
CURRY

✂ Indian/Thai spice. Use in chicken salad, directly on meat, in maranades, or in stir-fry.

A LOT OF FLAVOR

⚠ Aprodesiatic; may be addictive. Use with caution.

CARDAMOM

✂ Good in sweet dishes or drinks like tea, coffee, coco. Use on fruit salad or in sweet curries.

A LITTLE SPICE

⚠ Anidote to snake venom. Don't try this at home.

CHILI

✂ Use sparingly to add heat to any dish. Or use liberally for dinner guests you don't like.

A LOT OF HEAT

⚠ Relief from colds and hangovers. Drink up.

CINNAMON

✂ Use a pinch in chocolate, with sugar on toast, or in any other dish to add some spice to life.

A LOT OF SPICE

⚠ Anti-inflammatory, improves appetite. Eat up.

OREGANO

✂ Great in italian dishes, sauces, and on grilled vegetables. Combines well with spicy foods.

A LITTLE FLAVOR

⚠ May cure stomach and respiratory ailments.

GARLIC

✂ Use with wild abandon in sauces, marinades, on meat, or mixed with butter for bread or pasta.

A LOT OF FLAVOR

⚠ Treats infection, keeps vampires and kissers at bay.

DILL

✂ Use libreally in any dish for fresh flavor. Good in eggs, cheeses, salads, dips, and sauces.

A LITTLE FLAVOR

⚠ Aids digestion in tea from. Sweetens breath.

CUMIN

✂ Mexican/Indian spice. Use in tacos, fajitas, dips, marinades, and directly on meat.

A LOT OF SPICE

⚠ Antibacterial and antioxidant. Also scents makeup.

CORIANDER

✂ Citrusy flavor, best used in Indian dishes, sausage, or desserts like cookies and cakes.

A LITTLE SPICE

⚠ Relieves anxiety and insomnia.

ONION

✂ Use liberally in savory dishes to flavor meat, marinades, soups or stews.

A LITTLE FLAVOR

⚠ Good for colds and heart disease. Not breath.

CAYENNE

✂ Gives food a kick, used with vinegar to make hot sauce. Great for marinades and spicy meat dishes.

A LOT OF HEAT

⚠ Improves circulation and raises body temp.

RED PEPPER

✂ From red chili peppers, makes food hot. Great on pizza, baked feta, pasta, chili, and stews.

A LOT OF HEAT

⚠ Reduces appetite and fights cancer. Superhero spice.

GINGER

✂ Sweet or savory. Use in cookies, breads, stir-fry, marinades, or meat dishes. Also flavors tea.

A LITTLE FLAVOR

⚠ Great treatment for nausea and motion-sickness.

BAY LEAF

✂ Adds savory flavor to soups, stocks, stews, meat, and vegetable dishes. Remove from food before serving

A LITTLE FLAVOR

⚠ Works as astringent or to treat sore muscles.

CLOVE

✂ Use in rich spicy dishes, spiced tea, or mulled cider and wine. Strong flavor, use sparingly.

A LOT OF SPICE

⚠ Anitseptic used for stimulation and warming.

NUTMEG

✂ Adds spice to desserts, drinks and savory dishes. Use in pie filling, cream sauce, and mulled cider.

A LOT OF SPICE

⚠ Both sedative and stimulant. Also used in mace.

ROSEMARY

✂ Use in soups, marinaeds, fresh bread, or in light meat dishes like chicken and fish.

A LITTLE FLAVOR

⚠ Aids memory, lowers risk of strokes.

BASIL

✂ Use in soups, marinades and sauces for pasta. Eat with fresh tomatoes and balsamic vinegar.

A LITTLE FLAVOR

⚠ Used to treat stress asthma and acne.

THYME

✂ Adds flavor to meat, soups, and stews. Blends well with other herbs and spices.

A LITTLE FLAVOR

⚠ Strong antiseptic and anti-fungal properties.

PEPPER

✂ Use a little or a lot on any dish to season and add a bit of heat. Best freshly ground.

A LITTLE HEAT

⚠ Releases sore throat and could make you sneeze.
