

# Harmony in Health

in association with The College of Medicine and The Harmony Project

## List of herbs and spices to have in your kitchen cupboard

It is useful to have these herbs and spices to use:

### *Spices*

- Salt and freshly ground pepper (buy peppercorns and a grinder)
- Cumin seeds from which to make your own ground cumin
- Mustard seeds
- Coriander seeds from which to make your own ground coriander
- Ginger powder
- Cinnamon bark from which you make your own cinnamon powder
- Cloves
- Cardamom pods and ground cardamom
- Saffron
- Paprika. Choose one that is sweet, not hot (ie spicy)
- Allspice
- Asafoetida (hing): it's an Indian spice, you only use a little bit but helps a lot with taste
- Turmeric powder (you only use 1/4 tsp in cooking but it's very important spice)
- Fenugreek seeds
- Nutmeg (whole and you grate it)
- Star anise

### *Fresh (when in season) and dried herbs:*

- Oregano
- Thyme
- Rosemary
- Bay leaves
- Parsley
- Mint
- Basil
- Fennel
- Dill
- Sage
- Coriander leaves
- Ginger root
- Chamomile
- Nettles

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