Spice Things Up

Don't let your spice rack collect dust on your kitchen counter! Turn your next ordinary meal into a savory and aromatic delight with a dash of spices and herbs. Spices and herbs add flare to meals without adding calories, fat, salt, or artificial flavors. The table below highlights several well-known spices and herbs, providing a brief description on common food pairings and characteristics. Get creative in the kitchen with spices and herbs!

Spice	Best Used With…	Characteristics	Spice	Best Used With…	Characteristics
ALLSPICE	Cookies, cakes, fruit pies, sweet potatoes, carrots, BBQ sauce	Pungent, spicy	MINT	Chutney, fruit salads, vegetable salads, peas, dressings, beverages	Sweet, fresh, cool, dominant
BASIL	Pesto sauce, salad dressings, salads, soups, tomatoes, cucumbers	Sharp, spicy, full bodied	NUTMEG	Fruits, specialty beverages, sauces, custards	Large amounts — sharp, spicy Small amounts — pungent
CHERVIL	Green salads, fish, shellfish, chicken, eggs, peas, green beans, tomatoes	Available in both its fresh & dried forms, chervil is reminiscent of a blending of tarragon and parsley	OREGANO	Tomatoes, mixed rice, Mexican foods, soups, pastas, meat-based stews	Full bodied, fresh
CINNAMON	Spice cakes and cookies, fruits and squash pies, custard, fruit sauces, carrots, winter squash, sweet potatoes	This reddish-brown powder is also available in stick form. Often used as a staple in baking and is bitter, yet sweet seasoning.	PAPRIKA	Meals with green or light-colored vegetables, chili, soups, stew	Large amounts — sharp, spicy Small amounts — for garnish
CLOVE	Spice cakes and cookies, quick breads, fruit pies, fruit sauces	The small dried buds are strong in taste and must be used with discretion when cooking; they are sweet and savory	PARSLEY	Soups, stocks, cream and tomato sauces, salads, salad dressings, poultry, game, meats, fish, shellfish, most vegetables	Curled parsley — mild in taste Flat leafed Italian cousin — much headier
CUMIN	Soups, stews, corn, Mexican dishes	Rich, full bodied, earthy	PEPPER	Vegetables, soups, salads, dips, sauces, dressings, meats, poultry	Large amounts — spicy, hot Small amounts — for garnish

Spice	Best Used With…	Characteristics	Spice	Best Used With…	Characteristics
DILL	Cole slaw, tossed salad, chicken, mixed vegetables, dips, dressings	Slightly sharp, tangy, dominant	**ROSEMARY**	Game, poultry, meats, potatoes, mushrooms, stuffing	Whether fresh or dried, this delightfully fragrant herb gives off a heady scent
GARLIC	Meats, soups, stews, dips, sauces, breads, any vegetables	Pungent, robust, fragrant	**SAGE**	Stuffing, chicken, duck, goose, pork, sausage	Large amounts — May create a bitter taste if used too heavily. Small amounts — Heady, lemony zest
GINGER	Ground in cakes, cookies, fruits and squash pies, crystallized & preserved in cakes and cookies; fresh (sliced or grated) in marinades and with fresh poultry, pork, meat, vegetables, & teas	Ginger produces a hot, fragrant kitchen spice. Young ginger rhizomes are juicy and fleshy with a very mild taste.	**MACE**	Spice cakes and cookies, fruit desserts, carrots, broccoli, Brussel sprouts, cauliflower	A more diluted version of nutmeg, is used in the form of dried blades or ground powder & is actually the casing that encloses nutmeg

How Long To Keep Your Spices

Spices and herbs are not created equal when it comes to shelf life. The table below provides a brief summary on storage times for different variations of spices and dried herbs. When seeking longevity, opt for whole spices and herbs.

Seasoning	Storage Time
WHOLE	2–5 years
GROUND SPICES	6 months–2 years
LEAFY HERBS	3 months–2 years
DEHYDRATED VEGETABLES	6 months

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