

Herb and Spice Chart

An easy to use and printable herb and spice chart that also highlights their healing properties.

A handy list of uses for herbs and spices. Look for the predominate ingredient in your dish and flavor or cook with fresh herbs and spices accordingly. Don't forget to sprinkle freshly chopped herbs on the finished dish.

Fresh Herbs – Flavor and Uses		Healing Property	Spices – Form, Flavor and Uses		Healing Property
Basil	Sweet, sunny flavor versatile. Green beans, peas potatoes, chicken dishes, tomato sauces, salads. Only add at end of cooking time or garnish on a prepared dish	It aids digestion, supports the stomach and is a slight sedative.	Allspice	<i>Berries, ground.</i> Similar to cloves and cinnamon combo, more complex. Cakes, cookies, relishes, tomato sauce, stew, chicken, lamb.	
Bay Leaves	Pungent, mint like; dried leaves more widely available. Used in sauces, stews, gumbos; many varieties	This leaf is astringent, anti-bacterial and anti-fungal. It supports the nervous system and stomach, helps dispel gas. It is also an emmenagogue	Celery	<i>Seeds, ground.</i> Stronger than celery flavor. Salad dressings, potatoes, veggies, soups, beans.	
Chives	Delicate onion flavor, never overpowering. Use at end of cooking or as final flavor garnish. Chop finely; snip with scissors. Great with eggs, salads, potatoes dishes, poultry, sauces		Chili Peppers	<i>fresh, dried whole, pepper flakes.</i> Made by grinding hot chilies. Countless types from many countries. Mild to blistering hot. Soups, stews, beans, sauces, poultry, greens; add to most foods for that extra kick	
Coriander (Cilantro)	Fresh, aromatic, distinctive zesty. Predominate in Mexican and asian cuisine; salsas,	encourage the pancreas to produce more insulin—the hormone that	Chili Powder	<i>Ground mixture</i> commonly of chile peppers, paprika, cumin, black pepper. Spicy, hot or mild.	

	chutneys, chicken, salads, tacos	helps shuttle glucose into the cells to be burned as energy. This prevents excess blood sugars from being stored as fat		Chili, beans, Mexican dishes. Buy high-quality	
Dill	Pungent, tangy; dominate, use alone or with parsley. Seeds also have strong flavor.. Salmon, peas, eggplant, cabbage, cucumber yogurt sauces, salads, pickling; predominate in Mediterranean cooking		Cinnamon	<i>Sticks/bark, ground.</i> Pungent, sweet, hot. Fruit desserts, cakes cookies. Also try on lamb, meat pies, curries	Researchers have linked this warm spice to increased brain functioning and blood flow, but it's most renowned for controlling blood sugar levels
Marjoram	Oregano like but sweeter. Fish stews, stuffing's, carrots, greens, beans, egg dishes		Cloves	<i>Whole or ground.</i> Aromatic, sweet. Fruits, desserts, meats, curry, soups, beans,	Clove oils are often used to treat pain, and the most notable of these oils is eugenol, which has antiseptic, antiviral, and anti-inflammatory properties. As a food additive, cloves are known to relieve nausea, stimulate appetite, and reduce flatulence
Mint	Strong; sweet. Varieties include peppermint and spearmint. Teas, desserts, lamb, fish, salads. Good in Thai and other Asian dishes		Cumin	<i>Seeds, ground.</i> Bold, distinctive; can overpower. Chili, tacos, stews, cabbage, beans. Toast ground or seeds	Historically, cumin has been used to aid digestion, and more recently, it has emerged as a powerful anticarcinogen. By boosting the liver's ability to detoxify

					enzymes, cumin helps decrease the incidence of colon, stomach, and liver cancers.
Oregano	Earthy. Lamb, chicken, seafood, eggplant, tomato sauces; excellent with lemon: Retains good flavor when dried	This leaf helps indigestion, coughs and headaches. It is an emmenagogue and is a good poultice for painful swelling	Curry	<i>Ground.</i> Mixture of numerous spices including cloves and cumin . Buy high-quality. Base spice for curries; use also in tomato sauces, stews	
Parsley	Clean bright flavor. Good with almost any savory food; all seafood, beef, chicken, potatoes, sauces, soups, salads. Fresh is better than dried	This leaf helps indigestion, coughs and headaches. It is an emmenagogue and is a good poultice for painful swelling	Fennel	<i>Seeds, ground.</i> Licorice-like, stronger than fresh fennel. Bread, fish, Italian dishes, sausage, tomato sauces. Toast ground or seeds to enhance flavor	
Rosemary	Fresh, piney, pungent; easily overpowers. Chop finely and use lightly. A must with poultry, potatoes, white beans, lamb, breads, fruit salads	This leaf is warming, both a circulatory and liver tonic. It is a digestive aid and stimulates the liver as well as gastric juices. It is an emmenagogue and will soothe a headache. Rosemary is very antiseptic and stimulates memory function	Ginger	<i>Fresh root, ground, candied.</i> Pungent, spicy. Grate, mince to use in chicken, squash, sesame noodles, applesauce, chutneys, marinade. Ground and fresh have much different flavors. Predominate in Asian cooking.	Ginger's effects reach far beyond just calming uneasy stomachs and nausea. Its anti-inflammatory properties make it an ideal arthritis treatment, and its antioxidant properties help it prevent such cancers as ovarian and colorectal. It is known to increase circulation
Sage	Almost mint-like, slightly bitter; can overpower other herbs. Use whole stems in soups, stews, remove when done. Chop	It is cooling, disinfectant and astringent. It cools a fever, cleanses the blood, eases headache and	Mustard	<i>Seeds, ground.</i> Often hot, pungent. Several varieties available. Vegetables, stews, relishes, seafood, salad dressings. Seeds can	The spice's list of essential nutrients includes magnesium to relax your nerves and muscles, omega-3 fats to

	whole leaves in very thin strips. Lamb, veal, sausages, poultry, stuffing, sauces. Dried herb has much different flavor	nervous tension. It also stimulates digestion and is an emmenagogue. Garden sage also works well as a mouthwash for sore throat, mouth ulcers and bleeding gums		be toasted to enhance flavor.	keep your brain functioning, and tryptophan to promote serotonin production and keep your spirits high.
Savory	Reminiscent of thyme. Lamb, eggplant tomatoes, stuffing		Nutmeg	<i>Whole, ground.</i> Sweet, spicy, fragrant. Cakes, fruit, desserts, beans, sauces, cabbage, spinach.	Moderate amounts can calm the stomach, stop diarrhea, relieve anxiety, regulate sleep, and soothe joint and muscle pains
Tarragon	Licorice, lemon flavor; strong. Use alone or with parsley; veal, chicken, potatoes, mushrooms, tomato dishes, vinaigrettes	stimulates the appetite, relieves flatulence and colic. It is also anti-fungal and anesthetic	Paprika	<i>Ground.</i> Made from red peppers. Can be mild or hot and pungent. Not just for garnish. Buy high-quality with fresh peppery aroma. Seafood, vegetables, eggs; almost anything	high in vitamins A and C, making it a boost to your immune system.
Thyme	Earthy, subtle, versatile; use whole sprigs in soups, stews. Pluck leaves and add at all stages of cooking. Excellent in most dishes especially seafood, poultry, lamb, tomato, vegetables, breads. Retains good flavor when dried	This leaf supports the stomach. It is also antiseptic (good as a wash for skin infections) and antispasmodic. It works well for congested lungs and shortness of breath	Pepper	<i>Whole berries, ground.</i> Most common of all spices. Hot peppers, sweet peppers and peppercorns are from same plant. Peppercorns are black, white and green--depends on level of maturity. Pink peppercorns are a distant relative. Use on everything including sweets and fruits. Buy a pepper	

				mill and whole peppercorns.	
Curry Leaves			Turmeric	<i>Whole root dry, ground. Most common of South Asia spices. fruits. Buy a pepper mill and whole peppercorns.</i>	urmeric has also been shown to improve cardiovascular health and prevent neurodegenerative diseases like Alzheimer's. It is warming, analgesic and astringent. It promotes bile, relieves a congested liver and gallstones and aids digestion