









Herbs and Spices for Health

How you flavor your foods can have a huge impact on your health. Many of the herbs and spices we use to enhance our foods also have powerful medicinal benefits, so there really is a REASON to SEASON!

Herb or Spice	Description	Potential Health Benefits	Cooking Tips
<p>CINNAMON (earthy, sweet)</p> 	<ul style="list-style-type: none"> Cinnamon is one of the oldest spices known to man. Cinnamon is the bark of the cinnamon tree which is stripped off and put in the sun to dry where it curls into the familiar form called "quills." There are approximately 100 varieties of cinnamon, with Ceylon and Cassia being the most commonly consumed. Cinnamon can be toxic at large amounts so enjoy in moderation on your food vs supplements. 	<ul style="list-style-type: none"> Anti-clotting, anti-microbial, and anti-fungal properties Strengthens the immune system Relieves headaches Lowers triglycerides and cholesterol levels Boosts cognitive function and memory Lowers blood glucose levels (possibly by slowing rate at which the stomach empties after meals and/or increasing cell sensitivity to insulin) 	<p>Use in: Fruit Sauces, Desserts, Breads, Hot Cereals</p> <hr/> <p>Pairs Well With: Apples, Carrots, Peas, Sweet Potatoes, Squash, Chicken, Lamb</p>
<p>GARLIC (savory)</p> 	<ul style="list-style-type: none"> This pungent bulb is a member of the allium family along with onions, shallots, and leeks. Garlic is arranged in a head called a bulb that is made up of smaller, separate cloves. Allicin is the main active ingredient in garlic and isn't activated until garlic is sliced, pressed or chewed. Heating garlic immediately after slicing causes allicin to not be created due to enzyme destruction-PRESS and REST for 10 minutes to reap the full health benefits! 	<ul style="list-style-type: none"> Antioxidant, anti-bacterial and anti-viral properties Lowers blood pressure and cholesterol Reduces risk of heart disease Helps reduce inflammation Treats a variety of skin conditions when used topically such as ringworm, jock itch and athlete's foot 	<p>Use in: Curries, Sauces, Stir Fries, Pastas, Dressings, Soups, Dry Rubs, Marinades</p> <hr/> <p>Pairs Well With: Cabbage, Tomatoes, Zucchini, Carrots, Mushrooms, Winter Squash, Beans, Chicken, Tofu, Fish</p>
<p>GINGER (sweet, warm)</p> 	<ul style="list-style-type: none"> Ginger is the dried knobby root of a perennial herb native to Southeast Asia. Once the leaves of the plant die, the thick roots (about 6 inches long) are dug up and sold as ginger root. 	<ul style="list-style-type: none"> Anti-platelet, hypotensive and hypolipidemic actions which can decrease risk of heart disease Increases insulin sensitivity Treats colds, osteoarthritis, menstrual pain and migraines Inhibits growth and production of cancer cells Anti-inflammatory Effective in treating upset stomachs, gas, bloating, nausea, vomiting and morning sickness during pregnancy 	<p>Use in: Rice, Curries, Stir Fries, Marinades</p> <hr/> <p>Pairs Well With: Carrots, Citrus Fruits, Sweet Potatoes, Beets, Squash, Chicken, Beef, Fish, Pork, Tofu</p>

Herb or Spice	Description	Potential Health Benefits	Cooking Tips
<p>OREGANO (earthy)</p> 	<ul style="list-style-type: none"> Oregano is the dried leaves of the herbs <i>Origanum</i> spp or <i>Lippia</i> spp. Both varieties have traditionally been harvested in the "wild." The word <i>Oregano</i> means Marjoram in Spanish and is sometimes referred to as <i>Wild Marjoram</i> although that is technically a different herb. 	<ul style="list-style-type: none"> Anti-fungal, anti-bacterial, anti-inflammatory and antioxidant properties Strengthens the immune system Treats various infections including urinary tract infections, yeast infections, and parasitic infections 	<p>Use in: Soups, Dressings, Tomato Sauces, Dry Rubs, Marinades</p> <hr/> <p>Pairs Well With: Artichokes, Tomatoes, Peppers, Potatoes, Zucchini, Mushrooms, Beans, Chicken, Fish, Lamb, Pork</p>
<p>ROSEMARY (earthy)</p> 	<ul style="list-style-type: none"> Rosemary is the dried leaves of the evergreen <i>Rosemarinus officinalis</i>. Rosemary leaves are slightly curved, resembling miniature curved pine needles. Rosemary plants grow to be 2 to 3 feet tall and are very hardy plants able to withstand even the harshest mountainous conditions. 	<ul style="list-style-type: none"> Anti-bacterial and anti-inflammatory properties Strengthens the immune system Boosts memory Improves mood Treats alopecia areata (hair loss) Regulates bowel movements and the gastrointestinal system Rich in anti-aging properties Gives naturally fresh breath 	<p>Use in: Marinades, Seasoning Blends, Citrus Glazes</p> <hr/> <p>Pairs Well With: Mushrooms, Peas, Potatoes, Onions, Beans, Chicken, Lamb, Pork, Fish</p>
<p>TURMERIC (peppery, bitter)</p> 	<ul style="list-style-type: none"> Turmeric is a bright yellow spice commonly found in curry powder and as a natural coloring agent in some foods. Curcumin is the most studied component of turmeric and is the main active ingredient. Turmeric is a member of the ginger family and is a polyphenol. 	<ul style="list-style-type: none"> Extremely powerful and potent anti-inflammatory Anti-viral, anti-bacterial and anti-fungal properties Lowers systemic inflammation Enhances natural detoxification process Reduces pain from arthritis and indigestion Used topically for infections 	<p>Use in: Curries, Rice, Egg Salad</p> <hr/> <p>Pairs Well With: Cauliflower, Cabbage, Potatoes, Tofu, Sweet Potatoes, Beans, Lentils, Chicken, Fish</p>

Cooking Tip for Fresh Herbs

If you prefer using fresh herbs instead of dried herbs in a recipe, add 3-4 times **MORE** fresh herbs than the recipe calls for and add them at the **END** of the cooking time.

Sources: SCAN's Exploring the Health Benefits of Spices and Herbs
CookSmarts Guide to Cooking with Fresh Herbs and Guide to Flavoring with Spices
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