



Herb and Spice Chart

Name	Form	Characteristics	Uses
Allspice	Spice: whole ground	Small brown berry, flavour resembles a combination cinnamon, clove, and nutmeg. Native to West India.	Sausages, braised meats, poached fish, cooked fruits, puddings, pies, and relishes.
Anise	Spice: whole, ground Herb: leaf	Liquorice flavour. Native to Spain, China, and Syria.	Cookies, pastries, and bread.
Basil	Herb: leaf, fresh or dried.	Aromatic green leaf. Member of mint family.	Tomato dishes, cheese, egg dishes, salads, marinades and fish
Bay Leaf	Herb: whole leaf.	Stiff dark green, oblong leaf from the Laurel tree.	Stocks, sauces, soup, stews, and braised meats.
Bergamot Aka: Bee Balm	Herb: leaves and flowers	Liquorice flavoured	Add flavour and colour to salads, fruit and wine. Or as a tea to help you sleep.
Borage	Herb: leaves	Gray leaves with blue star shaped flowers	Add fresh leaves to sandwiches or salads in place of lettuce. The milky sweet cucumber taste and crunchy leaves make them perfect. Use borage flowers in salads, or use as a garnish. Freeze borage flowers into ice cubes or float fresh flowers in your cold drinks. Cook with fresh stems, chopping them finely and adding them to soups or stews. You can also dry and soak the leaves in alcohol to add a sweet flavour, or dipped in batter and fried.
Burnet	Herb: leaves	Rounded toothed leaves that stay close to the ground. Flower stems get 2 feet high.	Use fresh in salads, in dressings, or as a garnish in drinks.
Caraway	Spice: whole seed.	Dark brown curved seed.	Rye bread, cabbage, sauerkraut, and Eastern European Cuisine.
Cardamom	Spice: whole pod or ground seed.	Tiny brown seeds, white or green pods. Sweet, aromatic, and expensive.	Pickling, Danish pastries, and curries.
Cayenne	Spice: ground, seed.	Very powerful, ground hot red pepper. Native of French Guiana.	Soups, sauces, fish, and eggs.

Celery Seed	Spice: whole seed or ground.	Tiny brown seed with strong celery flavour. Too much can create a "hot" spice effect.	Salads, dressings, pickling, tomato dishes, and marinades.
Chamomile	Medicinal	Evergreen with small daisy like foliage	Poached figs with honey and cream. infuse chamomile into a simple syrup and use that on fruit, like cantaloupe or peaches. Or put it on toast with ricotta or spongecake. Try infusing the milk for panna cotta, ice cream or creme anglaise with chamomile flowers, for pastry tarts with berries or other poached or fresh fruit. Add a teaspoon of dried flowers to your favourite shortbread cookie recipe. Use chamomile tea as part of the liquid for fruit flavoured quickbreads, such as lemon, orange, pear, bran with raisins or prunes, peach or apricot. Make a lemon-chamomile cream Pie. Or use chamomile tea as part of the broth for a nice leek soup, with pancetta, garlic and parsley.
Chervil	Herb: leaf, fresh or dried.	Small, delicate, green leaf. Mild flavour of parsley and tarragon.	Soups, salads, sauces, egg, dishes, chicken, fish, and dressing. Or anywhere you would use parsley.
Chili Powder	Spice: ground, blend.	Blend of ground cumin, chili pepper, oregano, allspice. Can be mild or hot.	Chili, stews, sauces, and ground meats.
Chives	Herb: fresh, dried, frozen.	Fine, hollow, green top of a very small onion.	Salads, egg and cheese dishes, fish soups, and sauces.
Cilantro	Herb: leaf, dried or fresh.	Light green aromatic leaf. Shaped like flat parsley but much more pungent flavour. Leaf from coriander seed.	Salads, salsa, sauces, soup, eggs, and dressings.
Cinnamon	Spice: stick or ground	Reddish brown aromatic bark from cinnamon or cassia tree. Native of East India.	Preserves, stewed fruits, breads, pastries, desserts, ham, and hot beverages.
Clove	Spice: whole or ground	Dried flower bud of tropical clove tree. Pungent, sweet in flavour. Native of Indonesia.	Whole: Marinades, stocks, sauces, braised meats, hams, and pickling. Ground: pastries, fruits and cakes.
Coriander	Spice: whole or ground	Round light-brown seed of cilantro leaf with a slightly aromatic flavour.	Pickling, sausages, stocks, pork, curry, gingerbread, salsa, and dressings.
Cumin	Spice: whole or ground seed.	Small seed resembling caraway, but lighter in color. Grown in Mexico and Syria.	Chili and curry powder blends, sausages, salsa, egg & cheese, vegetables, soups, sauces, fish, meat, and rice.

Curry	Spice: ground, powder or paste.	Mixture of up to 20 spices including turmeric, cumin, coriander, ginger, clove, and cinnamon.	Curry dishes, vegetables, soups, sauces, fish, meat, and rice.
Dill	Spice: whole seed. Herb: Leaves, fresh or dried.	Herbs and seed with "dill pickle" flavour. Seed more pungent than herb.	Seed: pickling, soups, sauerkraut, marinade. Herb: salads, soups, fish & shellfish, vegetables, sauces, and vinegar.
Fennel	Spice: whole seed. Herb: leaves	Greenish brown seed, similar in flavour to anise. Feathery fronds, on hollow stems 3- 5 feet high	Herb sauce, compound butters, broiled meats, fish, and cold sauces.
Garlic	Fresh, whole bulb. Dried bulb	Strong aromatic member of onion family.	Widely used.
Ginger	Spice: fresh whole, dried powder, candied crystallized, or pickled.	Light brown knobby root from tropical plant.	Baked goods, desserts, fruits, curry dishes, pickling, and chutney.
Horseradish	Root	Large tapered roots with large floppy leaves.	Use the grated root as a condiment. Harvest in the winter for best flavour. Use with cabbage, smoked fish, and beef.
Juniper	Spice: whole	Slightly soft, purple berry. "Piney" flavour. Principle flavour of gin.	Marinades, game dishes, and sauerkraut.
Lemon Balm	Medicinal Herb: leaves	Fragrant lemon scented plant with light green leaves and small white flowers.	Remedy for headaches and tiredness. Use generously in stuffing's, soups, with lamb or chicken, to fruit or wine drinks, or in place of lemon in recipes.
Lavender	Medicinal Herb: flowers	Grey leaved plant with fragrant purple, pink or white flowers	Use for sore muscles, headaches or as a moth repellent. Also great in baking or with black pepper on salmon.
Lovage	Herb: Leaves, fresh or dried.	Celery look alike, 3-7 feet high	Add to the bath for a cleaning effect. Add leaves sparingly to soups, stews, chicken, salads and omelettes,
Mace	Spice: whole "blade" or ground.	Made from outer covering of nutmeg. Aromatic, similar to nutmeg in flavour but milder.	Baked goods, desserts, fruit, sausages, fish, vegetables, and preserves.
Marjoram	Herb: dried leaf.	Gray green herb from mint family. Similar to oregano but milder.	Beef, veal, lamb, sausage, pates, poultry, stews, soups, vegetables, salads, and sauces.

Mint	Herb: leaf, fresh or dried.	Aromatic herb with cool flavour. Spearmint and peppermint are most common.	Lamb, fruits, tea, fruit beverages, peas, carrots, potatoes, jellies, soups, and sauces.
Mustard Seed	Spice: whole and ground seed.	Very pungent white, yellow or brown seed.	Prepared mustard, pickling, sauces, and salsa.
Nasturtium	Leaf and seed.	Colourful flowers, round leaves and seed pods with a pungent spicy odour.	Salads, pickling, and mustard.
Nutmeg	Spice: whole or ground.	Sweet, aromatic kernels of nutmeg fruit. Grown in Netherlands, East and West Indies.	Baked goods, pies, cream sauces, soups, chicken, veal, vegetables, desserts, and breads.
Oregano	Herb: leaf or ground, fresh or dried.	Pungent herb, similar to marjoram, but stronger. Native to Italy and Mexico. Also grown domestically.	Italian & Mexican dishes, tomato sauces, soups, sauces, stews, meats, salads, and marinades.
Paprika	Spice: ground	Ground from dried sweet, red pepper.	Fish, seafood, meats, salads, sauces, dressings, and garnish.
Parsley	Herb: fresh or dried	Green leaf, curly or flat, with delicate sweet flavor. Excellent source of vit C.	Garnish, fried, stews, sauces, salads, vegetables, and potatoes.
Poppy Seeds	Spice: whole.	Tiny blue black seeds with crunchy nut like flavour. It is a product of the opium poppy, but does not contain opium.	Breads, rolls, pastry, fillings, cookies, cakes, salsa, and dressings.
Rosemary	Herb: whole leaf, fresh or dried.	Very aromatic light green leaf resembling pine needles. Healthy and strong, even in cold weather.	Lamb, fish, beef, sauces, soups, stews, salads, and marinades.
Saffron	Whole "threads."	Very expensive. Gives bright yellow color to foods with a mild distinctive flavour.	Baked goods, rice, potatoes, soups, sauces, curry, and meats.
Sage	Herb: whole, rubbed, or ground leaf, fresh or dried.	Pungent gray green herb with fuzzy oblong leaves.	Stuffing, meat, poultry, soups, stews, salads, and fish.
Savoury	Herb: fresh or dried leaf.	Fragrant herb of mint family. Summer crop preferred to Winter crop.	Salads, eggs, vegetables, stuffing, soups, meats, fish, and sauces.

Sweet Cicely	Herb: Leaves, fresh or dried.	Taste and smell like anise. 2-3 feet high with fernlike foliage	Slice the root and steam, using in recipes that call for parsnips, or enjoy the slightly sweet flavour as an addition to soups and stews. You can also peel and chop roots and top them with a splash of oil and vinegar for a refreshing summer side salad. Leaves are delicious with rhubarb and gooseberries, cut back on the amount of sugar you normally use, as Sweet Cicely alone is very sweet. Add the fresh leaves of Sweet Cicely to stews, soups and salads
Sweet Woodruff	Medicinal Herbs: leaves	This plant has also long been used as an insect repellent by placing the dried leaves in muslin sacks and place in drawers, closets or the pantry.	Can substitute for vanilla in various sauces and beverages. Add it partially dried for best results.
Tarragon	Herb: fresh, dried, pickled leaf.	Delicate green herb with small oblong leaves. Flavour is similar to mint and liquorice.	Béarnaise sauce, vinegar, chicken, fish, salads, dressings, and eggs.
Thyme	Herb: fresh or dried leaf, crushed or ground.	Tiny brownish green leaf, very aromatic.	Soups, chowders, stocks, sauces, meats, poultry, and salad dressing.
Turmeric	Spice: ground	Intense yellow root of ginger family. Mild but peppery flavour.	Curry powder, pickles, relish, salads, eggs, rice, and chow-chow.
Yarrow	Herb: leaves	Bushy clumps of dark feathery leaves with flat topped flowers	Leaves are pleasantly strong but bitter. Use in a cream cheese sandwich. Also good as a tea taken as a diuretic. Or as a skin antiseptic.
Wormwood	Medicinal	Silvery leaves with yellowish flowers in summer.	As a medicine, wormwood was used by herbalists as a bitter to improve digestion, to fight worm infestations, and to stimulate menstruation. Flavour in Absinthe liquor.

Disclaimer: This is a list of the most common herbs, but it is by no means complete. If the plant is not on this list, that doesn't necessarily make it is not edible or poisonous. Be sure you know what you are putting in your mouth! **Have fun with your food, safely...**