



Parent/Faculty Article

A Dash A Day Keeps the Doctor Away

You may know that herbs and spices make meals taste great, but did you realize they add extra nutrients to your dishes?

Herbs and spices come from various parts of plants. We know plant foods, like fruits and vegetables, contain lots of healthful properties and some of those substances make their way into the seasonings.

Although we only eat small amounts of herbs and spices every day, we need to remember to keep them in our diet. Sprinkle cinnamon on your morning oatmeal, oregano on your sub and garlic powder on your favorite pizza. Incorporating them into your meals will add flavor and nutrition!

Here are a couple herbs and spices that are known for their healthful properties:

Cinnamon – A teaspoon of this spice contains as many antioxidants as ½ cup blueberries, which helps protect cells from damage.

Turmeric – Curcumin, the yellow compound of turmeric, inhibits cancer cell growth and protects against Alzheimer's disease.

Ginger – Its active ingredient, gingerol, has anti-inflammatory properties which research shows provides pain relief for arthritis and migraines.

Oregano – This herb has anti-microbial properties, useful in fighting the growth of bacteria and parasites.

Student Article

Spice (and Herb) Up Your Meal

Lots of us sprinkle cinnamon on our oatmeal, basil on our pasta and black pepper on our vegetables, but do we know where these herbs and spices come from? Do we even know the difference between an herb and a spice?

Herbs and spices are both made from plants, but different parts. Herbs are from the leafy portion of the plant. Examples include parsley, basil and oregano. Spices are made from other parts of the plant, such as the bark (cinnamon), seeds (poppy), root (ginger), berry (black pepper) or fruit (allspice).

Herbs and spices are great to use on a variety of foods. They not only add flavor, but actually are good for you! Herbs and spices contain lots of helpful nutrients, such as antioxidants (keeps cells healthy). Use these flavor agents in your meals for a flavorful step towards good health! Look for herbs and spices at your dining hall's Flavor Station.

Challenge your taste buds to some new flavors with these suggestions.

If you like Cinnamon, try Ginger – stir into your favorite yogurt for a sweet and spicy snack

If you like Cumin, try Curry Powder – add to stir fry vegetables or rice for a flavor twist

If you like Rosemary, try Thyme – sprinkle on your scrambled eggs to wake up your taste buds

If you like Basil, try Oregano – great on pasta, but also makes a great addition to your salad or sandwich



Food Committee Idea of the Month Regional Flavor

Regional foods are often distinguished by their use of distinct herbs and spices. However, many of these herbs and spices are not unique; it's the way different cultures combine them that creates a cuisine's identity.

Want to know what herbs and spices are used around the world? Below is a list to get you started. Incorporate them into your next cultural event or holiday or try to identify them in your favorite ethnic dish. Notice the crossover of herbs and spices between regions.

Remind your school community that they can find herbs and spices at your dining hall's Flavor Station.

Area	Spices
China	ginger, hot mustard, star anise, 5 spice powder
Mexico	annatto, chili powder, cilantro, cumin, coriander
India	tamarind, ginger, garam masala, fenugreek, saffron, curry powder
North Africa	cinnamon, cumin, ginger, paprika, parsley, saffron
Italy	basil, oregano, parsley, garlic, rosemary, marjoram, nutmeg, fennel
Middle East	cardamom, allspice, nutmeg, cumin, turmeric, caraway, cinnamon, sumac
Jamaica	allspice, cinnamon, thyme, garlic, curry powder, bay leaf

Recipe of the Month Homemade Seasonings

Create unique flavor combinations by making seasoning blends at home. Here are two recipes to get you started.

Herb Seasoning

No salt in here! Use this seasoning blend on anything that needs an extra kick, like popcorn or chicken.

Makes ¼ cup

- 2 tsp onion powder
- 1 Tbsp garlic powder
- 3 tsp dried parsley flakes
- 1 tsp dried basil leaves
- 1 tsp dried thyme leaves
- 1 tsp dried marjoram leaves
- 1 tsp pepper

Combine all ingredients in a storage container with tight-fitting lid and mix well. Seal tightly and store in cool, dry place for up to 6 months.

Pumpkin Pie Spice

A popular spice combo that works well in pies, cakes & cookies, pancakes or yogurt.

Makes ¼ cup

- 2 Tbsp cinnamon
- 1 Tbsp ground ginger
- ½ Tbsp ground nutmeg
- ½ Tbsp ground allspice

Combine all ingredients in a storage container with tight-fitting lid and mix well. Seal tightly and store in cool, dry place for up to 6 months.