



# Spice it Up!

A quick guide to achieving perfect flavor

	Basics	Italian	Mexican	Asian	Indian	Taco	Ranch	Pumpkin Spice	Poultry Seasoning
Allspice (ALL)								ALL	
Anise Seed (AS)					AS				
Basil (BSL)	BSL	BSL					BSL		
Cardamom (CARD)					CARD				
Celery Seed (CS)					CS				
Chili Powder (CHILI)	CHILI		CHILI			CHILI			
Chipotle (CHIP)			CHIP						
Cilantro (CIL)			CIL						
Cinnamon (CINN)	CINN		CONN		CINN			CINN	
Cloves (CL)								CL	
Coriander (COR)					COR				
Cumin (CU)			CU			CU			
Dill							DILL		
Garlic Powder (GAR)	GAR		GAR	GAR		GAR	GAR		
Ginger (GIN)	GIN			GIN	GIN			GIN	
Lemon Grass (LG)				LG					
Majoram (MAR)		MAR							MAR
Mint		MINT							
Nutmeg (NUT)								NUT	NUT
Onion Powder (ON)	ON			ON		ON	ON		
Oregano (OR)	OR	OR	OR			OR			
Paprika (PAP)	PAP					PAP			
Parsley (PAR)		PAR	PAR				PAR		
Poppy Seed (PS)				PS					
Red Pepper Flakes (RPF)	RPF					RPF			
Rosemary (RSM)		RSM							RSM
Sage (SA)		SA							SA
Sesame Seed (SS)				SS					
Thyme (TH)	TH	TH							TH
Tumeric (TU)				TU	TU				