



Kitchen Spice Remedies
&
some wild spices



Herbs vs Spices



Herbs are leaves, mostly - basil, thyme, sage, rosemary, parsley, oregano



Spices are the aromatic seeds, bark, flowers, and roots of plants.



Warming/cooling
Moistening/drying



What is your constitution & condition?



Plant Meditation





Spice Cabinet

Anti-microbial, anti-oxidants, anti-inflammatory. Anti-virals and anti-bacterials.

Most, if not all, are very good digestive aids - gas, nausea, bloating, etc.

Importance of good digestion - so we can absorb nutrients, release waste, and be nourished.

Relation to immune system and nervous system.

Preservatives, prevent mould, bacterial growth.

Use freshly ground.

Cardamom

Elettaria cardamomum - Ginger Family
Seed or whole dried fruit. Warm, dry.

- Food poisoning
- Lowers Blood Pressure
- Gargle for sore throats (with cinnamon, sage), gum disease, breath freshener.
- Inhibits yeast and fungal growth - thrush, topically athlete's foot
- Reduces mucus build-up from dairy and sugar, so especially good in milky, sweet desserts and drinks.
- Neutralises acidity of coffee.
- Tea, porridge, rice, chai, coffee



Cinnamon

Cinnamomum cassia - Laurel Family

Twigs, bark. Warm, dry

- Circulation tonic- cold hands & feet
- Arthritis
- Women's - cramps, fibroids, ovarian cysts
- Blood sugar levels
- Colds, flu, fevers (helps sweat out fever)
- Stimulates HCL
- Diarrhea, vomiting, tummy upsets
- Tea, Chai, desserts



Cloves

Eugenia (or Syzygium) aromaticum - Myrtle Family

Flower buds. Hot, dry



- Pain relieving, toothache & make clove oil (not EO) for massage.
- Anti-coagulant, blood thinner
- Morning sickness, with ginger
- Energizing (too much heating can be irritating)
- Counteracts low blood pressure
- Mild aphrodisiac, esp. men

Nutmeg

Myristica fragrans - Nutmeg Family

Seed kernel. Warm, dry

- Mace is bright red covering
- Sedative, useful for insomnia
- Relieves anxiety, depression
- Diarrhea, vomiting, colic
- Increases absorption



Ginger

Zingiber officinale - Ginger Family

Rhizome. Warm, dry

- Circulation
- Arthritis
- Coughs, colds
- Morning sickness, travel sickness, nausea
- Chemotherapy nausea
- Menstrual cramps



Turmeric

Curcuma longa - Ginger Family

Rhizome. Warm, dry.



- Coughs
- Skin tonic
- Liver
- Diabetes
- Inflammation
- Arthritis
- Alzheimers, memory
- Balances cholesterol
- Balances immune, auto-immune & allergies, stress
- Stimulate HCL
- Stimulates formation of new blood tissue
- Cleanses chakras

Cayenne

Capsicum annuum - Solanaceae

Fruit. Warm, dry

- Too much can aggravate inflammatory and hot conditions
- Heart
- Stops bleeding & anti-coagulant.
- Circulation
- Cholesterol



Black Pepper

Piper nigrum - Piperaceae

Fruit. Warm, dry

- Helps to absorb nutrients, especially minerals
- Stimulates appetite
- For sluggish digestion
- Coughs, colds & chills. Sinus congestion.
- Sore throat, asthma, bronchitis, pneumonia - clears mucus (nice with honey).
- Fevers.



Mustard

Brassica nigra/alba - Brassica Family

Seeds. Warm, dry

- Circulation. Stimulating
- Heat that goes through all the body
- Baths & Foot baths - tired and achy feet, as well as head colds (bath: epsom salts & mustard powder)
- Mustard poultice for chest, coughs, whooping cough. Draws blood to the surface. Can be irritating
- Rheumatism, arthritis, muscle pain
- Wild, as greens. Also garlic mustard.
- Ability to clean contaminated soil, cleans up cadmium, lead, zinc (careful when foraging). Usefulness of invasive species.
- Food, tea, vinegar, bath
- Flowers



Fennel

Foeniculum vulgare - Apiaceae

Seed. Warm / cool, dry / moist



- Physicians of Myddfai ‘he who sees fennel and gathers it not, is not a man but a devil.’
- Ayurvedic medicine balances body & mind, heat & cold
- Hildegard: “fennel forces the spirits into the right balance of joyfulness”
- Uplifting & Calming
- Acid reflux
- Colic (mothers drink tea or give baby bath in fennel tea)
- Promotes breast milk
- Mouth freshener
- Vision, eyes.

Cumin

Cuminum cyminum - Apiaceae

Seeds. Cool, dry



- Memory
- Iron rich
- Digestive
sluggishness
- Increase milk
production
- Stimulates
menstruation

Coriander Seeds

Coriandrum sativum - Apiaceae
Seeds. Cool, dry

- Balances cholesterol
- Excessive menstruation
- Fennel, Cumin & Coriander often used together especially for hot conditions or to balance hot herbs.



Celery Seed

Apium graveolens - Apiaceae

Seeds. Warm, dry

- Gout & gouty arthritis, with parsley
- gets rid of excess uric acid.
- Menstrual cramps
- Arthritis, rheumatism
- Inhibits *H. pylori*
- Breath freshener
- Tea
- Not in pregnancy or for excess
bleeding



Dill

Anethum graveolens - Apiaceae

Seed. Cool

- Babies with colic
- From Norse dylla meaning “to lull, soothe”
- Sedative
- Brings on menstruation
- Rich in minerals - nerves, hair, teeth, nails
- **Not for pregnant women**



Fenugreek

Trigonella foenum-graecum - Fabiaceae / Bean
Seeds. Warm, moist

- Increases breast milk (and breasts!!)
- Reproductive herb. Women's herb. Phytoestrogens? Menstrual irregularities.
- Vaginal dryness at menopause
- Blood sugar balance
- Cholesterol balance
- Constipation
- Arthritis, muscle pain
- Not when pregnant



Grow Your Own Spices



fenugreek, celery, fennel, anise, coriander, cumin, saffron, mustard, cayenne, paprika, ginger, turmeric

Staghorn Sumac

Rhus Typhina - Anarcadiaceae / cashew

Fruit/Seed. Cool, dry



Balances blood sugar
& cholesterol

Za'atar

Ingredients

- 1 tablespoon dried thyme- crushed
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon toasted sesame seeds
- 1 tablespoon sumac
- ½ teaspoon sea salt
- ¼ teaspoon or more cayenne - optional

Instructions

For the most flavour, toast whole seeds (cumin, coriander, sesame), then grind. Mix all the ingredients together in a small bowl. Store in an airtight container.

Fire Cider / Spice Cider



Fill jar 1/3 with spices (more if fresh).
Add honey and apple cider vinegar.
Cover with a plastic lid.
Label with ingredients and date.
Keep in a cool, dark place for 4-6 weeks.
Strain and use on salads, veggies, marinades

Blood Sugar Balance:

Cinnamon, Fenugreek, Turmeric, Sumac, Cayenne

Cholesterol Balance:

Cayenne, Coriander, Fenugreek, Sumac

Arthritis, Rheumatism, Muscles & Joints:

Ginger, Cayenne, Cinnamon, Turmeric, Mustard

Insomnia: *Nutmeg, Dill*

Anxiety & Depression: *Nutmeg, Fennel*

Women's Issues:

Fenugreek, Cinnamon, Ginger

Breast Feeding: *Fennel, Fenugreek, Dill*

Digestion - gas, bloating, etc: *Any & All*

Nausea: *Ginger, Cloves*

Sore Throats: *Cardamon, Cinnamon, Black Pepper*

Coughs, Lungs: *Fennel, Ginger, Mustard*

Fevers: *Cinnamon, Ginger, Cayenne*

Brain, Memory: *Cumin, Turmeric*

Anti-Coagulant & Stops Bleeding

Cayenne, Cloves, Ginger, Cinnamon - short term

Avocado Toast with Mustard Flowers

Recipe



INGREDIENTS

- 1/2 ripe avocado
- 1 teaspoon extra virgin olive oil
- 1 to 2 teaspoons fresh lemon juice
- Kosher salt
- Freshly ground black pepper
- 1 hard-boiled egg (see Recipe Notes)
- 1 slice bread
- White wine vinegar
- 1 tablespoon mustard flowers

INSTRUCTIONS

Peel and pit the avocado.

Using a fork, mash the avocado with olive oil, lemon juice, and a small pinch of salt and pepper.

Peel the hard-boiled egg. Cut it crosswise into 1/4-inch-thick slices.

Toast the bread. Spread the mashed avocado on the toast and arrange the egg slices on top of the avocado. Finish with a light drizzle of vinegar, a sprinkle of salt and pepper, and the mustard flowers.

Serve immediately.

Recipe from Wild Remedies by
Emily Han & Rosalee de la Foret

Mustard Greens Chermoula Recipe



Recipe from Wild Remedies by
Emily Han & Rosalee de la Foret

- 1 cup mustard greens
- 1/2 cup cilantro
- 1/2 cup parsley
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 2 garlic cloves (or more)
- 1 tsp coriander seeds (toasted)
- 1 tsp cumin seeds (toasted)
- 1 tsp paprika
- 1/2 tsp sea salt
- 1/4 tsp cayenne pepper
- 1/2 cup olive oil
- Make in processor like pesto.

Recipes

SPICE RICE

- 1 ½ cups basmati rice
- 2 tablespoons vegetable oil
- 1 (2 inch) piece cinnamon stick
- 2 pods green cardamom
- 2 whole cloves
- 1 tablespoon cumin seed
- 1 teaspoon salt, or to taste
- 2 ½ cups water
- 1 small onion, thinly sliced
- Can add chilli, garlic, ginger, turmeric, mustard seeds, black pepper



Directions

- Place rice into a bowl with enough water to cover. Set aside to soak for 20 minutes.
- Heat the oil in a large pot or saucepan over medium heat. Add the cinnamon stick, cardamom pods, cloves, and cumin seed. Cook and stir for about a minute, then add the onion to the pot. Saute the onion until a rich golden brown, about 10 minutes. Drain the water from the rice, and stir into the pot. Cook and stir the rice for a few minutes, until lightly toasted. Add salt and water to the pot, and bring to a boil. Cover, and reduce heat to low. Simmer for about 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes, then fluff with a fork before serving.



SPICED BITTERS

- 1 Tbsp fennel seeds
- 1 Tbsp cardamom
- 1 Tbsp all spice seeds or nutmeg
- 2 medium cinnamon sticks
- 1 tsp cloves
- 1 tsp black pepper
- dandelion root/burdock root (optional)
- mugwort/lavender/yarrow
- 1 1/2 cups vodka or high proof grain alcohol

Directions

Fill jar about 1/3 with spices and herbs. Add vodka to top. Cover with plastic lid. Label with ingredients and date. Leave in cool, dark place for 6 weeks. Strain & use.

Masala Chai Recipe

Ingredients

- 2 cups milk (or milk substitute)
- 2 cups water
- 4 whole cloves
- 2 cardamon pods (crushed)
- 2 black peppercorns (crushed)
- 1 cinnamon stick
- 1/2-inch piece ginger (grated)
- 2 tablespoons sugar (or honey)
- 2 tablespoons black tea leaves

Directions

- In a medium saucepan, combine the milk, water, and spices. Simmer over medium heat for 10 minutes, stirring occasionally.
- Add the sugar and tea leaves. Stir, and then let steep for 5 minutes.
- Strain into glasses or mugs and serve.

Variations

- Adjust and vary spices to taste. Can also use coriander, fennel seeds, lemongrass, star anise, allspice, tamarind, vanilla, and nutmeg.



Resources & Sources

BOOKS

- *Home Remedies: How to Use Kitchen Staples to Treat Common Ailments* by Julie Bruton-Seal and Matthew Seal
- *Alchemy of Herbs: Transform Everyday Ingredients into Foods and Remedies That Heal* by Rosalee de la Foret
- *Wild Remedies: How to Forage Healing Foods and Craft Your Own Herbal Medicine* by Rosalee de la Foret and Emily Han

OTHER

- Dr. Singha's Mustard Bath
- Strictly Medicinal Seeds (<https://strictlymedicalseeds.com>). They have ginger and turmeric plants and lots of medicinal seeds and plants. They are in Oregon but their shipping of plants is very careful and plants arrive in great condition.

