool used to grind or crush ingredients

**Dehydrate:** to remove the water from foods for preservation

