

# A World of Seasoning

Spices are nature's pantry and pharmacy in one. Since 3000 BC, spices have been used to flavor food and as medicine in civilizations spanning Egypt, Rome and India. The history of spices is essentially the history of modern man – our quest for spices influenced our wars, our trade, our food and our health.

Spices come from the seeds, fruits, or other parts of certain plants. Cardamom, black pepper, coriander, poppy, sesame, and nutmeg are seeds. Cloves are flower buds, and chilies and allspice are fruits. Cinnamon is made from the bark of a tree. Ginger and turmeric are roots. When leaves of certain plants are used in a way similar to spices, they are usually known as herbs.

## 12 Spices to Keep on Hand



**Basil**



**Garlic**



**Onion**



**Chili Powder**



**Cinnamon**



**Oregano**



**Ginger**



**Dill Weed**



**Paprika**



**Rosemary**



**Thyme**



**Vanilla**



# A World of Seasoning

## 10 Italian Seasonings



## 8 Asian Seasonings



## 10 Mexican Seasonings



## 7 Indian Seasonings

