

## Herbs & Spices



ANISESTAR



BAYLEAF



CARDAMOM



CHILIS



CINNAMON



CLOVES



CORIANDER



FENNEL



GINGERPIECES



JAMAICAN ALLSPICE



REDCHILI



ROSEMARY

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But, ultimately its an arbitrary distinction

## Definition

A herb or spice is a material or substance, usually from a plant, consumed in relatively small quantities compared with other food products and is used to obtain a desired effect beyond nutrition, such as:

- Sensory Effects
- Food preservation
- Medicine
- Ritual & Magic



## Sensory Effects

- Flavourings
- Fragrances
- Texturizers
- Food Dyes



Lavender



Vanilla



Sassafras



Saffron



Tumeric

## Possible Herbs & Spices

- Amchur (Mango)
- Celery Seed
- Truffles
- Frankinsense & Myrrh
- Maple Syrup
- Vinegar



Amchur



Celery Seed



Truffles

## The Beginning

- Plants have always been used by humans, probably in a spice-like way since earliest times
- Originally gathered from the wild and later cultivated
- 'Wildcrafting' continues to this day



## Herbs & Spices in History



Mummification was practiced for more than 5000 years in Egypt

## Eurasia



## The Far East

Many of the most important spices are native to east Asia:

- Black pepper from India and ginger from southeast Asia
- Cinnamon from Sri Lanka (Ceylon)
- Mace, nutmeg & cloves are from the Moluccas (The Spice Islands)



## Ancient World

- In high demand for both utilitarian and ritual uses
- Spices traded from east to west through Middle East
- After fall of Roman Empire, the trade was more difficult and prices rose
- Of course, there were other locally-grown 'herbs'



## Middle Ages

- Spices were so highly valued that they were used as money.
- Arabs controlled the trade and spread tales of how difficult they were to obtain
- Alexandria, Venice & Genoa were trading centers
- Marco Polo visits the Far East 1275-1295



## Age Of Exploration

- European Nations fought each other to control the trade and colonize spice-growing lands.
- Portugal was an early leader in forging sea routes to Asia
- By the mid 17th century Holland had a monopoly on the Spice Trade.
- Eventually through wider cultivation in other tropical regions, the monopoly was broken and spices became increasingly available and prices dropped.

## The New World

- Of course in 1492 the Europeans rediscovered the New World.
- Major spices from the Americas include allspice, vanilla and chili peppers.



## Toxicity



Nutmeg (Myristicin)



Pennyroyal (Pulgenone)

## Mint Family (Lamiaceae)



Peppermint



Basil



Rosemary

Also lavender, horehound, marjoram, oregano pennyroyal, savory, spearmint, thyme and many more



Sage

## Parsley Family (Apiaceae)



Cilantro

Also Angelica, Anise, Caraway, Celery, Chervil, Fennel, Lovage and many more



Dill



Parsley



Cumin

## Ginger Family (Zingiberaceae)



Turmeric







Ginger

Also galangal & several others



Cardamom




### Laurel Family (Lauraceae)

Bay  
Cinnamon  
Sassafras  
Cinnamon

Also other cassia, California bay laurel (Avocado) and others

### Myrtle Family (Myrtaceae)

Eucalyptus  
Cloves  
Allspice

Also tea tree oil, bay rum, guava, feijoa and many more

### Other Assorted Herbs & Spices








Tarragon  
Vanilla  
Black Pepper  
Saffron Crocus  
Chili Pepper  
Nutmeg/Mace

### Herb & Spice Blends

**Fines Herbes (French):**  
chervil, chives, parsley, tarragon

**Five-spice (Chinese):**  
cinnamon, cloves, fennel, sichuan pepper & star anise

**Garam Masala (Indian):**  
cardamom, cinnamon, cloves & mace

**Quatre-epices (French):**  
allspice, cinnamon, nutmeg & cloves




Star Anise  
Sichuan Pepper