

# Herbs and Spices Reference Chart Bundle

| Flask Name   | Flavor Profile   | Good With Wine                                 |
|--------------|--|--|
| Cornichons   |  Lemon, Pick, Pungent, Sour               | Yes, Red, Agave, Orange, Pinot                 |
| Onions       |  Warm, Sweet, Mildly Pungent              | Demerol, Brandy, Cabernet, Agave, Pinot        |
| Chives       |  Warm, Pungent, Earthy, Sharp             | Agave, Cabernet, Pinot, Sweet Onions, Pinot    |
| Citrus Peels |  Acidic, Not Bitter, Not                  | Fish, Chardonnay, Pinot, Demerol, Pinot, Pinot |
| Carrotides   |  Warm, Sweet, Pungent, Bitter, Sweet      | Yes, Chardonnay, Pinot, Pinot, Agave, Pinot    |
| Chamomile    |  Warm, Sweet, Earthy, Sharp               | Wheat, Chardonnay, Pinot, Pinot, Pinot         |
| Cloves       |  Warm, Sweet, Citrusy, Sharp              | Chardonnay, Pinot, Pinot, Pinot                |
| Mustard Seed |  Pungent, Earthy, Bitter, Not Acidic      | Chardonnay, Pinot, Pinot, Pinot                |
| Mustard      |  Warm, Sweet, Pungent, Bitter, Not Acidic | Cabernet, Chardonnay, Pinot, Pinot, Pinot      |
| Peppercorns  |  Warm, Pungent, Sweet, Bitter             | Chardonnay, Pinot, Pinot, Pinot                |
| Peppers      |  Pungent, Warm, Bitter, Not Acidic        | Fish, Chardonnay, Pinot, Pinot, Pinot          |
| Saffron      |  Pungent, Warm, Bitter, Not Acidic        | Fish, Chardonnay, Pinot, Pinot, Pinot          |
| Star Anise   |  Warm, Sweet, Pungent, Bitter             | Chardonnay, Pinot, Pinot, Pinot                |
| Bay Leaves   |  Warm, Sweet, Bitter                      | Chardonnay, Pinot, Pinot, Pinot                |

| Herb Name    | Properties                                    | Condicions  |
|--------------|---|---|
| Choleraida   | Antispasmodic, Anti-mucous                    | Stomach, Throat, Bowels, Menstruation             |
| Chamaemide   | Antispasmodic, Anti-inflammatory, Sedative    | Digestive system, Stomach, Bowel issues           |
| Dandelion    | Bitter, Diuretic                              | Digestive system, Kidney & Liver issues           |
| Estroagave   | Antispasmodic, Diuretic                       | Menstrual system, Urinary tract issues            |
| Elderberry   | Antioxidant, Cooling                          | Immune System, Cold, Flu, Respiratory Issues      |
| Feverfew     | Anti-inflamm                                  | Migraines, Arthritis, Menstrual Discomfort        |
| Ginger       | Warming, Anti-nausea, Anti-inflammatory       | Antacid, Bloating, Stomach Issues, Brain Function |
| Ginseng      | Antioxidant, Immune-boosting, Warming         | Stress, Diabetes, Immune system, Fatigue          |
| Lemon Balm   | Antispasmodic, Anti-nausea, Anti-inflammatory | Headaches, Stomach Issues, Nervous, Irritability  |
| Milk Thistle | Anticancer, Anti-inflammatory                 | Liver issues, Gallstones, Acid, Bile, Fatigue     |
| Nettle       | Antispasmodic, Warming, Diuretic, Laxative    | Arthritis, Skin Issues, Blood Inflammation        |
| Our Shrub    | Warming, Warming, Anti-inflammatory           | Arthritis, Stomach Issues, Stomach Issues         |
| Red Clover   | Antispasmodic, Anti-inflammatory              | Endocrine system, Stomach, Respiratory issues     |

| Culinary Herbs Reference Chart |  |  |
|--------------------------------|--|--|
| Vegetable                      | Flavor Profile   | Cook With Why  |
| Beet                           |  Sweet, Slightly Peppery, Earthy            | Salads, Soups, Pasta, Roasted, Braised, Grilled          |
| Bay Leaf                       |  Sweet, Slightly Bitter, Woody Base         | Soups, Stews, Braises, Stocks, Infusions, Fish, Chicken  |
| Chives                         |  Onion, Spice                               | Omelets, Eggs, Soup, Dressing, Salads                    |
| Cilantro                       |  Peppery, Minty, Citrusy, Grassy            | Salads, Soups, Stews, Curry, Meat, Eggs, Pasta           |
| Dill                           |  Citrusy, Sweet, Slightly Peppery, Mild     | Fish, Pickles, Sauces, Salads, Potatoes, Soups           |
| Fennel                         |  Anise-like, Bitter-sweet, Licorice (seeds) | Salads, Soups, Fish, Stews, Meat, Eggs, Pasta            |
| Garlic                         |  Pungent, Aromatic, Citrusy, Hot, Peppery   | Curry, Soups, Stews, Pasta, Soups, Salads, Fish, Chicken |
| Mustard                        |  Pungent, Peppery, Hot, Bitter, Citrusy     | Salads, Soups, Stews, Soups, Vegetables                  |
| Mint                           |  Minty, Citrusy, Cool, Refreshing, Sweet    | Salads, Soups, Fish, Fish, Soups                         |
| Onion                          |  Peppery, Earthy, Sweet, Strong             | Curry, Soups, Chicken, Soups, Soups, Vegetables          |
| Orange                         |  Pungent, Slightly Peppery, Citrusy         | Meat, Soups, Soups, Soups, Soups                         |
| Rosemary                       |  Pungent, Peppery, Hot, Woody               | Chicken, Soups, Soups, Soups, Soups                      |
| Sage                           |  Mild, Bitter-sweet, Pungent, Woody         | Chicken, Soups, Soups, Soups, Soups                      |
| Thyme                          |  Pungent, Citrusy, Hot                      | Fish, Soups, Eggs, Soups, Soups                          |

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# Reference Guide For Herbs

**Judy Ann Nock**



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Primrose Goldenseal Scullcap Burdock Tumeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists one a naturopathic doctor using the most current research and clinical testing The authors easy to understand text combined with the latest findings and clear directions for safe dosages makes this practical reference on medicinal herbs a primary resource of data     **Resource Guide to Growing and Using Herbs** Suzanne DeMuth,1992     *The Green Witch's Guide to Herbal Magick* Annabel Margaret,2023-10-24 The Witch and the Herb Fit Together like the Wind and the Rain There is magick in things that grow and this guide is the perfect companion for cultivating your own herbal practice Within these pages you ll discover spells for cleansing protection healing and banishment while also deepening your relationship with the natural world You ll learn the language of lavender chamomile and cedar uncover old secrets and reconnect with that which is wild and beautiful Whether drawing in a new relationship by sweetly whispering your romantic desires to your basil plant each day writing a wish on a bay leaf or working to lift your spirits by harvesting calendula under a bright midday sky the abundant wisdom of herbs guides our growth and unearths deep understanding of the inherent magick in all of nature From understanding intention and magickal preparation to a practical collection of spells and accompanying herbal compendium The Green Witch s Guide to Herbal Magick empowers you to live the magickal life you ve always wanted     *The Herb Gardener's Essential Guide* Sandra Kynes,2016-04-08 Learn how to use twenty eight popular easy to grow herbs to treat everyday ailments and maintain good health From selecting plants to harvesting and storing them to making remedies and savories of all sorts The Herb Gardener s Essential Guide presents an abundance of practical and satisfying ways to incorporate herbs into a healthier lifestyle and diet Utilizing both herbs and essential oils this beautifully illustrated guide explains how to choose and make the ideal herbal mixture for a wide variety of medicinal and culinary uses Need help getting to sleep Try a cup of Thyme to Settle Tea Add a sweet spicy flavor to roast meat or vegetables with Coriander Spiced Butter Ease muscle pain and stiffness with soothing Rosemary Warming Massage Oil Featuring an ailments and issues guide instructions for creating a personalized apothecary garden and detailed profiles for each of the herbs this accessible book belongs on every gardener s shelf     [The Modern Witchcraft Guide to Magickal Herbs](#) Judy Ann Nock,2019-12-10 Incorporate herbs into spells rituals and divination with this all inclusive guide to the benefits of using herbal magic in witchcraft From creating potions to using dried herbs in rituals herbal magic is a natural way to practice witchcraft Herbs can be used in many different ways to help set the intention through every part of a witch s process In The Modern Witchcraft Guide to Magickal Herbs learn everything you need to use the most powerful herbs and use them as an essential part of your practice Including information on which herbs are best for what kinds of spells how to use herbs in divination and rituals and step by step guides to making herbal bundles potions and sprays this guidebook has all the important facts to make your herbal witchcraft a success Jam packed with herbal ideas this guide is perfect for both beginners and experienced witches looking to incorporate more herbs into their practice Beautiful and functional it is easy to navigate and offers a

detailed guide to herbal magic      A Reference Guide to Medicinal Plants J. K. Crellin, Jane Philpott, 1997      *A-Z Guide to Drug-Herb-Vitamin Interactions Revised and Expanded 2nd Edition* Alan R. Gaby, M.D., Healthnotes, Inc., 2006-02-28 Know the Side Effects and Protect Your Health If you're among the millions of people taking prescription and over the counter drugs as well as vitamins and natural medicines you need to know which combinations are potentially helpful and which can be extremely dangerous The A Z Guide to Drug Herb Vitamin Interactions is an essential resource to understanding the interactions that may affect your health From the experts at Healthnotes this revised and updated edition contains the newest information on thousands of drugs and supplements based on studies published in the leading medical journals Reliable and easy to use this book is sure to become a trusted reference in your home MORE THAN 18 000 DRUG HERB VITAMIN INTERACTIONS Find out about Drugs that can deplete your body's nutrients Supplements that can interfere with drug absorption Side effects of common drug herb vitamin combinations Supplements that can help your prescriptions work better Combinations that should never be taken together With a foreword by Dr Bob Arnot      The Complete Illustrated Book of Herbs Editors at Reader's Digest, 2016-04-12 This beautifully illustrated complete guide to herbs unlocks the secrets of these wonder plants from planting and harvesting to cooking and storing including their health benefits Now you can discover the joy and pleasure of growing your own herbs for spicing up meals creating crafts treating ailments and more In this comprehensive and beautifully illustrated herbal guide you'll find information on their history cultivation propagation and harvesting along with a wealth of great ideas for using herbs everyday in a variety of ways This guide unravels the mysteries of these versatile plants with savvy tips and simple formulas for maximizing their powers Did you know Mint can repel ants flies mice and moths Garlic can seriously lower cholesterol Chives fennel tarragon thyme oregano and winter savory are perennials Rosemary was used in the Middle Ages for its tranquilizing effects and it is still a digestion aid Known for alleviating common ailments herbs are an ancient natural wonder herbs are hotter than ever Extremely informative and fascinating this book will help you find which herb can treat various complaints Throughout the guide are instructions for bursting with flavor recipes health care products decorative craft ideas insect repellents cosmetics cleaning agents and much more      The Complete Idiot's Guide to Herbal Remedies Frankie Avalon Wolfe, 1999 Herbal remedies are laid bare in an insightful new guide that lists hundreds of herbs along with their scientific names historic and current uses and dosage advice as well as plentiful advice on the role of such popular remedies as echinacea ginseng and St John's Wort in curing a host of common ailments Original      *Herbs and Herb Gardening*, 1996      *Herb Reference Guide*,

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