

Spices

It's easy to get stuck in ruts. For those of you with an empty spice cabinet, see how many of these you can start incorporating into your diet.

1. Allspice - Jamaica
2. Anise - Eastern Mediterranean
3. Asafoetida - India
4. Basil - Southeast Asia
5. Bay Leaf - Mediterranean
6. Black Pepper - India
7. Cardamom - India
8. Cayenne Pepper – Central South America
9. Celery Seed - India
10. Cinnamon - Sri Lanka
11. Cloves - Indonesia
12. Coriander - Middle East
13. Cumin - Middle East
14. Curry Powder - India
15. Dill Seed - Mediterranean
16. Fennel - Mediterranean
17. Fenugreek - India
18. Garam Masala - India
19. Garlic Powder - Central Asia
20. Ginger - Southeast Asia
21. Horseradish - Eastern Europe
22. Juniper Berries - Europe
23. Lemongrass - Southeast Asia
24. Mace - Indonesia
25. Marjoram – Mediterranean
26. Mustard seeds - India
27. Nutmeg - Indonesia
28. Oregano - Mediterranean
29. Paprika - Hungary
30. Parsley - Mediterranean
31. Peppermint - Europe
32. Poppy Seed - Eastern Mediterranean
33. Rosemary - Mediterranean
34. Saffron - Iran
35. Sage - Mediterranean
36. Star Anise - China
37. Sumac - Middle East
38. Tarragon - Western Asia
39. Thyme - Southern Europe
40. Turmeric - India
41. Vanilla - Madagascar
42. White Pepper - Southeast Asia
43. Za'atar - Middle East
44. Chili Powder - Mexico
45. Cilantro - Southern Europe, North Africa
46. Lavender - Mediterranean
47. Licorice - Southern Europe
48. Mint - Middle East
49. Sichuan Pepper - China
50. Wasabi – Japan

“/” if you’ve ever tried it. “X” for the spices you consume regularly. Rx: Increase your Xs.

Spices

51. Caraway - Europe
52. Chervil - Russia
53. Chicory - Mediterranean
54. Chives - Europe
55. Cinnamon (Cassia) - China
56. Clove - Indonesia
57. Cocoa - South America
58. Coconut - Southeast Asia
59. Coffee - Ethiopia
60. Colombo Powder - Caribbean
61. Comfrey - Europe
62. Costmary - Mediterranean
63. Cubeb Pepper - Indonesia
64. Curry Leaves - India
65. Dandelion - Europe
66. Elderberry - Europe
67. Epazote - Mexico
68. Fenugreek Leaves - Mediterranean
69. File Powder - Southern USA
70. Galangal - Southeast Asia
71. Grains of Paradise - West Africa
72. Hibiscus - North Africa
73. Hops - Europe
74. Horsetail - North America
75. Hyssop - Southern Europe
76. Jasmine - Southeast Asia
77. Kaffir Lime Leaves - Southeast Asia
78. Kelp - Japan
79. Lavender - Europe
80. Lemon Balm - Mediterranean
81. Lemongrass - Southeast Asia
82. Licorice Root - Europe
83. Lime Leaf - Southeast Asia
84. Lovage - Mediterranean
85. Mahlab - Middle East
86. Malabathrum - India
87. Meadowsweet - Europe
88. Mexican Oregano - Mexico
89. Moringa - South Asia
90. Mullein - Europe
91. Mustard - Europe
92. Neem - India
93. Nigella (Black Cumin) - Southwest Asia
94. Orris Root - Mediterranean
95. Pandan Leaf - Southeast Asia
96. Pepper (Long) - Indonesia
97. Perilla - East Asia
98. Pimento - Central America
99. Pink Peppercorn - South America
100. Pomegranate Seed - Middle East

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