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# Come sniff, savor and sip...

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*THE ALLURE, HISTORY, VARIETY, CULINARY AND MEDICINAL INFLUENCES AND BENEFITS OF HERBS AND SPICES!*

Kathleen Foland

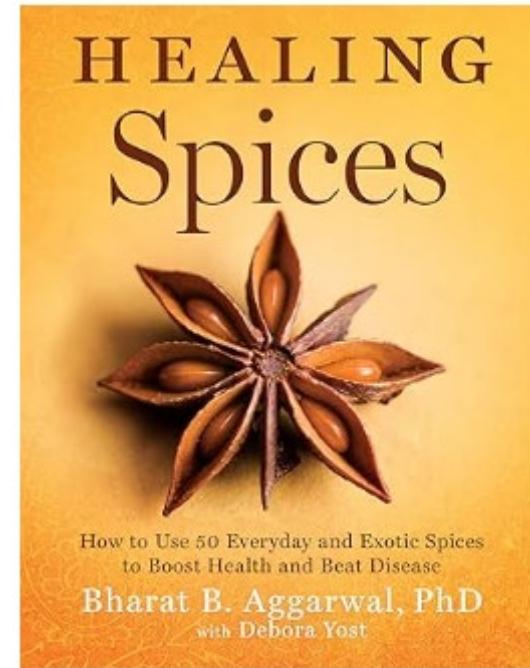
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# Today's program

- ▶ History
- ▶ Past – Present – Future
- ▶ Top Ten Herbs/Spices
- ▶ Honorable Mentions
- ▶ Build your own



# Past – Present – Future



# Top 10 healthiest spices

## #1 Turmeric (Indian Gold)

### Description

- ▶ Distinctive taste and is used in many Indian-style curries. Turmeric or Tumeric is a kitchen staple in India.
- ▶ It has a tart, slightly bitter taste and is often combined with cumin, cardamom and other spices to round off the bitterness.
- ▶ Has anti-inflammatory properties and is often used in treating arthritis as well as calming the digestive system.
- ▶ The active ingredient curcumin, is so high in antioxidants it's such an effective tool for anti-inflammatory conditions. It supports every organ of the body.



# Top 10 healthiest spices

## #1 Turmeric (Indian Gold)

### Historical

- ▶ Eaten daily to ward off a large variety of diseases
- ▶ Marco Polo “discovered” it in China in 1280 – he incorrectly compared it to Saffron most likely due to its color



# Top 10 healthiest spices

## #2 Rosemary

### Description

- ▶ Robust, Rosemary may make you think of pine as it has a similar flavor and scent.
- ▶ Often used to flavor chicken and potatoes, beef, pork, lamb and teas
- ▶ Supports the immune system as well as being resilient and could improve blood flow and thus brain function
- ▶ Supports memory (even essential oil); purportedly anti-cancer, liver damage, blood clotting, diabetes, ulcers, urinary tract infections and depression



# Top 10 healthiest spices

## #2 Rosemary

### Historical

- ▶ Was considered a Holy Spice for weddings, funerals and other rituals
- ▶ Rosemary garlands and headbands frequently used for decoration
- ▶ Rosemary denotes remembrance
- ▶ Combined with Juniper berries, was used as incense to clean the air



# Top 10 healthiest spices

## #3 Basil

### Description

- ▶ The peppery, bright taste of fresh basil is hard to beat!
- ▶ Pesto is a great way to add delicious basil flavor to many dishes.
- ▶ Basil has anti-inflammatory properties and could help promote cardiovascular health.
- ▶ Consider growing your own basil to enjoy the best, most fresh flavor; very heat tolerant



# Top 10 healthiest spices

## #3 Basil

### Historical

- ▶ Revered plant in India; used extensively in Italy in a variety of dishes
- ▶ Italians consider it a symbol of love; very popular in Southeast Asian countries
- ▶ Greeks thought it was a suspicious plant and thought to be linked to a dead mythical creature
- ▶ Reported to be helpful for stress; supports the heart, addresses acne, cancer diabetes, eye problems, pain relief, wound healing, gout, ulcers and malaria



# Top 10 healthiest spices

## #4 Cumin

### Description



- ▶ Most people associate Cumin with Mexican foods because it is a zesty, nutty flavor once added to foods
- ▶ Ground cumin deserves a spot on your spice rack not only for its taste but also for its health benefits.
- ▶ Black Cumin is completely different from regular Cumin

# Top 10 healthiest spices

## #4 Cumin

### Description



- ▶ Cumin provides essential minerals like phosphorus, thiamine, and potassium that your body needs every day
- ▶ Supports Type 2 Diabetes as well as glibenclamide as an anti-diabetes drug
- ▶ Reduces levels of cholesterol, triglycerides, and heart damaging blood fats; reduces blood sugar
- ▶ Combined with cinnamon, black pepper, and green tea, can reduce glycathion or AGE's phytoestrogen qualities, especially for post-menopause women and osteoporosis
- ▶ Being studied for cancer, blocks food poisoning and fights tuberculosis
- ▶ Used significantly in North Africa, Western Asia, India, Greece, Turkey and of course Mexico and Latin America

# Top 10 healthiest spices

## #5 Nutmeg

### Description

- ▶ Nutmeg has a nutty flavor but truly has its own distinct taste. It is often used for baking, in desserts, in savory sauces or on cocktails.
- ▶ In the Caribbean, Nutmeg goes into about everything, from ice cream, soup, sweet potato pie, chicken and rum cocktails



# Top 10 healthiest spices

## #5 Nutmeg

### Historical

- ▶ Has detoxifying properties, which is why it is used as an ingredient in many detox drinks
- ▶ Can also be used as a sleep aid and a natural remedy for many everyday digestive problems
- ▶ Nutmeg (especially whole) from Grenada is considered the highest quality and flavor
- ▶ Long political and economic trade tradition; in the 14-18<sup>th</sup> centuries the Dutch, Portuguese, French and English warred over the Maluku Islands in Indonesia where it was grown before Grenada
- ▶ The Nutmeg tree actually produces two spices: Nutmeg the kernel, and Mace, the sheath that surrounds the seed like a net. Nutmeg is sweet, while Mace is tart and strong



# Top 10 healthiest spices

## #6 Saffron

### Description

- ▶ The world's most expensive spice, it is a brightly-colored that's high in health-promoting compounds, such as carotenoid antioxidants.
- ▶ Research findings suggest Saffron has anti-inflammatory and antioxidant effects and may improve heart health, reduce symptoms of depression and anxiety, improve sleep, and protect eye health.
- ▶ Saffron extract has more health benefits than the spice alone, but the spice itself also has healthy properties.
- ▶ Crocin and other protective compounds found in saffron may help prevent the production of ROS, reduce cellular damage, and increase levels of antioxidant enzymes.



# Top 10 healthiest spices

## #6 Saffron

### Historical

- ▶ Used and studied currently for depression and brain disorders
- ▶ Almost easier to separate the illnesses or diseases it doesn't treat or support from PMS to diabetes
- ▶ There is only one true crocus that produces Saffron; it is as old as civilization, from Greece, ancient Rome, Spain, Portugal and Netherlands
- ▶ Now (since 2015), even the University of Vermont has been supporting growing, producing and creating products world-wide with special attention to the United States for Saffron agriculture
- ▶ Note: I have a Facebook page on this subject (Midwest Saffron Alliance) to encourage the small farmer and gardener to learn how to grow it in the Midwest



# Top 10 healthiest spices

## #7 Cayenne Pepper

### Description

- ▶ Used to add fiery spiciness to many savory dishes
- ▶ The powdered form has a pungent peppery taste and contains capsaicin, the substance that gives chilies their spiciness
- ▶ Has a cleansing effect on the body and, although spicy, it calms the digestion
- ▶ Often used in detox programs because of its cleansing properties



# Top 10 healthiest spices

## #7 Cayenne Pepper

### Historical

- ▶ Capsaicin, found only in chiles, can help relieve symptoms of arthritis and psoriasis
- ▶ Cayenne, one example of chilies family, has been used orally and topically as in creams to increase blood flow
- ▶ Chiles have been used for reducing heart disease, prevents blood clots, improves cholesterol, prevents arrhythmias, cancer prevention, ulcers, indigestion, psoriasis, type 2 diabetes
- ▶ Chiles were part of the most important discoveries in the new world of foods introduced to the rest of the world
- ▶ Dried and fresh chiles have a whole set of taste sensations that even the name of the chilies change with various treatments in the kitchen



# Top 10 healthiest spice

## #8 Oregano

### Description

- ▶ There are many varieties of oregano. Some have a bitter taste, while others taste more like mint
- ▶ Turkey uses the most Oregano, many for healing
- ▶ Most widely used variety of oregano in Italy is perhaps the most popular and is often used in sauces and pasta dishes.
- ▶ Easy to use often because it goes so well with a large number of dishes.
- ▶ Amount of vitamins it contains is pretty impressive and with it comes a large serving of antioxidants, also known for infection protection
- ▶ Oregano also contains minerals, fiber and even omega-3 fatty acids, but to get the most benefit from it, it should be consumed fresh.



# Top 10 healthiest spice

## #8 Oregano

### Historical

- ▶ Oregano water and Oregano tinctures are used for healing in Turkey, Central America and growing more popular in the U.S. and worldwide
- ▶ Some of the main uses of Oregano (not to be confused with Mexican Oregano) include: high cholesterol, metabolic syndrome, colon cancer, Alzheimer's, age spots, staph infections, mouth ulcers, and inflamed gums



# Top 10 healthiest spices

## #9 Coriander/Cilantro

### Description

- ▶ Fresh cilantro and fresh coriander are the same thing, just with different names depending on where they're grown and used. In the U.S., cilantro refers to the leafy green part and stems, whereas the seeds are referred to as coriander seeds.
- ▶ Fresh cilantro finds its way into many salsa recipes and is the reason why they have that signature salsa taste. It's also often used in sauces and as a side dish because it complements the taste without being overwhelming.
- ▶ Coriander is said to help detoxify the body. It is also said to have a good effect when it comes to relieving nervous tension. Fresh cilantro is often used in teas and smoothies for gentle detoxification
- ▶ Try to use cilantro first before resorting to medicinal remedies to relax and calm down; also assists with tummy troubles



# Top 10 healthiest spices

## #9 Coriander/Cilantro

### Historical

- ▶ One of the oldest spices. The seeds (Coriander) were used in Chinese Medicine, especially for digestion
- ▶ Ayurvedic medicine from India used it as a diuretic, bladder and urinary tract infections, allergies, diabetes, anxiety, high blood pressure, insomnia, vertigo and yeast infections
- ▶ Also, Coriander reduces redness and inflammation, even from radiation
- ▶ Reduces “bad” cholesterol and used preventively as well
- ▶ Like Nutmeg, and most other spices, best to buy the whole seeds. Whole seeds can be stored for at least 1 year; ground only a few months



# Top 10 healthiest spices

## #10 Thyme

### Description

- ▶ Thyme gives food an earthy taste but has a mild flavor
- ▶ It is often used in meatloaf and minced meat dishes as well as soups and stews
- ▶ Thyme has strong antioxidant properties, anti-microbial
- ▶ Rich in Vitamins A and C, as well as minerals such as iron, copper, and manganese
- ▶ Thyme also provides necessary fiber for the body



# Top 10 healthiest spices

## #10 Thyme

### Historical

- ▶ There are more than 100 varieties of Thyme
- ▶ Popular in France, Middle East, North Africa, Mediterranean, Spain and the U.S.
- ▶ Be careful when using fresh Thyme as it can turn black in an acidic environment
- ▶ Thyme is anti-disease, Thymol is the active ingredient and is a class of phyto nutrients; powerful anti-oxidants and anti-inflammatories
- ▶ Thought to be anti-aging, anti-cancer, anti-clot, anti-herpes, anti-infection, anti-colitis, anti-ulcer and protects the body from too much alcohol



# Top 10 healthiest spices - Summary

## Top Ten

1. Turmeric
2. Rosemary
3. Basil
4. Cumin
5. Nutmeg
6. Saffron
7. Cayenne Pepper
8. Oregano
9. Coriander/Cilantro
10. Thyme

## Honorable Mention

1. Liquorice Root
2. Sage
3. Ginger
4. Cinnamon
5. Parsley
6. Fennel
7. Holy Basil
8. Fenugreek
9. Black Pepper
10. Clove
11. Horseradish



# Top 10 healthiest spices - Summary



- ❖ Currently, a lot of attention is being paid to gut health – most importantly to gut diversity
- ❖ As you can see, simply by adding more spices and herbs into your everyday rainbow of colorful and nutritious foods, you can help create gut micro-diversity for overall health

# Build your own mix

## Example: Land & SEASONING Blends

- ▶ 1<sup>st</sup> – Blend your base
- ▶ 2<sup>nd</sup> – Add 3 ingredients
- ▶ 3<sup>rd</sup> – Mix
- ▶ 4<sup>th</sup> etc.



# Thank you!

Additional Resource (Video):



Spicy: The History of Spices and the Spice Trade

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