

Emmerdale Eden Farm  
**Organic Herbs & Spices**  
from Organic Connections  
2023

**Allspice (Ground):** Indigenous to Caribbean & Latin America. The dried fruit has a complex flavour combination of cinnamon, nutmeg, pepper, cloves & juniper berries. Commonly used as a baking spice or in hot drinks. Allspice extract has medicinal properties too, such as an antioxidant, antiseptic, & aiding yeast infections. **1.5oz/ \$3.25**

**Basil:** Basil is a herb in the mint family, used for culinary & medicinal purposes & one of the oldest herbs known to humankind. Well known in Italian cuisine, like pastas, meat dishes, soups & sauces...such as pesto. Has great medicinal value too: good for digestion, anti-inflammatory, cleanses skin from within, fights depression, manages diabetes, supports liver function & helps detoxify the body, promotes gut health & heals an upset stomach. Use ½ the amount of ground basil in a recipe, as concentrated.

Basil Ground: **.5 oz/ \$2.75** Basil Leaf: **2.5 oz/ \$3.25**

**Bay Leaf:** This aromatic leaf adds flavour in cooking to pasta sauces & soups. A rich source of vitamin A, C, iron, potassium, calcium & magnesium. It has been proven to help treat migraines & contains enzymes that break down proteins & digest foods faster, helping to calm digestion. **¼ oz/ \$1.75**

**Cayenne:** Cayenne pepper is a moderately spicy pepper with numerous health benefits. It aids digestion, helps heal an upset stomach, relieves gas, helps stop diarrhea & a natural remedy for cramps. **1oz/ \$2.25**

**Celery Seed:** Used in dishes that benefit from its warm, bitter celery-like flavour, such as soup stocks, mayonnaise & meatloaf. It has great nutritional value as rich in vitamins & minerals, plus supports bone health & promotes red blood cell formation. **2 oz/ \$3.25**

**Chili Flakes:** Crushed dried pepper flakes are rich in vitamins & minerals. Dried hot peppers add heat & zing to recipes, while sweet peppers add a subtle tasty flavour. Grown with care on Emmerdale Eden Farm. **1.5oz/ \$3.50**

**Chili Powder:** Blends of ground mild chili peppers & other spices including cumin, onion, garlic powder. Traditionally used for spicing meats & various chili dishes. Add a pinch to your soups for deeper flavour, or to tomato sauces & pastas. Chili can act as an anti-inflammatory to decrease swelling of sore joints & increases blood flow. It can aid acid reflux & kill bacteria that causes stomach ulcers. **1.5 oz/ \$4.00**

**Cinnamon Powder (Sri Lanka):** **True cinnamon** (sweet cinnamon) is shaved from the inner bark of tropical evergreen trees & is more subtle & delicate tasting than its more common relative **cassia cinnamon**. It is an ancient aromatic condiment & flavouring additive used in baked goods, teas & spice mixes. Use in oatmeal, cereal, baking, smoothies, extracts & capsules. It has great medicinal properties for circulatory, respiratory & expectorant uses as loaded with antioxidants & anti-inflammatory properties. True Cinnamon (Sri Lanka): **1.5oz/\$3.75** Cassia Cinnamon from Indonesia: **1.5 oz/\$2.75**

**Cinnamon Sticks:** The dried bark of cinnamon trees curl as they dry. They have all the same medicinal properties. Sticks can be used to flavour beverages or cooked in fruit stews, then removed. **2 oz/ \$4.50**

**Cloves (ground):** Used in many culinary ways: spice blends such as pumpkin spice, tea blends like chai, as well as in liqueurs & mulled wine. Whole cloves stuck in an orange for a festive pomander! Clove essential oil is used in dentistry for its analgesic effect. Ground: **1.25 oz/ \$3.75** Whole: **10g / \$1.25**

**Coriander:** Described as a spice with warm, nutty, citrusy flavour. Roasting or heating the seeds in a pan will heighten the flavour & pungency. Used in the garam masala blend, in Indian curries, sausages & pickling spice recipes. Used medicinally in Ayurvedic medicine as a digestive tonic when combined with caraway & cardamom seeds. Ground: **1.5 oz/ \$2** Whole: **1.5 oz/ \$2.50**

**Cumin Seed Powder:** Cumin is one of the most consumed spices after chiles & peppercorns & is the key ingredient in curry & chili powders. It is used to flavour breads, bean dishes, sausages, soups, stews, & pickling spices. It promotes digestion & often brewed into a healing drink. A rich source of iron & may help in weight loss & lowering cholesterol. **2 oz/ \$3.50**

**Curry Powder:** A blend of spices to bring a full rich flavour to any recipe, such as soups, stews & Indian curries. It can also be added to eggs, meat dishes, salad dressings, vegetables, or mixed with mayonnaise & yoghurt as a flavourful dipping sauce. **2 oz/ \$3.75**

**Dill:** Dill seeds have a flavour similar to caraway & can be used crushed or whole. Most commonly used to flavour breads, cheese, root veggies, pickles & soups. Dill is rich in several nutrients, Vitamin C, A, Manganese, Folate & Iron. It has traditionally been used to treat ailments such as digestive issues, colic in infants, & bad breath. It is rich in antioxidants & reduces chronic inflammation. It may improve heart health, lowers blood sugar levels, as well as having anti-cancer properties. **1.5 oz/ \$2.50**

**Fenugreek Leaves:** Dried Indian Fenugreek leaves are used to flavour curries, stews, salads & naan bread. Add to vegetable dishes just before serving for an exotic Eastern flavour. **5 oz. \$1.75**

**Five Spice:** Mixture of cassia, fenugreek, star anise, cloves & pepper. Used traditionally in Chinese cuisine, as well as in Hawaiian & Vietnamese cooking. **1.25 oz/ \$4**

**Garam Masala:** A staple spice blend in Indian cuisine, but much more complex in flavour than curry powder. The name means 'warm spice' & can be used in pan-fried foods, meats, tikka masala, tandoori, & added to rice or vegetable dishes. **1.25 oz/ \$4.50**

**Garlic Chips:** Garlic is one of the most popular seasonings of all time & has an intense recognizable flavour & fragrance. All parts of the plant can be used in cooking, though the bulb is most prized for culinary & medicinal uses. Dehydrated garlic chips & granules are incredibly versatile & convenient (as will store for years in a cool dark cupboard) & can be rehydrated & used in any recipe requesting garlic. Made from Emmerdale Eden Farm organic garlic. **2 oz./ \$6**

**Garlic Granules:** Delicious, nutritious, easy to use roasted garlic granules. **2 oz. \$5**

**Garlic & Herb Blend:** Great for flavouring all types of dishes: stir into mashed potatoes, mix with a small amount of butter & olive oil to coat meat or vegetables for roasting, season 'oven fries', stir into

sour cream for a quick chip or veggie dip. A mix of onion, garlic, roasted garlic, pepper, parsley, & red peppers. **1.5 oz/ \$4.00**

**Ginger:** The roots of the ginger plant are used for culinary & medicinal purposes. Used in Indian cuisine, teas, juice, candy & medicinally in teas, poultices & capsules. It can soothe upset stomachs, prevent dizziness, nausea & motion sickness, as well as easing pain & cramps. It is also anti-inflammatory, has pain relieving properties & is a strong antioxidant. **2 oz/ \$3.50**

**Italian Seasoning:** A zesty blend of essential basil, oregano, thyme plus subtle rosemary, warming sage & delicate sweetness of marjoram. Use for marinades, all kinds of pasta, salads, dry rubs, & sauces.

**.5 oz/ \$2.50**

**Marjoram:** This perennial herb has sweet pine & citrus flavours & is similar but more delicate than oregano. In herbal medicine it is used as a tea to soothe digestive issues. Most commonly used in cooking soups, stews, dressings & sauces. It mixes well with thyme, bay leaves, pepper & juniper berries. **.5oz/ \$1.25**

**Mustard (Yellow):** Mustard seed powder can be used as a seasoning in many recipes like potato salads, deviled eggs & pickling spices, as well as condiments. It is usually mixed with water or vinegar. It is great on sausages & other meats. **2 oz/ \$2.25**

**Nettle Leaf:** Use as a nutrient rich, soothing medicinal tea. High in beta-carotene & vitamin A to support eye health. Anti-inflammatory, anti-bacterial, plus heart support by lowering blood pressure. Nettles can also be used in cooking (such as nettle pie). \$17.60/lb. \$1.10/oz. .04c/g 150% **.75oz/ \$2**

**Nutmeg:** Not really a nut at all, but the pit of a fruit similar to an apricot. Nutmeg has an aromatic sweet woody flavour, with hints of clove. Powdered nutmeg is used in baking & goes nicely with root vegetables & dark meats. Grated whole nutmeg has the most intense flavour. **1.25 oz/ \$4.50**

**Oregano:** Perennial herb in the mint family used as a culinary herb with a warm, pungent, slightly bitter taste that varies in intensity depending on the climate in which it grows. Traditionally used in Italian, Spanish, Moroccan & Mexican dishes. It is the key component in Italian Seasoning as it blends beautifully with other spices such as rosemary, basil, onion, garlic & thyme. **.75 oz/ \$2.50**

**Parsley:** For more than 2000 years this bright green garden herb is cultivated for its leaves which are either flat or curly. Excellent source of Vitamin K & vitamin C as well as good source of vitamin A, folate & iron, plus important volatile oils & flavonoids. Prevents bad breath, fights skin cancer, fights diabetes, promotes bone health, boosts immune system & is a natural antibiotic. Also promotes heart health & detoxifies the body & much more. Use fresh or dried in potato dishes, rice dishes (risotto & pilaf), soups, sauces, on meats, veggies, stews & salads. \$9.17/1/2 lb. (\$18.50/lb) \$1.16/oz **.5oz/\$1.50**

**Pepper (Black):** The pungent spiciness of black pepper is enjoyed all over the world, but besides its culinary uses, it has carminative (relieves gas), diaphoretic (relieves sweating heavily), & diuretic (increase urine output) properties. Also antifungal & antimicrobial properties & thus used to prevent food spoilage. Boosts bio-availability of curcumin in turmeric by up to 2000%! Excellent source of

manganese, Vit. K, copper, iron, chromium & calcium and may stimulate the breakdown of fat cells. Ground (medium black): 1.5oz/ \$2.25, Peppercorns: 30g - \$3.50, 4 colour Peppercorns: 1 oz/ \$3.75

**Pizza Seasoning Mix:** A delectable blend of onion, red peppers, garlic, parsley, roasted garlic, basil, oregano, summer savory, rosemary, thyme & chili peppers to sprinkle on your pizza before it goes in the oven. 1.25oz/ \$2.50

**Poultry Seasoning:** Poultry seasoning is a blend of spices usually containing thyme, sage, marjoram, rosemary, black pepper, & nutmeg. Garlic powder, onion powder, celery seed or cloves could also be added. Can be used to flavour up dressings, soups, or use as a rub on chicken or turkey, applying 2 hours before cooking. 1.5 oz/ \$3.25

**Rosemary:** An aromatic perennial herb in the mint family native to the Mediterranean region. It has an astringent, sweet, piney flavour. Crushed leaves can be used in recipes including potatoes, breads, soups & sauces. It is a source of fiber, calcium & iron. Its medicinal benefits include the support of cognitive function, a rich source of antioxidants & anti-inflammatory compounds that help boost the immune system & improve blood circulation. 1.5 oz/ \$2.25

**Sage:** A perennial evergreen shrub from the mint family used for culinary & traditional uses for centuries. Dried sage leaves can be used as a tea by themselves or in a blend. Sage adds flavour to a wide variety of dishes including soups & salads. Sage can also be used to preserve cheese & meat. Due to its astringent properties, it is used cosmetically in hair & scalp tonics, plus skin toner. 1.5 oz/ \$3.25

**Seafood Seasoning:** Dill, lemon, basil, parsley, tarragon, fennel, onion, sea salt. 1.5 oz/ \$3.25

**Stevia:** This green stevia powder is the pure form of stevia made from the green leafy stevia plant that grows in South America. 100% all natural sweetener which serves as a healthier alternative to refined sugar. Low glycemic, causing no spike in blood sugars. 1 tsp. of stevia powder is equal to approx.. 10 tsp. of sugar. 1.5 oz./\$3

**Sumac Berry Powder:** Middle Eastern native sumac berries are dried & ground to provide a tart lemony flavour to many dishes. Wide range of uses from dry rubs, marinades, dressing, & is delicious sprinkled over salads, on hummus, or rice. Used in Middle Eastern & Mediterranean cooking & the key ingredient in spice blend Za'atar. The berries have diuretic properties & are used in bowel complaints & for reducing fever. One of the most powerful anti-inflammatory spices out there & can neutralize free radicals that cause cancer, heart disease, & signs of aging. May lower risk of heart disease for type 2 diabetes patients. 1oz/ \$3.50

**Thyme:** Perennial evergreen from the mint family. Thyme is a delicious addition to tea blends, soups, sauces & pairs well with cheeses, eggs or as a garnish. It has a warm peppery flavour. Thyme flowers, leaves & oils are used in a wide variety of medicines. By mouth for bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, gastritis, diarrhea, bed-wetting, flatulence, parasitic worm infections & skin disorders. Directly to the skin for laryngitis, swollen tonsils, sore mouth & for bad breath. It is used as a germ-killer in mouthwashes & liniments, applied to the scalp to treat baldness, & to the ears to fight bacterial & fungal infections. 1.5 oz/\$3

**Turmeric:** This ancient Indian spice has been used for 1000's of years. Turmeric root, also known as Indian saffron is "The Spice of Life!" Turmeric is a powerful antioxidant due to its 'curcumin' content, making it a powerful anti-inflammatory, antimicrobial, anticancer, neuroprotective, immune balancing, & a detoxifier May protect against Alzheimer's & depression. 2 oz/ \$3

