

FRONTIER™

NATURAL PRODUCTS CO-OP

Quality Products for Natural Living

www.frontiercoop.com

Need Ideas?

There may be some spices on this list that you've never heard of or never used before. There may even be some spices in your kitchen cabinets that you've never used before. Luckily, Frontier's website has recipes and suggested uses for all of their spices.

Coriander Seed

SHOP	INFO	RECIPES		
RECIPE			PREP TIME	COOK TIME
Appetizers & Snacks				
Coctel de Camaron con Chipotle y Aguacate			5 min	8 - 10 min
Desserts				
Caprilands Favorite Christmas Cookies			15 min	15 min
Dressings & Dips				
Coriander Fruit Dip			10 min	—
Sauces & Marinades				
Get-You-Started Pickling Spice Blend			10 min	—
Spring Vegetable Curry with Sri Lankan Spices			—	—



-Making it easier to be healthy.

1120 Centre Turnpike

Route 61

Orwigsburg, PA 17961

570-366-2620

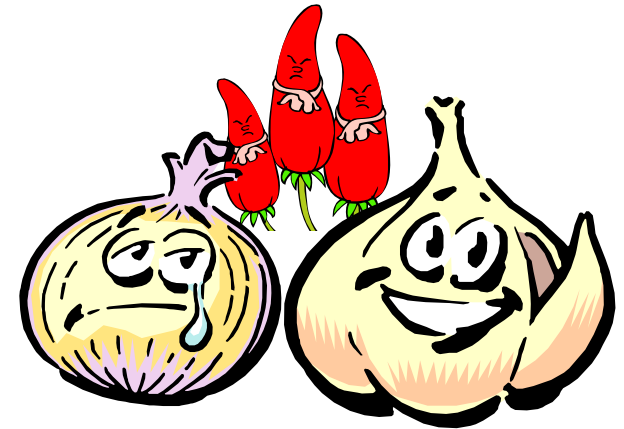
www.healthyhabitsnaturalmarket.com

Healthy Habits
Natural Market

Presents:

A Basic Guide to

SPICES



Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Pennsylvania. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.

Spice of Life

Spices don't just add flavor to foods. Most are potent sources of vitamins, minerals and other nutrients that contribute to optimum health. Below is a list of a few of the spices we offer and their potential health benefits.

Basil: Anti-bacterial, Anti-inflammatory, Antioxidant, Cholesterol Health, Cardiovascular Health, high in vitamin K

Bay Leaf: Anti-inflammatory, Digestive Health,

Cayenne: Anti-inflammatory, Antioxidant, Cholesterol Health, Circulation Stimulator, Cardiovascular Health, Decongestant, Digestive Health, Immune Booster, Pain Reliever, Weight Loss, high in vitamin A

Cinnamon: Anti-bacterial, Anti-fungal, Anti-inflammatory, Blood Sugar Control, Cognitive Function, Cholesterol Health, Circulation Stimulator, Digestive Health, high in manganese

Cloves: Anti-bacterial, Anti-inflammatory, Pain Reliever, high in manganese

Coriander: Anti-bacterial, Anti-inflammatory, Blood Sugar Control, Cholesterol Health, high in dietary fiber

Cumin: Anti-cancer, Digestive Health, Immune Booster, high in iron

Dill: Anti-bacterial, Anti-cancer

Fennel: Anti-bacterial, Anti-cancer, Anti-inflammatory, Cholesterol Health, Cardiovascular Health, Digestive Health, Immune Booster, high in vitamin C

Garlic: Anti-bacterial, Anti-cancer, Anti-inflammatory, Blood Sugar Control, Cholesterol Health, Cardiovascular Health, Weight Loss, high in manganese, vitamin B6 and vitamin C

Ginger: Anti-cancer, Anti-inflammatory, Digestive Health, Immune Booster

Marjoram: Anti-bacterial, Anti-fungal, Antioxidant, Antiviral, Cognitive Function, Circulation Stimulator, Cardiovascular Health, Digestive Health,

Mustard: Anti-cancer, Anti-inflammatory, Cardiovascular Health, high in selenium, tryptophan and omega 3 fatty acids

Nutmeg: Circulation Stimulator, Cardiovascular Health, Digestive Health

Onion: Anti-bacterial, Anti-cancer, Anti-inflammatory, Blood Sugar Control, Cholesterol Health, Cardiovascular Health, high in chromium, vitamin C and dietary fiber

Oregano: Anti-bacterial, Anti-cancer, Cholesterol Health, Digestive Health, high in vitamin K, manganese, iron, dietary fiber and omega 3s

Paprika: Anti-inflammatory, Antioxidant

Parsley: Anti-cancer, Anti-inflammatory, Antioxidant, Blood Sugar Control, Cardiovascular Health, Immune Booster, high in vitamins K, C and A

Pepper, Black: Anti-bacterial, Antioxidant, Digestive Health, Weight Loss, high in manganese, vitamin K and iron

Rosemary: Anti-inflammatory, Antioxidant, Cognitive Function, Circulation Stimulator, Digestive Health, Immune Booster

Sage: Anti-inflammatory, Antioxidant, Cognitive Function

Thyme: Anti-bacterial, Anti-fungal, Antioxidant, Decongestant, Respiratory Health, high in vitamin K, iron, manganese and calcium

Turmeric: Anti-cancer, Anti-inflammatory, Antioxidant, Cognitive Function Cholesterol Health, Cardiovascular Health, high in manganese and iron

