

# Springtime Spice Blends~ Pacify Kapha

## Springtime Spicing Guidelines:

Use these spice blends to boost digestion in the cool spring season. You can heat the pan before adding them and lightly roast them before cooking. You can add them to dishes or season with them at the table. These spices will really liven up your springtime meals!

## Baharat Spice Blend

This is a Middle Eastern spice blend. The word Baharat means "spice" in Arabic.

- 2 Tbsp ground black pepper
- 2 Tbsp paprika
- 2 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 Tbsp ground cinnamon
- 1 Tbsp ground cloves
- 2 tsp ground nutmeg
- 1 tsp ground cardamom

Try dry roasting the spices before grinding for a rich, smoky taste.

## Italian Seasoning

These warming and drying spices are commonly found in Italian cooking and are great all season long.

- 1 ½ tsp dried oregano
- 1 tsp dried marjoram
- 1 tsp dried thyme
- ½ tsp dried basil
- ½ tsp dried rosemary
- ½ tsp dried sage

## Chai spices

These familiar spices can be used in a pungent tea or used to season your food.

- 4 Tbsp cinnamon
- 2 Tbsp cardamom
- 1 Tbsp clove
- 2 tsp ginger
- 1 tsp nutmeg
- 1 tsp black pepper

## Pancha Phoron (Indian 5 spice)

Great blend of familiar Indian spices.

- 1 Tbsp cumin seeds
- 1 Tbsp mustard seeds
- 1 Tbsp fennel seeds/anise
- 1 Tbsp black cumin seeds
- 1 ½ tsp fenugreek seeds

## Sazon

This spice blend was originally found in Latin cuisines. Usually it is made with a good amount of salt in it, but that was omitted for Kapha season.

- 1 Tbsp ground coriander
- 1 Tbsp ground cumin
- 1 Tbsp turmeric
- 1 Tbsp garlic powder
- 2 tsp. oregano
- 1 tsp black pepper

Enjoy these spice blends or make up your own. Try them on different foods and discover your own favorite tastes of the season!

# Summertime Spice Blends~ Pacify Pitta

## Summertime Spicing Guidelines:

Use these spice blends to cool down your body and mind in the hot summer season. You can add them to dishes or season with them at the table. These spices will enhance the flavor of your dishes without overheating you during the summer

FCCC- This popular blend is mild, savory, and adds a subtle flavor to foods. It will help reduce heat and support cooling Pitta's sharp digestive fire

- 4 Tbsp fennel seeds
- 4 Tbsp cumin seeds
- 4 Tbsp coriander seeds
- 2 Tbsp cardamom seeds

Try dry roasting the spices before grinding for a rich, smoky taste. Play with the ratios of spices until you find the perfect combination.

## Cooling herbs and spices

Use fresh or dried, season at the table, cook with them or take them in teas.

- Mints: Peppermint, Spearmint, Wintergreen
- Dill
- Cilantro
- Saffron
- Fennel
- Cumin
- Coriander
- Cilantro
- Cardamom
- Turmeric

## Cooling Chai spices

While traditional chai can be too heating for Pitta, combining more Pitta pacifying spices can create a pleasant summertime tea.

- 4 Tbsp fennel seeds
- 2 Tbsp cardamom
- 1 Tbsp orange peel
- 1 tsp cinnamon
- 1/8-1/4 tsp saffron

## Jamaican Curry Powder

This intriguing blend of spices maximizes Pitta pacifying spices and includes small amounts of heating spices that would not typically be beneficial for Pitta dosha.

- 5 Tbsp turmeric
- 4 Tbsp coriander seeds
- 2 Tbsp cumin seeds
- 2 Tbsp anise seeds/fennel
- 2 tsp cardamom
- 1-2 tsp allspice
- 1-2 tsp fenugreek
- 1/2 tsp black pepper

## Fresh herbs and spices (not dried)

These warming herbs may be taken fresh by Pitta dosha in small amounts when cooked in or served with cooling foods.

- Sweet Basil
- Fresh ginger
- Fresh parsley
- Fresh tarragon

Enjoy these spice blends or make up your own. Try them on different foods and discover your own favorite tastes of the season!

# Fall & Winter Spice Blends~ Pacify Vata

## Fall & Winter Spicing Guidelines:

Use these spice blends to boost digestion as the temperature drops. You can heat some oil in the pan before adding them to infuse the dish with flavor. You can season with them at the table or use them in tea. These spices will really liven up your Autumn and Winter meals!

## Baharat Spice Blend

This is a Middle Eastern spice blend. The word Baharat means "spice" in Arabic.

- 2 Tbsp ground black pepper
- 2 Tbsp paprika
- 2 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 Tbsp ground cinnamon
- 1 Tbsp ground cloves
- 2 tsp ground nutmeg
- 1 tsp ground cardamom

Try dry roasting the spices before grinding for a rich, smoky taste.

## Italian Seasoning

These warming spices are commonly found in Italian cooking and are great all season long in sauces and soups.

- 1 ½ tsp dried oregano
- 1 tsp dried marjoram
- 1 tsp dried thyme
- ½ tsp dried basil
- ½ tsp dried rosemary
- ½ tsp dried sage

## Chai spices

These familiar spices can be used in a pungent tea or to season your food at the table or while cooking.

- 4 Tbsp cinnamon
- 2 Tbsp cardamom
- 1 Tbsp clove
- 2 tsp ginger
- 1 tsp nutmeg
- 1 tsp black pepper

## Pancha Phoron (Indian 5 spice)

Great blend of familiar Indian spices. Heat in oil first until these seeds pop.

- 1 Tbsp cumin seeds
- 1 Tbsp mustard seeds
- 1 Tbsp fennel seeds/anise
- 1 Tbsp black cumin seeds
- 1 ½ tsp fenugreek seeds

## Sazon

This spice blend was originally found in Latin cuisines. Great when used in place of salt in dishes.

- 1 Tbsp ground coriander
- 1 Tbsp ground cumin
- 1 Tbsp turmeric
- 1 Tbsp garlic powder
- 1 Tbsp salt
- 2 tsp. oregano
- 1 tsp black pepper

Enjoy these spice blends or make up your own. Try them on different foods and discover your own favorite tastes of the season!