

Herb and Spice Blends

Cajun Seasoning * – a blend of paprika, cayenne, garlic, allspice, thyme, cumin, salt, and oregano; used to season Cajun-style dishes like jambalaya (stew), fish and shrimp

Chili Powder * – a blend of chili peppers, cumin, oregano, coriander, garlic, allspice, and cloves used in Mexican cooking and American-style chili

Curry Powder – a blend of turmeric, coriander, cumin, fenugreek, ginger, black pepper, fennel, mustard, allspice, red pepper; used for South Indian dal and vegetable dishes, in tuna/egg/potato salad, and in coconut-milk based soups and stews

Five Spice, Chinese * – a blend of cinnamon, star anise, fennel, cloves, and black pepper used in Chinese cooking (esp. meat)

Garam Masala – a blend of coriander, cumin, chilies, cloves, bay leaf, cinnamon, and ginger; used for North Indian flavors on roasted chicken/potatoes/cauliflower/sweet potatoes, warming soups and stews

Herbes de Provence – a blend of savory, thyme, rosemary, basil, tarragon, and lavender flowers; used to season fish, chicken, potatoes, and salad dressing in French-style cooking

Italian Seasoning – a blend of oregano, marjoram, thyme, basil, and rosemary

Lemon Pepper – a blend of lemon peel, black pepper, cumin, red pepper, oregano, thyme, onion, garlic, citric acid, and paprika; excellent on fish

Mulling Spices – a blend of cinnamon, cloves, allspice, and orange peel; simmer in apple cider, tea, or wine

Pickling Spice – a blend of whole coriander, mustard seed, dill, chilies, bay leaf, cassia, and allspice; use in making homemade pickles

Poultry Seasoning (no salt) – a blend of thyme, sage, marjoram, celery, black pepper, onion, red and pepper

Pumpkin Pie Spice – a blend of cinnamon, nutmeg, cloves, and allspice

** some spice blends, both organic and conventional, use silicon dioxide to prevent clumping; it has been left off the ingredient lists to preserve space*

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,600 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Culinary Herbs & Spices



We are fortunate to have a wonderful array of herbs and spices from around the world that evokes the flavors, colors, and aromas of many different cuisines. Herbs and spices have been used for thousands of years to season food and for medicinal purposes.



Your Community-Owned Grocery Store
82 South Winooski Avenue
Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop

Selection

Herbs and spices are sold by the pound, but you can buy as little as a pinch! Simply scoop what you want into one of the bags provided, write the bin number on the wide twist tie that closes your bag, and pay by weight at the register.

Herbs and spices are sold in whole and ground forms. For the freshest flavor, buy whole herbs and spices. Crush them in a mortar and pestle or in a spice grinder.

Storage

Herbs and spices are sold dried, but they still lose their flavor and aroma over time. The stock of Bulk herbs and spices at the Co-op is often rotated for maximum freshness.

Store herbs and spices in tightly closed containers away from heat and light. Replace whole spices every two years. Replace all other ground spices and dried leafy herbs every 6 months-1 year. (Consider cleaning out your spice rack the first week of each New Year to start fresh.)

Certain leafy herbs, like cilantro and parsley, lose much of their flavor when dried and are best bought fresh.

Cooking

Add dried herbs and spices to warm oil and gently cook for a couple of minutes. Many recipes call for sautéing onion and garlic in oil, and then adding herbs and spices. In Indian cooking, spices are toasted separately in a small skillet, and added to the lentil or vegetable dish just before it is finished cooking (toast only for 1-2 minutes, being careful not to burn!).

To maximize flavor, before adding the herbs to the food, crush the leaves between your fingers. This helps release the essential oils and increase the herb's flavor. If cooking in the crockpot, add dried herbs at the end of cooking time. Long, slow cooking times can diminish the herb's intensity.

Health

Not only do herbs and spices make food taste better, they also help your body to function more optimally. Derived from plants, herbs and spices contain many phytonutrients known to lessen oxidative damage (antioxidants) and to support healthy digestive, immune and circulatory systems.

Common Herbs and Spices

Allspice – a berry similar in aroma to clove and nutmeg but more peppery; ground allspice goes well with pumpkin pie and gingerbread

Arrowroot – a neutral-flavored starch that can be used as a thickener in place of corn starch or flour, for example in gravy or fruit pie fillings

Anise Seed – a licorice-flavored seed used in homemade bread or Italian-style cookies

Basil – a sweet herb used in Italian cooking, tomato sauce, and soups

Bay Leaf – a savory leaf that is added to soup stock or dried beans at the beginning of cooking (remove before eating)

Cardamom – lends the classic flavor to chai and Indian rice pudding; best flavor comes from whole pods (grind the seeds inside)

Cayenne – a very hot dried pepper

Celery Seed – small celery-flavored seeds can be used in soups, salad dressings, and pickles

Chilies, Crushed – also called red pepper flakes, they add extra spice in cooking

Cinnamon – one of our top sellers, great in baked goods and blended with other warming spices in soups and stews

Clove – used sparingly with cinnamon and nutmeg in oatmeal cookies, pumpkin pie, and fruit sauces

Coriander – the seed of the cilantro plant, it is most often used with other spices like cumin and cinnamon in Middle Eastern, Indian or Latin American-style soups and stews

Cumin – ground cumin enhances the flavor of Mexican beans and Middle Eastern stews; toast whole cumin seeds for Indian dal

Dill Seed – great in sour cream or yogurt-based salad dressings, in vinaigrettes, and in pickles

Dill Weed – the leaf of the dill plant; used in Greek-style dishes like cucumber salads, fish, and potatoes

Garlic – fresh garlic is best in cooking, but dried granules or flakes can be used in a pinch on pizza or pasta

Ginger – used in gingerbread cookies and other baked goods when you want a gingery “kick”

Mustard – whole seeds are used in pickles and in Indian-style vegetable dishes (especially black mustard seeds); ground mustard can be used to flavor mayonnaise or salad dressing

Nutmeg – a sweet and warming spice with a hint of pepper; used sparingly in baked goods, custards, and cream-based sauces for pasta

Oregano – an earthy herb used in Italian cooking; good with savory tomato sauce, beans, meat, and Italian-style vinaigrette

Rosemary – a sharp and woody herb used in Italian cooking, especially for roasted meats and vegetables, bean soups and stews, and breads

Sage – an earthy and medicinal-tasting herb; used for an assertive flavor with Italian-flavored white bean stews, bread stuffing, and pumpkin ravioli; also good with wild rice

Tarragon – a sweet and pungent herb associated with French cuisine that lends its flavor to fish, chicken, eggs, and tomatoes

Thyme – a mild, woody herb that can be used alone in soups and stews and as a flavoring for chicken, fish or vegetables; goes well with oregano and basil in pasta sauces

Turmeric – this ground root lends its yellow color to curry (watch out, it can stain!); used in Indian dal and vegetable dishes; also naturally provides a golden color for egg salad and devilled eggs, roasted cauliflower, and rice dishes

