| Spice | Flavor Profile & Use |
|---|---|
| Allspice | • Earthy & sweet flavor<br>• Produce pairings: apples, beets, cabbage, carrots, squash, sweet potatoes, turnips<br>• Pair with beef or lamb<br>• Use in soups, desserts, or breads<br>• Combine with: cardamom, nutmeg, cinnamon, cloves, or ginger. |
| Basil | • Sweet flavor<br>• Producing pairings: bell peppers, eggplants, potatoes, tomatoes, zucchini<br>• Pair with cheeses, chicken, fish or pork<br>• Use in salad dressings, sauces, marinades or dry rubs<br>• Combine with garlic powder, rosemary, thyme or oregano. |
| Bay Leaves | • Bitter flavor<br>• Produce pairings: potatoes, tomatoes and mushrooms<br>• Pair with beans, lentils, or shellfish<br>• Use in risotto or soups<br>• Combine with oregano, sage, or thyme. |
| Cardamom | • Sweet flavor<br>• Produce pairings: carrots, citrus, corn, peas, sweet potatoes, squash<br>• Pair with chicken, duck, lentils or pork<br>• Use in curries or rice<br>• Combine with cinnamon, cumin, ginger or turmeric. |
| Cayenne Pepper | • Spicy flavor<br>• Produce pairings: eggplant, potatoes, zucchini, bell peppers, corn, tomatoes<br>• Pair with chicken, beef or fish<br>• Use in rice, soups, salad dressings, sauces and marinades<br>• Combine with cumin, paprika or cinnamon. |



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| Chili Powder | • Spicy & smoky flavor<br>• Produce pairings: corn, tomato, cauliflower, green beans, squash<br>• Pair with beans, chicken, beef, or fish<br>• Use in soups, sauces, dry rubs, salad dressings, or marinades<br>• Combine with coriander, cumin, or garlic powder. |
| Cinnamon | • Earthy & sweet flavor<br>• Produce pairings: apples, carrots, pears, sweet potatoes, squash<br>• Pair with chicken or lamb<br>• Use in fruit sauces, desserts or breads<br>• Combine with allspice, cloves or nutmeg. |
| Cloves | • Earthy & sweet flavor<br>• Produce pairings: apples, beets, squash, tomatoes, sweet potatoes<br>• Pair with lamb<br>• Use in curries, soups, marinades, desserts or breads<br>• Combine with cinnamon, nutmeg, allspice, or basil. |
| Coriander | • Earthy & peppery flavor<br>• Produce pairings: bell peppers, tomatoes, potatoes, onions<br>• Pair with chicken, beef, pork, fish or tofu<br>• Use in curries, soups, sauces, stuffing, dry rubs or marinades<br>• Combine with chili powder, cumin or cinnamon. |
| Cumin | • Smoky and earthy flavor<br>• Produce pairings: eggplant, tomatoes, zucchini, carrots, corn, green beans<br>• Pair with beans, chicken, beef, fish, pork, lentils, or tofu<br>• Use in curries, rice, soup, sauce, dry rubs or marinades<br>• Combine with garlic powder, turmeric, ginger, cinnamon or oregano. |



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| Garlic Powder | • Savory flavor<br>• Produce pairings: cabbage, tomatoes, zucchini, carrots, mushrooms<br>• Pair with beans, chicken, beef, fish, or tofu<br>• Use in curries, soups, sauces, stir-fry, dressings, dry rubs, or marinades<br>• Combine with oregano, cumin, coriander, or turmeric. |
| Ginger | • Sweet & warm flavor<br>• Produce pairings: carrots, citrus, sweet potatoes, beets, squash<br>• Pair with chicken, beef, fish, pork or tofu<br>• Use in rice, curries, stir-fry, or marinades<br>• Combine with garlic powder. |
| Nutmeg | • Sweet flavor<br>• Produce pairings: broccoli, cabbage, carrots, squash, cauliflower, sweet potatoes<br>• Pair with lamb<br>• Use in rice, stuffing, sauces<br>• Combine with allspice or cloves. |
| Onion Powder | • Savory flavor<br>• Produce pairings: celery, eggplant, spinach, squash<br>• Pair with chicken, fish, pork, or beef<br>• Use in marinades, dressings, dips, or sauces<br>• Combine with garlic powder or oregano. |
| Oregano | • Earthy flavor<br>• Produce pairings: artichokes, tomatoes, bell peppers, zucchini, potatoes, mushrooms<br>• Pair with beans, chicken, fish, lamb or pork<br>• Use in soups, salad dressings, tomato sauces, dry rubs, or marinades.<br>• Combine with chili powder, bay leaves, or thyme. |



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| Paprika | • Sweet & warm flavor<br>• Produce pairings: bell peppers, squash, cauliflower, broccoli, potatoes<br>• Pair with chicken, shellfish, lamb, or tofu<br>• Use in rice, soups, salad dressings or marinades<br>• Combine with garlic powder, chili powder, cardamom, cinnamon or cumin. |
| Rosemary | • Earthy flavor<br>• Produce pairings: mushrooms, peas, potatoes, onions<br>• Pair with beans, chicken, lamb, pork, or fish<br>• Use in marinades<br>• Combine with garlic powder, oregano, basil, or thyme. |
| Thyme | • Earthy flavor<br>• Produce pairings: carrots, tomatoes, zucchini, cauliflower, green beans, peas<br>• Pair with beef, chicken, fish, lamb, pork, or lentils<br>• Use in soups, salad dressings, dry rubs, or marinades<br>• Combine with oregano or rosemary. |
| Turmeric | • Peppery & bitter flavor<br>• Produce pairings: cauliflower, cabbage, potato, sweet potatoes<br>• Pair with beans, lentils, chicken, fish or tofu<br>• Use in curries or rice<br>• Combine with cardamom or garlic powder. |



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