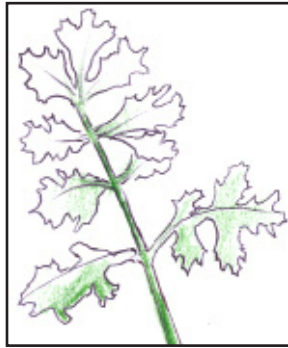
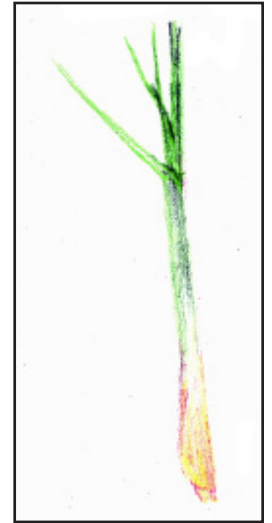




Asian Herbs and spices

Asian cuisine also uses ginger, cumin, turmeric, and garlic. Other characteristic flavors in Asian food come from honey, soy sauce, and vinegar.

Lemon Grass –is used primarily in soups and comes from a species of grass from tropical southeast Asia. It has a strong lemon scent in oil and is very fragrant when cooking.



Cilantro (Seeds are known as Coriander) –is used for spring rolls, finishing touches on soups, and stir-fry. It is a fresh garden herb, which is best used fresh, uncooked and sprinkled on a dish at last minute.

Peppercorns – are used in soups and are the fruit of a leafy vine that has spikes of white flowers which turn into clusters of green berries. These green berries are preserved in vinegar as capers. Black peppercorns are piled up, fermented and then dried. White pepper, which is strongest of all, comes from a different plant.

Medicinally, pepper is considered by Yogis to be a perfect food for curing and preventing disease. Seven peppercorns ground and mixed with honey every morning, and up to 3-4 times a day, overcomes cold mucous diseases and sore throats.



Cayenne –is a type of hot pepper and is used in soups and stir fries. It is a long, slim pepper commonly grown in gardens. Heat cayenne for only 15 minutes.

Medicinally, cayenne increases circulation evenly to all parts of body when ingested: ¼ tsp 3 X day for circulation and for benefit of heart. Cayenne helps colds, flu, diminished vitality, headaches, indigestion,

depression, and arthritis. It is not irritating when uncooked. It can also stop internal bleeding. Plantain plus cayenne combined as poultice will pull out foreign objects embedded in flesh.

