



Spices

Black Pepper Ground

3.25

SP-006

Black, white, and green peppercorns all come from the same plant, but they are harvested at different times and handled in different ways.

Bay Leaf Whole

4.50

SP-005

Bay laurels do not withstand heavy frost but require hot, dry summers for production of concentrated essential oils.

Basil Leaf, Holy

3.25

SP-004

It is a very important herb in ayurvedic medicine, and has only recently been discovered and revered by western medicine.

Basil Leaf

2.75

SP-003

Fresh basil leaves have a unique aroma not even approximated by any other herb, making them an essential ingredient in cuisines of countries all over the world.

All Spice Powder

4.00

SP-001

The allspice is a myrtle tree most commonly found in Jamaica.

All Spice Whole

4.25

SP-002

It gets its name from the unique combination of aromas in its fruit, a blending of the tastes of cinnamon, cloves, and nutmeg with just a little peppery heat.

All Purpose Seasoning

4.75

SP-064

Add zest to all your cooking.

Cajun Spice

5.00

SP-065

A fiery & Savory Blend of spices.



Spices

Caribbean 5.00 SP-066	Great on caribbean style foods but can be applied to other dishes as well.
Chili Powder Blend 5.00 SP-067	This is a delightfully zesty blend of spices.
Chinese 5 Spice 5.00 SP-068	Deep, alluring & exotic mixture of spices.
Curry Leaf 3.50 SP-069	The most prominent exotic blend of spices.
Garam Masla 5.00 SP-070	Like Curry but far deeper in taste.
Garlic Pepper 5.00 SP-071	Garlic & Pepper are both great tasting spices. Goes on any dish.
Herbs De Provence 5.00 SP-072	This adds a festive of taste to bland dishes.
Italian Seasoning 5.00 SP-073	A zesty blend of spices for all dishes.



Spices

Black Peppercorn Whole
3.00
SP-007

Nowadays black pepper is common around world and used in the cuisine of almost every nation.

Birds Eye Chili Whole
5.00
SP-009

The tasty hot peppers have long been used in many of the world's cuisines, but their greatest use in health comes from, surprisingly, conventional medicine.

Cayenne (chili) Powder
3.25
SP-010

History The Capsicum family includes bell peppers, red peppers, paprika, and pimento, but the most famous medicinal members of the family are cayenne and chile.

Celery Seed
3.00
SP-011

The fruit or "seed" is grayish green to brown with a characteristic, slightly bitter, spicy taste.

Celery Seed Powder
3.25
SP-012

Too much celery seed can overpower a dish, whereas a little brings out flavors in other foods. Celery seed is used in pickles, casseroles, and Bloody Marys.

Chili Flakes
3.25
SP-013

The tasty hot peppers have long been used in many of the world's cuisines, but their greatest use in health comes from, surprisingly, conventional medicine.

Chili Whole
3.25
SP-014

The Capsicum family includes bell peppers, red peppers, paprika, and pimento, but the most famous medicinal members of the family are cayenne and chile.

Chive Rings
14.00
SP-015

History If you're a vegan and you don't make chicken soup, what do you take for a cold? The answer from Traditional Chinese Medicine is to make a soup with tofu or miso and



Spices

Cilantro Leaf

3.25

SP-016

Cilantro is the leaf of the herb most the world knows as coriander. Cilantro has been used to settle upset stomach in Latin American herbal healing traditions, much as other

Cinnamon Chips

2.50

SP-017

One of the world's most familiar spices is an up and coming treatment for diabetes, weight control, and hypoglycemia.

Cinnamon Powder

2.00

SP-018

One of the world's most familiar spices is an up and coming treatment for diabetes, weight control, and hypoglycemia.

Cinnamon Sticks

2.75

SP-019

That modern medicine would finally be finding applications for cinnamon isn't surprising.

Cinnamon Sweet

3.25

SP-020

Traditional Chinese Medicine still uses cinnamon as a warming agent to fight infections occurring when there is cold or fatigue and to increase the activity of the digestive

Cinnamon Powder Sweet (OUT)

0.00

SP-021

Cinnamon has been used as a herbal medicine in China for at least 4,000 years.

Cleavers Powder

3.00

SP-022

The entire plant is used in herbal medicine, harvested just before it blooms in early summer.

Clove Powder

4.25

SP-023

The aromatic flowers and oil of clove has been used for culinary and medicinal uses for centuries.



Spices

Clove Whole 4.25 SP-024	Over the course of centuries, cloves have been used to alleviate pain, prevent and treat bacterial infection, ease toothaches, treat worms and relieve congestion.
Coriander Seed 2.50 SP-025	Coriander seed has been used to settle upset stomach in herbal traditions around the world, often combined with cardamom, caraway, fennel, and/or anise.
Coriander Seed Powder 3.00 SP-026	Coriander is the seed of the herb most Americans know as cilantro.
Cumin Powder 4.00 SP-027	Pungent, sharp, and slightly sweet, the greenish brown powder of this herb is an essential ingredient in Mexican cuisine.
Cumin Seed Whole 4.00 SP-028	Cumin is the seed of a small plant in the carrot family. Pungent, sharp, and slightly sweet, the greenish brown powder of this herb is an essential ingredient in Mexican cuisine.
Curry Leaf 3.25 SP-029	Curry Leaf is reported to have medicinal properties and is widely used in Southeast Asian cuisine especially in vegetarian dishes much like bay leaves and has a strong smoky
Dill Seed 2.75 SP-030	The easy to grow dill weed has become an essential ingredient in cuisines around the world.
Dill Weed 3.25 SP-031	The term dill weed refers to the green leaves and sometimes stems of the plant. Dill seed and dill weed have different chemical compositions, different uses in cooking,



Spices

Garlic Powder

2.50

SP-032

Garlic is odiferous, tasty, and medicinal.

Garlic Granules

2.75

SP-033

The first medical textbook known to have discussed the use of garlic in medicine was the *Collection of Commentaries on the Classic of the Materia Medica* (Ben Cao Zhing

Garlic Minced

2.50

SP-034

Garlic is odiferous, tasty, and medicinal.

Lemon Thyme

3.25

SP-035

Lemon Thyme is often used to add a refreshing lemon like flavor to cooked foods and teas. It is also added to pot-pourri or herbal pillows for its pleasant scent since the

Marjoram

2.75

SP-036

It needs a hot climate to develop its full aroma, but it loses some of its flavor when it is dried.

Mustard Seed Brown

2.00

SP-037

Brown mustard is a flowering plant in the same family as arugula, horseradish, watercress, and wasabi.

Mustard Seed Yellow

2.00

SP-038

Most people would be surprised to learn that yellow mustard isn't yellow. The white herb powder is made yellow in the prepared condiment by the addition of turmeric.

Mustard Seed Yellow Powder

2.50

SP-039

Dijon mustard is the condiment without the turmeric but with a relatively high concentration of mustard flour, Bordeaux mustard contains vinegar, sugar, and tarragon, and



Spices

Nutmeg Powder 5.00 SP-040	Nutmeg isn't really a nut, but the kernel of an apricot like fruit. The closely related is an arillus, a thin leathery tissue between the stone and the pulp.
Nutmeg Whole 5.00 SP-041	The oil is rubbed on the abdomen for stomachaches and on the forehead for headaches.
Onion Powder 3.00 SP-042	The familiar garden vegetable has many medicinal applications, is easy to grow and can be administered in a multitude of ways.
Onion Granules 2.75 SP-043	Is easy to grow and can be administered in a multitude of ways.
Onion Minced 3.00 SP-044	The familiar garden vegetable has many medicinal applications, is easy to grow and can be administered in a multitude of ways.
Oregano Leaf 3.75 SP-045	Oregano is a warm and aromatic yet slightly bitter herb in the mint family. Good quality oregano has a pungency that numbs the tongue.
Paprika Powder 3.75 SP-046	Most commonly known as a culinary herb, paprika shares the medicinal qualities of most varieties of red pepper, the capsicums.
Paprika Roasted Powder 3.50 SP-047	Its spiciness varies depending on the proportion of seed, rind and fruit in the ground powder and other varieties have been developed including smoked or roasted Paprika



Spices

Parsely Leaf 3.75 SP-048	While all of us know parsley as a condiment and garnish, most of us never consume its most flavorful part, the root. Parsley has been an important food for at least 3,000
Parsely Root 5.75 SP-049	While all of us know parsley as a condiment and garnish, most of us never consume its most flavorful part, the root.
Pepper Ground Black 3.25 SP-050	To make black pepper, the clusters are plucked when they are not quite ripe. They are then left in piles to ferment.
Pepper Black Whole 3.00 SP-051	Black pepper has been cultivated for thousands of years on the Malabar coast of southwestern India, in the region defined by the modern state of Kerala.
Pepper Green Whole 8.00 SP-052	Traditionally Peppercorn Green whole is added to food throughout history.
Peppercorn Smoked 3.25 SP-053	Nowadays black pepper is common around world and used in the cuisine of almost every nation.
Peppermint Leaf 3.50 SP-054	The familiar mint scent is the aroma of peppermint. Peppermint contains an essential oil that is unique to other mints for its quality and flavor. Artificial peppermints do
Poppy Seed 3.25 SP-055	The familiar black poppy seeds used to flavor noodles, breads, and bagels and to make poppy seed kolachi (a Czech pastry) are produced by the same plant used to make



Spices

Rosemary Leaf
2.75
SP-056

Rosemary is an aromatic evergreen mint that grows to a height of about three feet.

Sage Leaf
4.00
SP-057

The common garden sage has been known and used for culinary and medicinal purposes for centuries.

Seasoning Salt
5.00
SP-058

Seasoning for nearly every dish you could imagine.

Spearmint Leaf
3.00
SP-059

Spearmint has served as an important medicinal herb for millennia.

Tarragon
6.75
SP-060

Tarragon is an aromatic herb cultivated for its sweet, anise-like flavor. The fresh leaves and stems are used in cooking, and at least one master chef has declared that

Thyme Leaf
3.75
SP-061

An aromatic herb in the mint family, thyme grows to a height of fifteen inches (about 40 cm), with small rounded leaves and pink flowers on woody stems. This herb is not

White Pepper Whole
3.75
SP-062

Peppercorns are the fruit of *Piper nigrum*, an evergreen climbing vine.

White Pepper Ground
3.75
SP-063

White pepper has a milder, more delicate flavor than black pepper, and is useful for adding a peppery flavor to light colored sauces and soup without adding black color.



Spices

Pepper Green Whole

8.00

SP-064

Traditionally added to food throughout history.

Pepper Pink Whole

11.00

SP-065

Traditionally added to food throughout history.