



# Spice It Up in May!



Herbs and spices have been around for centuries, dating all the way back to the ancient Greeks and Egyptians. Originally herbs and spices were used for their medicinal properties. Today they are mostly used as an affordable way to add flavor to foods and bring us international flavors from around the world.

## What's the difference?

*Herb*: small low-growing shrubs whose leaves are used to flavor foods. These can be used fresh or dried. (Example: basil, parsley, dill, cilantro)

*Spice*: coming from the bark, seed, root or bud; an aromatic plant substance used to flavor food. (Example: ginger, sesame seeds, cloves, black pepper)



## Spice Chart

The following is a chart of common (and delicious!) food and spice pairings.

Meats	Spice	Vegetables	Spice
Fish	Curry, Dill, Lemon, Paprika, Dry Mustard, Cayenne, Cilantro	Potatoes	Dill, Garlic, Onion, Paprika, Parsley, Sage, Chili Powder
Chicken	Ginger, Marjoram, Oregano, Rosemary, Thyme, Sage, Black Pepper, Basil, Nutmeg	Greens	Onion, Pepper, Garlic, Nutmeg
Pork	Garlic, Onion, Sage, Oregano, Rosemary, Thyme, Coriander	Corn	Cumin, Curry, Onion, Paprika, Parsley
Beef	Bay Leaf, Nutmeg, Onion, Marjoram, sage, Thyme	Carrots	Cinnamon, Cloves, Marjoram, Nutmeg, Rosemary, Sage, Mint
Lamb	Curry, Garlic, Rosemary, Mint	Squash	Cinnamon, Curry, Onion, Garlic, Nutmeg, Rosemary
Veal	Bay Leaf, Ginger, Marjoram, Oregano, Curry, Nutmeg	Tomatoes	Basil, Bay Leaf, Onion, Garlic, Oregano, Parsley, Pepper

## Challenge Yourself!

Are you up for a challenge? Try something new! Pick an herb or spice (or any food) that you have never tried before and try to incorporate it into a meal or snack. You never know until you try something whether you like it; it can take up to 15 tries to like a new item.

Sources:

Chart adapted from NHLBI's "Flavor That Food" chart: <http://www.nhlbi.nih.gov/hbp/prevent/sodium/flavor.htm>

Other information found at: <http://pubs.cas.psu.edu/FreePubs/pdfs/xj0015.pdf>