

## The Essential Herbs & Spices

Ever wonder if it's worth it to add herbs or spices to a dish? It definitely is! Here's why and how to make it affordable.



Herbs and spices have a long history of being used medicinally. [Research](#) is showing they do indeed benefit our health due to their, sometimes very high, phytonutrient content. They help us fight chronic disease, boost our brain power and immune systems. They act as anti-inflammatories and have antimicrobial, antibacterial and antioxidant properties. [This study](#) showed that drinking sage tea lowered cholesterol and increased antioxidants.

The following list of herbs and spices are high in powerful antioxidants giving them the ability to fight inflammation and promote health:

- Curcumin/ Turmeric, a spice well known to anyone who loves curry. Add a little black pepper to your turmeric to help it get into cells and do its magic. A little fat may also help as turmeric is fat soluble.
- Cumin – if you've eaten chili or hummus you've had cumin. It's also in many curries.
- Cinnamon – Sprinkle some in your coffee, add some to a sweet potato or winter squash.
- [Rosemary](#), Parsley, Oregano, Sage, Basil and Thyme – use these herbs together or separately to flavor salads, pizza, vegetables, poultry and meats. They are beneficial dried or fresh.

Enjoy the benefits of herbs with these recipes:

[Tabouli](#)

[Creamy Turmeric Cauliflower Soup](#)

[Chicken with Cumin and Oregano](#)

[Chai](#)

[Pesto](#)

[Easy Rosemary Potatoes](#)

[All things sage](#)

Visit the Herbs and Spices table at Commons!

### Make it Budget Friendly

- Shop in the bulk section and only buy the amount you need.
- Try growing herbs on your own. It is easy and costs less than buying them.
- Plant herbs in a sunny location and water as needed.

Herbs & spices show promise as supporters of our health. Enjoy a variety in your food and reap the benefits of their antioxidants.



**Terry Passano, University Dietitian CB 151**  
**thpassano@salisbury.edu 410-548-9112**

For a personalized approach to eating and improving your health see Terry Passano. Appointments are free of charge to students, faculty and staff.

Click [here](#) for healthy dining options.