

Spice It Up

Utilizing spices for flavor enhancement

Seasoning with spices can be intimidating at first but with the right tools and practice you can elevate your cooking in no time!

Spices can be used to add flavor and aroma and enhance the taste of food.



Is it better to use fresh or dried herbs and spices?

- Dried herbs and spices tend to be more potent than fresh ones. It's best to add them towards the beginning of the cooking process and fresh herbs towards the end.
 - If you need to substitute one for the other, approximately 1 tablespoon of fresh herbs is equal to 1 teaspoon of dried herbs
- Overall, both fresh and dried seasonings will provide flavor and nutrition. Eating more herbs and spices, in any form, can help you fall in love with veggies!

Get started with a few basic blends.

Use these blends to sprinkle over mixed vegetables or to season soups, stews, etc.

Spicy Flavor Blend

2 tbsp savory, crushed
1 tbsp powdered mustard
2 ½ tsp onion powder
1 ½ tsp curry powder
1 ¼ tsp ground cumin
½ tsp garlic powder

Herbed Seasoning Blend

2 tbsp dill or basil leaves, crushed
2 tbsp onion powder
1 tsp oregano leaves, crushed
1 tsp celery seed
¼ tsp grated lemon peel (dried)
Dash black pepper

All-Purpose Spice Blend

2 ½ tbsp onion powder
2 ½ tsp garlic powder
2 ½ tsp paprika
2 ½ tsp powdered mustard
1 ¼ tsp thyme leaves, crushed
½ tsp white pepper
¼ tsp celery seed

Simple Seasoning Blend

1 tsp basil
1 tsp marjoram
1 tsp thyme leaves, crushed
1 tsp oregano leaves, crushed

List of Herbs and Spices

and their flavors

Herbs are derived from the leaves of plants and include:

- **Basil** → aromatic and strong with a peppery and faint licorice taste
- **Chives** → tastes like a cross between onion and garlic
- **Cilantro** → fresh and citrusy flavor
- **Dill** → hints of fennel and celery
- **Mint** → sweet taste and cooling effect
- **Oregano** → earthy undertones with a slightly bitter aftertaste
- **Parsley** → fresh, grassy flavor
- **Rosemary** → piney, sweet yet savory and strong
- **Sage** → piney with citrus undertones
- **Tarragon** → strong and licorice-like
- **Thyme** → earthy, delicate, and savory

Spices come from the non-leaf parts of a plant (such as root, bark, flowers, and seeds) and include:

- **Allspice** → strong and spicy with similarities to nutmeg and cloves
- **Cardamom** → full-bodied with hints of cinnamon and lemon, and a cooling effect similar to mint
- **Cayenne Pepper** → hot and earthy, stronger than other peppers
- **Celery Salt** → tastes like celery combined with salt
- **Chili Powder** → equal parts sweet and hot taste
- **Cinnamon** → sweet, spicy, and woody
- **Cloves** → sweet and spicy, stronger than cinnamon but weaker than allspice
- **Coriander** → citrus-like and earthy taste; comes from the seeds of cilantro
- **Cumin** → earthy and spicy
- **Curry** → savory and sweet, with varying amounts of spice
- **Fennel Seeds** → licorice-like taste
- **Garlic** → pungent, spicy, and sweet
- **Ginger** → zesty and hot
- **Nutmeg** → strong, nutty yet sweet
- **Smoked Paprika** → smoky and sweet, less hot than cayenne pepper
- **Turmeric** → chalky, slightly bitter yet sweet and earthy
- **Vanilla** → warm, floral, and sweet

Guide to Flavoring with

Herbs and Spices

Vegetables		Spices
Dark Green	Broccoli	Basil, Caraway Seed, Curry Powder, Garlic, Ginger
	Collard Greens	Garlic
	Spinach	Basil, Garlic, Nutmeg, Tarragon
	Turnip Greens	Garlic, Red Pepper Flakes
Red / Orange	Carrots	Caraway Seed, Chives, Cumin, Ginger, Nutmeg, Tarragon
	Squash	Allspice, Cinnamon, Cloves, Curry Powder, Ginger, Nutmeg
	Peppers	Chives, Coriander, Garlic, Marjoram, Oregano, Thyme
	Sweet Potatoes	Allspice, Cinnamon, Cloves, Ginger, Nutmeg
	Tomatoes	Basil, Chives, Coriander, Dill, Oregano, Sage, Rosemary
Starchy	Corn	Chives, Coriander, Cumin, Rosemary, Sage, Savory, Thyme
	Potatoes	Caraway Seed, Bay Leaf, Chives, Dill, Garlic, Mint, Oregano, Thyme
	Lima Beans	Basil, Chives, Dill, Marjoram, Sage, Tarragon
Other	Asparagus	Basil, Chives, Dill, Nutmeg, Sesame Seeds, Tarragon
	Beets	Allspice, Caraway Seed, Chives, Dill, Ginger, Horseradish
	Cauliflower	Basil, Caraway Seed, Curry Powder, Garlic, Ginger, Marjoram
	Cucumber	Dill, Vinegar, Sesame Seeds
	Eggplant	Basil, Bay Leaf, Garlic, Fennel, Oregano
	Green Beans	Basil, Bay Leaf, Dill, Garlic, Marjoram, Rosemary, Tarragon
	Mushrooms	Basil, Chives, Dill, Garlic, Marjoram, Oregano, Rosemary
	Okra	Garlic, Pepper, other vegetables such as onion and tomato
	Squash	Allspice, Basil, Chives, Citrus, Coriander, Lemon, Oregano
	Turnips	Allspice, Cinnamon, Ginger, Nutmeg
	Zucchini	Allspice, Basil, Citrus, Cumin, Curry Powder, Dill, Garlic, Lemon
Meats	Beef	Allspice, Basil, Bay Leaf, Chili Powder, Cumin, Garlic, Ginger
	Eggs	Chili Powder, Dill, Garlic, Mint, Oregano, Rosemary, Thyme
	Fish	Bay Leaf, Basil, Chervil, Coriander, Curry Powder, Dill, Oregano
	Pork	Caraway Seed, Chili Powder, Coriander, Cumin, Dill, Rosemary
	Poultry	Basil, Bay Leaf, Chives, Coriander, Cloves, Dill, Sage, Thyme
Grains	Rice	Chives, Cumin, Curry Powder, Garlic, Sage, Tarragon

Guide to Flavoring with *Herbs and Spices*



ALLSPICE

earthy, sweet



Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips



Beef, Lamb



Soups, Desserts, Breads



Cardamom, Nutmeg, Cinnamon, Cloves, Ginger

BASIL

sweet



Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini



Cheeses, Chicken, Fish



Salad Dressings, Sauces



Garlic Powder, Rosemary, Thyme, Oregano

BAY LEAVES

bitter



Potatoes, Tomatoes, Mushrooms



Beans, Lentils, Shellfish



Risotto, Soups



Oregano, Sage, Thyme

CARDAMOM

sweet



Carrots, Citrus, Corn, Peas, Squash, Sweet Potato



Chicken, Duck, Lentils



Curries, Rice



Cinnamon, Cumin, Ginger, Turmeric

CAYENNE PEPPER

spicy



Eggplant, Potatoes, Zucchini, Bell Peppers, Corn, Tomatoes



Chicken, Beef, Fish



Rice, Soups, Sauces, Marinades



Cumin, Paprika, Cinnamon

CINNAMON

earthy, sweet



Apples, Carrots, Pears, Sweet Potatoes, Squash



Chicken, Lamb



Desserts, Bread, Fruit Sauces



Allspice, Cloves, Nutmeg

CLOVES

earthy, sweet



Apples, Beets, Squash, Tomatoes, Sweet Potatoes



Lamb



Curries, Soups, Desserts



Cinnamon, Basil, Nutmeg, Allspice

CORIANDER

earthy, peppery



Bell Pepper, Potatoes, Onions, Tomatoes



Chicken, Beef, Tofu, Fish



Curries, Stuffing, Dry Rubs, Marinades



Chili Powder, Cumin

CUMIN

smoky, earthy



Eggplant, Tomatoes, Zucchini, Corn, Carrots



Beans, Chicken, Beef, Tofu, Lentils, Fish, Pork



Curries, Rice, Soups



Garlic Powder, Turmeric, Ginger, Cinnamon

GARLIC POWDER

savory



Cabbage, Tomatoes, Zucchini, Carrots



Beans, Chicken, Tofu, Fish



Curries, Marinades, Soups, Sauces, Stir Fries



Oregano, Cumin, Coriander, Turmeric

GINGER

sweet, warm



Carrots, Citrus, Sweet Potatoes, Beets, Squash



Chicken, Beef, Fish, Pork, Tofu



Rice Curries, Stir Fries



Garlic Powder

NUTMEG

sweet



Broccoli, Cabbage, Carrots, Cauliflower, Squash



Lamb



Rice, Stuffing, Sauces



Allspice, Cloves

OREGANO

earthy



Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes



Beans, Chicken, Fish, Lamb, Pork



Soups, Tomato Sauce, Dry Rubs



Chili Powder, Bay Leaves, Thyme

PAPRIKA

sweet, warm



Bell Peppers, Squash, Cauliflower, Broccoli



Chicken, Shellfish, Lamb



Rice, Soups, Marinades



Garlic Powder, Chili Powder, Cinnamon, Cumin

ROSEMARY

earthy



Mushrooms, Peas, Potatoes, Onions



Beans, Chicken, Lamb, Pork, Fish



Marinades



Garlic Powder, Oregano, Thyme, Basil

THYME

earthy



Carrots, Tomatoes, Zucchini, Cauliflower, Peas



Beef, Chicken, Fish, Lamb, Pork, Lentils



Soups, Marinades, Dry Rubs



Oregano, Rosemary