A kitchen isn’t complete without a variety of herbs and spices to add savory, sweet or spicy taste to any recipe. Along with flavor, many seasonings add a health boost to dishes too! See the health tips located on the inside of this brochure to learn how a sprinkle of some of the most well-known spices can be used to keep your body in top shape.

Guide to: Spices & Herbs
Accent (MSG) 101 040 5lb
The commercial name for M.S.G. (Monosodium Glutamate). It has no flavor, but is added to foods to enhance their flavor. Used mainly in dishes from China, Japan and Vietnam.

Adobo Seasoning 101 005 5lb
A flavorful blend of salt, garlic, herbs and spices that will enhance the flavors of many foods. Excellent on roasted, broiled or fried pork, beef, chicken and fish. Mix into meatloaf and burgers. Adds a delightful touch to steamed rice, vegetables and pasta dishes. It’s a very versatile all-around seasoning.

Allspice
Ground 101 210 5lb & 101 220 25lb
Whole 101 230 5lb & 101 240 25lb
A dried berry of the pimento tree grown in the West Indies. It is called allspice because the aroma suggests a blend of cloves, cinnamon, and nutmeg. Whole berries can be used in meat marinades, with broiled fish, or in pickling liquids. Ground allspice can be used in baked goods, desserts, cranberry juice and fruit.

Alum Powder 101 070 10lb & 101 080 50lb
Simply a powder that is added to pickles during the curing process. It’s sole purpose is to keep the pickles crisp at all times.

Dehydrated Carrots 809 640 5lb
Diced carrots (1/4”-3/8”) that are “puffed dried” to seal in natural flavor. This product is quickly rehydrated when placed in cooking applications.

Jalapeno Chips (Dried) 809 642 3lb
Chips of fresh green jalapeno that are air dried for convenient storage as well as to maintain flavor profile.

All Natural Soup Greens 809 650 3lb & 809 652 10lb
Similar to Vegetable Flakes with the exception that there are no potatoes and red and green peppers are added.

Meat Tenderizer 812 100 5lb & 812 105 25lb
An “Accent brand” type product that brings out the full natural flavor of meats. It is primarily made up of monosodium glutamate.

Xanthan Gum 104 990 5lb
Most often used as a stabilizer for salad dressings and soups, xanthan gum keeps the other ingredients from separating and adds body to the product. It is a flavorless, harmless natural carbohydrate. It can be used as a substitute for gluten in bread for those people who are allergic to gluten, and it gives volume to the baked bread loaf or other baked products.
Guide to:
Spices & Herbs

Thyme
Ground 104 790 5lb & 104 800 10lb
Leaves 104 810 2lb & 104 820 10lb
A member of the mint family, thyme is mainly grown in Spain and France. It blends well with other spices, especially rosemary. It is an aid to the body in the digestion of fatty foods. It is an excellent addition to any slow-cooked dish, especially stews and soups, baked vegetables, tomato-based sauces or plain rice.

Anise Seeds 101 150 5lb & 101 160 25lb
A member of the Parsley family, anise seeds are identified by their licorice flavor. Mainly grown in Turkey and Spain, anise seeds are used in cookies, cakes, fruit cups, and as a seasoning for chicken, duck and veal dishes.

Anise Star 104 735 2lb & 104 740 5lb
A star-shaped fruit of a small evergreen tree native to China. It is not related to the plant which gives us anise seed, but it has a similar licorice flavor. It is used mainly in Oriental-style dishes, especially duck, pork and chicken or in stir-fried vegetables.

Apple Pie Spice 101 110 5lb (All Natural) & 101 120 25lb
A special blend of ground spices that goes well with apples. Excellent not only for apple pies, but added to all fruit pies and pastries to enhance the flavors.

Arrowroot Powder 101 270 5lb & 101 280 25lb
Is actually a starch which is easily digested by the human body. It is used to thicken sauces, gravies, pie fillings and custards. For 1 cup of gravy, take 1 rounded tablespoon of arrowroot powder mixed in a little cold water. With 1 cup of meat stock on the stove, slowly add the thickener stirring constantly over high heat. After 10 to 15 minutes, gravy will thicken suddenly. Stop stirring and remove from heat.

Thyme Ground
Thyme Leaves
Tomato Powder

Anise Seeds
Anise Star
Apple Pie Spice

Turmeric Ground
Vegetable Flakes

Thyme
Celery seed
Ground 104 940 5lb & 104 950 25lb
A member of the ginger family and an underground root of the plant grown in all tropical areas of the world. Turmeric adds a warm, mild aroma and a distinctive golden yellow color to foods. It is often used as a substitute for saffron because of its color. It is used to make deviled eggs, rice and bean dishes, cauliflower and potato dishes, and poultry and fish dishes. In India, it has long been used as a remedy for liver ailments and a dye for cloth.

Tomato Powder
Dried tomatoes are ground up and sifted to produce tomato powder. It can be used in any dish where you would like a tomato flavor without the tomato pulp. One of the largest applications is in pastas and breads.

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Vegetable Flakes 809 645 3lb & 809 647 15lb
A combination of dried, diced vegetables including potatoes, carrots, celery, and onions. Often used as an addition in the making of vegetable soup and crock pot meals.

Health Tips:

Celery seed
Celery seed can help to lower blood pressure, ease bloating and even help to flush toxins from the liver. Reap the benefits of this spice by adding some to your favorite chicken, egg or tuna salad.


Guide to:
Spices & Herbs

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Bacon Bits (Imitation) 101 400 10lb & 101 410 20lb
Imitation bacon bits are actually made from textured soy flour and partially hydrogenated cottonseed and soybean oil, salt, flavor and coloring. They do not have to be refrigerated. They can be added to any dish where you desire a bacon flavor, including omelets, tossed salads, soups, baked beans and cheese dishes.

Bar-B-Q Seasoning 101 310 5lb & 101 320 25lb
A blend of many spices including chili peppers, cumin, garlic, cloves, paprika, salt and sugar. Primarily, it is the basic seasoning for barbecue sauce, but it is also good when added to meat casseroles, hash brown potatoes and egg dishes. Also great on chicken when grilling.

Basil Leaves 101 350 1.5lb, 101 360 7lb & 101 370 25lb
One of the most widely used spices in the world, basil is grown in Egypt, France, and the United States. It is an excellent seasoning, similar to oregano, for pizza, spaghetti sauce, and tomato dishes. It will add an inviting aroma to soups, stews, egg or rice dishes, and mushroom dishes. Add basil leaves during the last ten minutes of cooking for the fullest flavor.

Sesame Seeds
Raw & Hulled 104 700 5lb, 104 710 20lb & 104 720 50 lb
A small, pearly-white seed produced in Mexico, Central America and China with a mild, nut-like aroma and taste. Sesame seeds can be used primarily the same way as finely chopped almonds, as a topping on rolls and bread, as an addition to noodles, cole slaw or as a tasty ingredient when added to stuffing for a roast turkey.

Taco Seasoning 104 850 5lb (No MSG) & 104 860 25lb
This is another blend of spices including chili peppers, salt, garlic, dextrose and onion. To make a quick taco sauce, add one teaspoon of taco seasoning to 8 ounces of tomato sauce. Taco seasoning is used to season and marinate meats, especially beef, in Mexican dishes.

Tarragon Whole 104 890 1lb & 104 910 10lb
Originally grown in Siberia and became popular in France in the 1600's, tarragon has a somewhat bittersweet flavor. It is often used in vinaigrette salad dressings or adds a hint of licorice to cream soups. Also well known ingredient used in turtle soup. It is excellent when added to shrimp or trout and other seafood, or added to chicken, shrimp, or tuna salad. For a delicious breakfast treat, take equal parts of tarragon, parsley, and chives and add it, at the last minute, to an egg omelet.

HEALTH TIPS:

Basil
Basil is used around the world to help reduce cholesterol and can also help reduce the risk of diseases caused by plaque build-up in the arteries. Basil also appears to contain antioxidant substances that have shown some protection against carcinogen-induced cancers.

Ginger
Ginger, whose significant ingredient is called gingerol, has been known to significantly help with nausea, vomiting, and motion sickness. Gingerol is a powerful anti-oxidant with cancer-fighting attributes that may even help prevent Alzheimer’s. Not only that but you can make gingerbread and ginger snaps.

HEALTH TIPS:

Top 10 Culinary Herbs and Spices: Flavorful and Functional
http://www.todaysdietitian.com/newarchives/tdjul1007pg36.shtml

Spice Up Your Life: The Health Benefits of Spices
Bay Leaves (Whole) 101 430 1lb, 101 440 4lb & 101 450 10lb
Dried leaves of the Laurel shrub can be used either whole or crumbled. Imported from Turkey or Greece, whole bay leaves can be up to 3 inches in length. One or two leaves placed in meats, poultry, stews, soups, sauces and fish give the dish a unique aroma and distinctive taste. Use sparingly because it is one of the stronger spices. When making beef kabobs on the grill, alternate on skewer with cubes of beef.

Butter Sprinkles 101 480 10lb
Butter flavoring low in fat, but high in flavor. Use in baking, sprinkling on vegetables and on popcorn.

Cajun Seasoning Hot 101 510 5lb & 101 520 25lb
A unique blend of black pepper, white pepper and red pepper along with other herbs and spices. Gives an authentic Cajun taste to any soup, seafood and rice dish.

Caraway Seeds (Whole) 101 590 5lb & 101 600 25lb
Produced in the Netherlands, Egypt and Poland, caraway seeds are dark brown with light brown ridges and a tangy flavor. They are most popular in Austrian and German cooking to flavor bread, rolls and pastries. They are also used to enrich the flavor of many vegetable dishes. They are delicious when tossed with boiled, buttered new potatoes or cabbage, added to melted butter for noodles and macaroni, or added to sauerkraut and pork dishes.

Salt Petre 104 540 5lb & 104 543 25lb
A naturally occurring chemical that originates in dry arid climates such as the Middle East. This product is primarily used in the curing of meat products.

Savory Ground 104 560 2lb & 104 570 10lb
Savory Whole 104 580 2lb & 104 590 10lb
Another Mediterranean spice with a strong, slightly pepper-like taste similar to thyme. Savory was created for fresh green beans. However, it also can be used with lentils and white bean dishes, cooked vegetable salads, fish (trout), stuffing mixtures for fresh poultry, meat loaf, cheese dishes, goat cheese and horseradish sauce. This spice is especially good for those who are on a salt-restricted diet to use as a substitute.

Steak Rub 104 430 5lb
Complements the flavor of steak, with a savory flavor profile. Steak rub is best when left to marinate for an hour before grilling or broiling.

Seafood Seasoning 104 620 5lb & 104 630 25lb
A ground blend which may contain salt, whole peppercorns, bay leaves, red peppers, mustard seeds and ginger. It is outstanding when mixed in seafood sauces or in the water to boil shrimp, crab or lobster.

Seasoning Salt 104 660 5lb & 104 670 25lb
A mixture of spices, herbs and salts which is designed to be an all-purpose seasoning. Many people use it to decrease their intake of table salt. It is especially suited to be added to meats including fish, vegetable sauces, soups and cheese or egg dishes.

**HEALTH TIPS:**

Parsley
Parsley is high in Vitamins A and C as well as other essential minerals such as iron, iodine and copper. This herb has also been shown to neutralize harmful carcinogens from cigarette smoke and charcoal grill smoke. Parsley is also a rich source of antioxidants and heart-protective nutrients including, beta-carotene and folic acid.

Health Benefits of Spices
**Cardamom Spice (Ground)** 101 550 2lb & 101 560 10lb
Considered to be the third most expensive spice next to saffron and vanilla. Grown mainly in rainforest countries such as Guatemala, Sri Lanka and Mexico. The initial aroma is quite pleasant, but flavor is bitter. Use with cinnamon and nutmeg to accent the flavor of pastries. Can also be used to flavor coffee by adding to coffee grounds before brewing. Small amount added to pears when stewing, apples when baking, or sprinkled in fresh fruit salad adds interesting flavor.

**Celery Flakes** 101 630 2lb & 101 640 10lb
Salt 101 650 5lb, 101 660 25lb & 101 670 50lb
Seeds Whole 101 680 5lb & 101 690 25lb
Seeds Ground 101 700 5lb & 101 710 25lb
Celery flakes are the dehydrated leaves and stalks of the common celery plant. They are great used in soups, stews and sauces. Before using, add an equal amount of water and let stand ten minutes to enjoy maximum flavor. Celery seeds have an entirely different intense flavor compared to the flakes. Celery seeds are available whole or ground, and as celery salt which is a mixture of table salt and ground celery seeds and are delicious when added to cole slaw, potato salad, sauerkraut, tomato soup and oyster stew. Ground celery seeds are excellent when added to scrambled eggs, salad dressings, egg omelets and meatloaf. Celery salt is great when sprinkled over pea soup just before serving.

**Salad Topper Mix** 104 510 5lb & 104 520 20lb
Our own specially formulated blend of soybeans, sunflowers, bacon bits, sesame seeds, chopped onion, paprika, seasoning salt, red and green peppers and parsley flakes. It can be eaten simply as a snack and it is the supreme topping for fresh tossed salad. Just sprinkle it on top of a salad and excite your taste.

**Sage Albanian**

**Ground** 104 460 2lb & 104 470 25lb
**Rubbed** 104 480 2lb
**Whole** 104 490 2lb
A silver-gray colored spice which was originally used as a medicine in ancient times as a general tonic and for snake bites. It is a strong flavored spice with overtones of camphor and, therefore, should be used sparingly. In rubbed form, sage is excellent added to fatty meats such as goose or pork (it aids in digestion) and in poultry stuffing mixtures with onion. The ground form can be added to vegetables, boiled or baked fish, salad dressings, chowders, melted cheese dishes and pizza sauce. Sage is outstanding when blended into a cheddar cheese spread for crackers.

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**HEALTH TIPS:**

**Curry Powder**
Curry powder can potentially safeguard your brain. The yellow curry pigment curcumin may fight Alzheimer’s by thwarting development of the disease’s signature amyloid brain plaques, says a study. Hot way to dish it: Whisk 1 1/2 teaspoons mild curry powder into mayonnaise to dress up sandwiches.

[5 Spices with Health Benefits](http://www.lhj.com/recipes/healthy/eating/5-spices-with-health-benefits)
Chili Powder 101 760 5lb, 101 770 25lb, & 101 780 55lb
Chili powder is actually a blend of several spices. Chili powders originated about 100 years ago in the Southwestern United States. They may contain dried chili peppers, garlic, onion, cumin, oregano, paprika, allspice, salt and other spices. Most often, chili powder is used to season chili con carne, although it is excellent in ground beef or hamburger, in seasoning spare ribs, as an addition to scrambled eggs, or in stews and seafood cocktail sauces.

Chicken Rub 104 420 5lb
A blend of paprika, garlic, onion, salt, cayenne pepper, black pepper, bay leaves, oregano, thyme, cloves and other spices. This blend is excellent with chicken, turkey or any type of fowl dish. It can be used as a dry rub or mixed with your favorite oil to create a marinade. Remember to marinade at least 24 hours for maximum results.

Rib Rub 104 425 5lb
Combination of spices to be rubbed on ribs or other meat products. Best if left marinating on meats for several hours before baking or grilling. The level of heat is more intense in this product versus steak rub.

Rosemary
Whole 104 350 3lb & 104 360 20lb
Ground 104 380 5lb
Cut & Sifted 104 370 2lb
Grown in Mediterranean areas, rosemary is the needle-like leaves of a shrub belonging to the mint family. It is excellent with all types of meat and fish dishes.

Saffron 104 440 12/20ct/.5grams
A rich, reddish-orange colored spice. Each thread is approximately one inch in length. The spice is grown mainly in Spain. It is the most expensive spice in the world because (1) it takes 100,000 Saffron crocus flowers to yield one pound of saleable saffron and (2) each plant produces only three flowers which must be hand-harvested. The good news is that a small amount of saffron goes a long way in most dishes. It is excellent in most rice and pasta dishes because it gives an even yellow color to the dish and enhances the flavor. Saffron is a must for good old-fashioned Pennsylvania Dutch cooking, especially for homemade pot pie or chicken noodle soup to get that great yellow color.

HEALTH TIPS:
Chili Powder
Potential health perk: Relieves achy joints. Research shows that capsaicin, found in chili peppers, has an anti-inflammatory effect, which may help ease arthritic swelling and pain. Hot way to dish it: Sprinkle a few shakes of chili powder and salt on baked French fries.

5 Spices with Health Benefits
http://www.lhj.com/recipes/healthy/eating/5-spices-with-health-benefits/

All Dutch Valley spices are not irradiated
Guide to:
Spices & Herbs

Chives 101 850 1lb & 101 900 11lb
A member of the onion family with a milder more delicate flavor than the onion. Very rich in vitamins A and C. Chives are excellent in egg dishes such as omelets or blended into a tossed salad. When cooking, add chives at the last minute because cooking too long destroys the flavor. Great addition to baked potatoes as well as used for a garnish.

Red Chillies Whole 101 750 10lb
Red chilies are hotter than jalapenos and are often sliced and used in Thai curry and soups. While these chilies can be unbearably hot by themselves, if paired with other seasonings and spices can add quite a pleasant amount of heat that will liven up any dish.

Chipotle Pepper (Ground) 101 810 3lb & 101 820 25lb
Chipotle chiles are smoke dried jalapeno peppers. They have a very dark brown color and wrinkled skin with a strong, smoky aroma. These peppers are sure to add a savory, smoky spice to any dish.

Cilantro 101 890 1lb & 101 900 10lb
Coriander Ground 102 220 5lb, 102 230 25lb & 102 235 50lb
Coriander Whole 102 240 4lb & 102 250 50lb
Cilantro and coriander are both from the same plant. Cilantro refers to the dried leaves. Coriander refers to the seeds when whole or ground. Both are imported from Morocco and Romania. The leaves have a faint hint of anise flavor while the seeds are slightly reminiscent of lemon peel and sage. Cilantro can be added to oriental dishes such as stir-fry, soups, stews and fresh guacamole dip. Coriander can be added to curry powders, mixed pickling spices, and to baked goods as a flavoring. It is also excellent when added to mushrooms when heating or sautéing them.

Poultry Seasoning (All-Natural) 104 240 5lb & 104 250 25lb
A blend of sage, thyme, marjoram, savory and rosemary. This seasoning is excellent added to stuffing mixtures, biscuit batter or with poultry.

Pumpkin Pie Spice 104 310 5lb & 104 320 25lb
Another ground blend which includes cinnamon, nutmeg, cloves and ginger. Originally blended for pumpkin pies, also a delicious addition to spice cookies, gingerbread and breakfast buns.

Red Pepper
Crushed 104 010 4lb & 104 020 25lb
Ground 104 030 5lb & 104 040 25lb
Cayenne Ground 104 060 5lb, 104 070 25lb & 104 080 50lb
Produced from the larger size hot pepper. Any of these add a nice level of "heat" to any recipe. All are beneficial to your health. They improve circulation, are helpful in controlling high blood pressure and aid in digestion.

HEALTH TIPS:

Cloves
Cloves can be used to treat cold and allergy symptoms (as an antihistamine) and also help to soothe the digestive tract muscles. Get your daily dose of cloves in any number of ways, from baked goods to meat dishes.

Health Benefits of Spices
Guide to:
Spices & Herbs

Pickling Spice 104 110 5lb, 104 115 20lb & 104 120 25lb
A blend of spices which may include mustard seeds, bay leaves, red pepper, cinnamon, allspice, ginger, dill seeds, mace, black and white peppercorns. Also used to pickle vegetables and in marinating meats.

Pizza Topping 104 150 5lb & 104 160 25lb
This blend of onion, red and green sweet peppers, fennel, oregano, chives, basil, parsley, thyme, marjoram, garlic and ground celery is used primarily to put the final touch on a delicious homemade pizza or sprinkled over a salad.

Poppy Seeds 104 200 5lb & 104 210 50lb (Dutch) 104 205 25lb
These tiny, round seeds, slate-blue in color with a mild, nut-like aroma and taste are produced mainly in the Middle East. They are the ripe seeds of the poppy plant. Poppy seeds are a colorful accent topping for breads, rolls, vegetables, tuna fish salads or as an eye catching garnish.

Cinnamon Ground
1% Volatile Oil 102 010 5lb
2% Volatile Oil 102 020 5lb, 102 030 25lb & 102 040 100lb
3% Volatile Oil Organic 102 050 5lb
4.5% Volatile Oil 102 060 3lb
One of the oldest known spices, cinnamon comes from the dried bark of evergreen trees grown in Indonesia and China. The spice trade calls this Cassia but it is simply labeled cinnamon when packaged for retail use. Ground cinnamon is one of the most important baking spices as it is used in cakes, buns, breads, cookies and pies. It is excellent when added to mashed sweet potatoes, buttered acorn squash or apple sauce. The 1, 2 and 4.5% volatile oil is actually a measurement of the volatile oil content of cinnamon to determine its strength; the higher the number, the stronger the flavor. Most customers prefer the 2% strength.

Cinnamon Sticks
3” 102 070 5lb & 102 080 25lb
6” 102 090 5lb & 102 100 25lb
12” 102 110 1lb & 102 120 25lb
Whole cinnamon sticks are great in hot chocolate, hot mulled apple cider, Irish coffee and espresso. They are a necessary addition to sugar syrups, pickling vinegars and beef or wild game stews. The 6 and 12 inch sticks are also used in craft creations because of their wonderful aroma.

HEALTH TIPS:
Cayenne
Cayenne has been used for centuries as a medicinal substance. It appears to lower the chance of developing cardiovascular disease by lowering cholesterol and triglyceride levels. Cayenne also reduces the platelet aggregation and increases fibrinolytic activity. It has been used for a number of digestive ailments like gas build-up, is used to relieve cramp muscles, and may be useful as an analgesic by enhancing endorphins and may block the transmission of “substance P” which transmits some pain messages to the brain. When the palate adjusts, spiciness becomes much more than just hot. It is filled with taste.

Cinnamon Sugar (All-Natural) 102 125 5lb & 102 130 50lb
A Vietnamese cinnamon of natural raw cane, sugar and soybean oil.

Clove
Ground 102 160 5lb & 102 170 25lb
Whole 102 180 4lb & 102 190 25lb
Grown mainly in The Moluccas Islands, cloves are actually dried, unopened flower buds of the evergreen clove tree. It takes 7,000 dried clove buds to make one pound of ground spice. Ham and pork are delicious baked with whole cloves imbedded in the meat during baking. Cloves can be stuck into a whole onion and added to the broth of broiled meats to strengthen the flavor. Cloves can be used in gingerbread cake, mincemeat, plum pudding, stewed fruit dishes and spice cakes.

Cumin
Ground 102 280 5lb & 102 290 25lb
Whole 102 300 10lb
Mainly imported from China, Turkey, India and Pakistan. It is a brown colored spice which is the primary ingredient in chili powder and curry powder. It is widely used in Mexican and Latin American dishes, and is very good when added to deviled eggs, sauerkraut, pork and cheese dishes.

Perfect Pepper Steak Seasoning 104 770 5lb & 104 772 25lbs
Sprinkle a little on steaks 20 minutes before broiling or grilling. Rub ribs, fish or wings with this well rounded hot and peppery blend. Also good added to soups, sauces or chill to turn the flavor up a notch, or add a dash on salads, cooked pasta or rice adds real lively flavor.

Pepper White (Ground) 103 800 5lb & 103 810 25lb
White pepper is obtained by removing the outer coating of the berry. The flavor is not as strong as black pepper. It's main use is in prepared dishes which are light-colored such as white sauces where dark specks could be unattractive.
Curry Powder 102 330 5lb & 102 340 25lb
It was developed in India. The name refers to a blend of spices. Curry powder may include only 5 or 6 spices or as many as 16 to 20 spices. Turmeric, ginger, cinnamon, cloves, pepper, coriander, cumin and chiles are usually in the blend. It is served with meat, fish and vegetable dishes in a hot and spicy sauce. Try adding a dash to French dressing, tomato soup, deviled eggs, creamed onions, split pea soup, chicken croquettes, potato salad or clam chowder. For a delicious fresh vegetable dip, blend sour cream or yogurt with curry powder, marmalade and thyme.

Dill Seeds 102 370 5lb & 102 380 25lb
Dill Weed Egyptian 102 390 2lb 102 400 25lb
Dill Weed Israeli 102 410 1.5lb & 102 420 30lb
Dill seeds are the dried fruit of a plant which belongs to the parsley family. The seeds are small, oval-shaped, tan in color and fairly strong in flavor. The spice is essential in making dill pickles. It is also excellent when added to meats, cole slaw, sauerkraut, breads and macaroni salad. Dill seeds are noted for their soothing effect on the digestive system. Dill Weed is the dried, dark-green leaves of the same plant that furnishes dill seeds. It is excellent with cottage cheese, omelets, seafood, potato salad, and mustard-based sauces. Another great idea is to sprinkle over thinly-sliced cucumbers and add French dressing for a quick salad. There are two main differences between Egyptian and Israeli Dill Weed: the place of origin and the color itself.

Peppercorns
Whole Black 103 850 5lb & 103 860 25lb
Whole Mixed 103 890 1lb, 103 900 5lb & 103 905 25lb
Whole Green 103 870 1lb & 103 880 25lb
Whole Pink 103 910 1lb & 103 920 10lb
Whole White 103 930 1lb & 103 940 25lb
Peppercorns are berries that are picked as they begin to turn red. They are immersed in boiling water ten minutes, and then dried four days to yield black peppercorns. Mixed peppercorns include yellowish-red mature berries sun dried and added to black peppercorns. Mostly all are used in glass pepper mills for use at the table. White peppercorns are dried berries with the outer skin rubbed off.

**HEALTH TIPS:**

**Pepper**
An extensively used spice both in Eastern and Western food. It has an impressive antioxidant and antibacterial effect and helps with digestion and weight loss because it stimulates the breakdown of fat cells. Add this versatile dish to any food you please.

Healthy Spices for Healthy Living
http://www.secretssofhealthyeating.com/healthy-spices.html

All Dutch Valley spices are not irradiated
Fajita Seasoning No MSG 102 430 5lb
This seasoning is a blend of zesty spices and seasonings that will make your dinner taste like an authentic Mexican meal. This seasoning will give your dish a kick of flavor without a lot of hot and spicy taste. Use this seasoning for chicken, beef or vegetable fajitas.

Fennel Seed
Ground 102 435 5lb & 102 450 50lb
Whole 102 440 5lb & 102 445 25lb
Originally from Southern Europe, today most fennel seed is imported from Egypt, India and China. The seeds are small, aromatic (slightly licorice), flat ovals with yellow ridges. They can be used in rye bread, sausages, spicy meat mixtures, cabbage dishes and bean and lentil soups. They are a good combination with celery, sweet vegetables or apples in any form.

Fenugreek Whole 102 460 5lb
The seeds are hard, yellowish brown and angular. The flavor is powerful, aromatic and bittersweet, like burnt sugar. There is a bitter aftertaste, similar to celery or lovage.

Pepper Black
Fine 103 700 5lb, 103 710 25lb & 103 720 50lb
Medium 103 730 5lb, 103 740 20lb & 103 750 50lb
Coarse Grind 103 760 5lb, 103 770 20lb
Known as the “King of Spices” for three reasons: 1) it is used worldwide and accounts for 25% of the total spice trade 2) it has so many different uses, and 3) the whole peppercorns can be stored for years without losing their aroma or taste. Grown in India and Asia, pepper is actually unripe berries that are picked nine months after flowering.

Lemon Pepper 102 870 5lb & 102 875 25lb
Lemon Pepper (No Salt) 102 880 5lb & 102 890 25lb
A mixture of black pepper with fresh citrus flavor and other seasonings to produce an all-purpose marinade and table seasoning for meats, poultry, seafood and tossed green salads.

HEALTH TIPS:
Fennel
Fennel seed helps to calm irritable bowels and also helps to reduce water retention, thus relieving the discomfort from bloating. Fennel seed also supports milk production in nursing mothers. An easy way to add fennel to your diet is to add a dash to vegetable and minestrone soups.

Fenugreek Whole

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Page 12
Guide to:
Spices & Herbs

Oregano

Ground 103 400 5lb
Cut & Sifted 103 410 2lb & 103 420 20lb

Often called “wild marjoram” or “the pizza herb”, oregano is imported from Greece, Mexico and Turkey. Leaves are 5/8” long and light green when dried. It is one of the ingredients of chili powder and the most essential ingredient in pizza flavoring and spaghetti sauce. Ideal with fresh or cooked tomatoes, zucchini and green beans. Crumble before using and add during last 10 minutes of cooking for maximum flavor.

Parsley Flakes 103 580 1lb, 103 590 3lb, 103 595 16lb & 103 600 22lb

One of the oldest used spices in the world, parsley flakes should be added to cooked dishes toward the end of the cooking period to enhance the flavor and add color. Sprinkle it generously into scrambled eggs, butter sauces, soups, potato dishes, salads and cheese dishes. The green color makes it a great spice to sprinkle on the top of prepared dishes as a colorful garnish. It is also a great source of vitamin A.

Paprika

Hungarian 103 510 5lb & 103 520 25lb
Spanish 103 530 5lb, 103 540 25lb & 103 550 50lb
Smoked 103 500 5lb

The majority of paprika sold in the United States is the Spanish paprika. It has a brilliant red color and a mild, sweet taste. It can be used to give an appetizing appearance to a wide variety of dishes including cole slaw, potato salad, scrambled eggs, cheese dishes, shellfish, fried chicken and creamed vegetables. Hungarian paprika refers to the spice with a “zesty flavor”. It is used frequently in spicy dishes such as buffalo wings, goulash or Mexican dishes.

Garlic

Garlic Salt 102 560 5lb, 102 570 25lb & 102 580 50lb
Garlic Pepper 102 600 5lb
Garlic Pepper Coarse 102 610 5lb
Garlic Salt & Pepper 102 590 5lb
Garlic Pepper No Salt 102 620 5lb & 102 630 25lb

Garlic salt and garlic pepper are simply convenience seasonings where the garlic powder is combined with table salt or fine ground black pepper. Garlic salt and pepper contains salt, minced garlic, black pepper, parsley and red bell peppers. Garlic can be added to meats, fish, stews, salad dressings, potato salad, soups, gravies, sauces, eggs or baked products.

Garlic & Herb Seasoning Natural 102 640 5lb & 102 643 25lb

This seasoning is a blend of roasted garlic, onion, parsley, red bell pepper and other spices for a full flavored seasoning that will compliment any dish. Use this seasoning on meats, vegetables and side dishes such as pasta, rice and potatoes.
Onions are used in most dishes except desserts. In 1935, onions were first introduced to spice shelves, when the dehydrated forms became available. The dehydrated forms include minced, chopped, powder, salt and toasted bits. All of these are full strength except salt, which is mixed with table salt. Onion powder is used in dishes where no onion texture is wanted. Most recipe requests are answered using chopped or minced onion. The toasted bits simply add an additional flavor twist. Onion salt has the bonus of flavor and salt, so it is mainly a convenience item.

Onion
- Chopped 103 200 3ib & 103 210 33lb
- Granulated 103 220 5ib & 103 225 25lb
- Minced 103 230 5ib & 103 240 40lb
- Powder 103 250 & 103 260 5lb & 103 270 30lb
- Salt 103 280 5lb & 103 290 50lb
- Crispy Toasted Bits 103 320 5lb & 103 330 22lb

Originally from Central Asia, dehydrated garlic is now produced mainly in China. Garlic consumption since 1985 has increased one-thousand percent due to the health benefits associated with it. Since the dried forms of garlic are ten times stronger than fresh, it should be added sparingly to foods to obtain the desired flavor. Minced garlic and garlic chips should be briefly soaked in water before sautéing. Powdered garlic mixed with melted butter and brushed on opened halves of French bread and placed under a broiler creates an excellent compliment to any Italian dish.

HEALTH TIPS:
Garlic consumption on a regular basis decrease blood pressure and cholesterol levels. It also aids digestion and prevents flatulence. Recent research shows garlic to be beneficial in the treatment of diabetes.

Health Benefits of Spices and Herbs
http://www.school-for-champions.com/health/fleming_spices.htm

Orange Citrus Peel Granulated 103 370 3ib
The shell of the orange is shaved, dried and powdered. Excellent when used in baked goods, duck and barbecue sauces. It can also be added to butter, honey or syrup for toppings.
Guide to:
Spices & Herbs

Lawry’s Seasoned Salt 104 650 5lb & 104 653 50lb
A unique blend of salt, herbs and spices, which adds flavor and excitement that ordinary salt can’t match! It was originally developed in 1938 in California to season prime ribs. Excellent in a wide variety of foods including meat, poultry, casseroles, meat loaf and vegetables such as potatoes, turnips, cabbage and French fries.

Lemon Citrus Peel (Granulated) 102 840 3lb
The peel of the citrus which is grated and dried. It can be used in sauces and marinades for poultry, lamb and beef. It also adds interesting flavor variations in cake batters, dessert sauces and toppings, meringues and custards.

Mace (Ground) 102 910 2lb
Comes from the thin, lacy-looking scarlet-colored shell which covers the small, plum-sized fruit of the nutmeg tree. It is mainly grown in Indonesia. The flavor is similar to nutmeg (combination of cinnamon and pepper), but not quite as sweet. Ground mace in very small quantities is excellent added to pound cake, Swedish meatballs, doughnuts, stuffing, sweet potato pie, oyster stew and barbecue sauces.

Jalapeno Powder 102 810 3lb
Unripened jalapeno peppers noted for high heat intensity.

Ginger
Ground 102 670 5lb & 102 680 25lb
Whole 102 690 10lb
Grown mainly in Asia, ginger is used either in baked goods or ginger ale. It is excellent when served with baked apples and rhubarb or used as a flavoring or in pickling vinegar.

Hickory Smoke Salt 102 700 5lb & 102 710 25lb
Simply table salt and hickory wood smoke combined to give a smoked meat flavor to any dish. It is excellent added to any meat dish, eggs, marinades, cheese dishes and basting sauces.

Horseradish Powder 102 740 5lb
This powdered form of horseradish is made by grinding the root and drying it. Accents any dishes where horseradish is called for such as seafood and meats. Mix into a whip or sour cream for a great roast beef topping.

Italian Seasoning 102 770 2lb & 102 780 25lb
A blend which may contain oregano, basil, red peppers, rosemary, garlic powder and several herbs. It is very good added to any Italian dish or combined with any tomato-based sauces.

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Guide to:
Spices & Herbs

Marjoram Leaves 102 940 1lb & 102 950 10lb

These leaves belong to the mint family. Similar in appearance to oregano, it has a less-pronounced flavor. Produced in the U.S., it is a particularly good flavoring with vegetables such as lima beans, peas and green beans. Marjoram is one of the herbs in poultry and Italian seasoning. It is used in many processed foods such as liverwurst and bologna. Crumble leaves before using in all kinds of roast meats, poultry, fish, oil & vinegar salad dressings, eggplant dishes and tomato based sauces. Sprinkle crumbled leaves over eggs before baking.

Montana Steak Seasoning (All-Natural) 104 760 5lb & 104 762 25lb

A specially formulated blend of sea salt, black pepper, dill seed, coriander seed, red pepper, garlic, dill, paprika and other spices which really accent the flavor of any beef, pork and wild game such as venison or rabbit. It is also excellent when added to meat loaf recipes, meat balls, hamburgers, etc. It can be used as a dry rub or in a marinade sauce.

Mustard Seeds #1 103 030 5lb, 103 040 25lb & 103 045 50lb

Ground 103 010 5lb & 103 020 50lb

Derived from the white mustard plant, the seeds are a pale, sandy brown color. Most of our mustard is grown in the United States or imported from Canada. Ground mustard can be added to cheese dishes, deviled eggs, creamed vegetables, or meat sauce. The whole seeds are often used in pickling, added to boiled red beets, or as a garnish to salads.

Nutmeg

Ground 103 140 5lb & 103 150 25lb
Whole 103 160 5lb & 103 170 10lb

The hard kernel fruit of an evergreen tree. Mace is the bright orange lacy covering over the nutmeg. Compared to mace, nutmeg has a more delicate aroma and is tan in color. It is grown mainly in Indonesia and the West Indies. When added to foods, nutmeg has a slightly bitter taste, and it is best to add it to foods near the end of the cooking time because heat reduces its flavor. When boiling cabbage, potatoes and cauliflower, add a pinch of ground nutmeg to enhance the flavor. Try it in chicken or cream soup, mix with butter for corn on the cob, add to candied sweet potatoes, sprinkle on the top of a glass of eggnog, use for pumpkin and fruit pies, and use in puddings and custards.

No Salt Substitute (Like Mrs. Dash) 103 100 5lb & 103 110 25lb

Spice blend that produces salt flavoring without using salt. A combination of lemon peel, pepper, lemon juice, oregano, celery seed, chili pepper and other spices.

No Salt Herbal Seasoning (All-Natural) 103 070 5lb & 103 073 25lb

A combination of herbs and spices that replace salt for seasoning pork, poultry, fish and wild game. Tastes great in casseroles, soups, gravies, eggs, vegetables and also in dips and dressings. Similar to Zahtar in Middle Eastern cuisines.

HEALTH TIPS:

Rosemary
Research has shown that rosemary may help to prevent damage to blood vessels that raise the risk of heart attack. Enjoy the health benefits of rosemary by using this herb as a rub for chicken or pork.


Mustard Seeds Ground

Nutmeg

Nutmeg helps to improve digestion, can ease the symptoms of menstruation and also helps to calm nerves and promote sleep. Try adding a small amount of ground nutmeg to applesauce or plain yogurt.