



ESA LIST OF CULINARY HERBS AND SPICES

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Introduction

ESA List of Culinary Herbs and Spices is not comprehensive but covers the most frequently used species of herbs and spices in Europe.

NOTES

- 1) The traditional names and definitions developed over time sometimes deviate from the botanical definitions, for example aniseed and other seeds which are botanically fruits and white pepper which is sometimes defined as fruit while the botanical definition is seed.
- 2) For Culinary Herbs part of plant is normally leaves or whole, soft part of the plant.
- 3) Spices are classified in various ways of which the most used are as per Part of the Plant or as per Climate Zone.
 - TR = tropical zone
 - TE = temperate zone
 - SU = subtropical zone
- 4) Fresh spices in brine such as green pepper, red pepper, chillies and capers are generally defined as condiments.

CULINARY HERBS AND SPICES

COMMON NAME	BOTANICAL NAME	PART OF PLANT ²⁾ Botanical definition	CLIMATE ZONE ³⁾	HERB OR SPICE
Aniseed	<i>Pimpinella anisum</i>	Fruit ¹⁾	TE	Spice
Basil	<i>Ocimum basilicum</i>	²⁾	TE	Herb
Caraway seed	<i>Carum carvi</i>	Fruit ¹⁾	TE	Spice
Cardamom seed	<i>Elettaria cardamomum</i>	Seed	TR	Spice
Cardamom, whole pods	<i>Elettaria cardamomum</i>	Fruit	TR	Spice
Celery leaves	<i>Apium graveolens dulce</i>	²⁾	TE	Herb
Celery seed	<i>Apium graveolens</i>	Seed	TE	Spice
Chervil	<i>Anthriscus cerefolium</i>	^{1b)}	TE	Herb
Chillies	<i>Capsicum frutescens or annuum</i>	Fruit	TR/TE/SU	Spice
Chives	<i>Allium schoenoprasum</i>	Leaf	TR/TE/SU	Herb
Cinnamon	<i>Cinnamomum zeylanicum</i> (Sri Lanka, Madagascar, Seychelles) <i>Cinnamomum burmanii</i> (Indonesia) <i>Cinnamomum loureirii</i> (Vietnam) <i>Cinnamomum aromaticum</i> (China)	Inner bark	TR	Spice Spice Spice Spice
Cloves	<i>Syzygium aromaticum</i>	Flower bud	TR	Spice
Coriander leaves	<i>Coriandrum sativum</i>	²⁾	TE	Herb
Coriander seed	<i>Coriandrum sativum</i>	Fruit ¹⁾	TE	Spice
Cumin seed	<i>Cuminum cyminum</i>	Fruit ¹⁾	TE	Spice
Dill seed	<i>Anethum graveolens</i>	Fruit ¹⁾	TE	Spice
Dill tops	<i>Anethum graveolens</i>	²⁾	TE	Herb
Fennel seed	<i>Foeniculum vulgare</i>	Fruit ¹⁾	TE	Spice
Fenugreek	<i>Trigonella foenum-graecum</i>	Seed	TE	Spice
Galanga	<i>Alpinia galanga</i>	Rhizome	TR	Spice
Garlic, dried	<i>Allium sativum</i>	Bulb	TE	Spice
Ginger	<i>Zingiber officinale</i>	Rhizome	TR	Spice
Juniper berries	<i>Juniperus communis</i>	Fruit	TE	Spice

Kaffir Lime Leaves	<i>Citrus hystrix</i>	Leaf	TR	Spice
Laurel leaves	<i>Laurus nobilis</i>	Leaf	TE	Spice
Lemon Grass	<i>Cymbopogon citratus</i>	Leaf	TR	Herb
Mace	<i>Myristica fragrans</i>	Aril	TR	Spice
Marjoram	<i>Majorana hortensis</i>	²⁾	TE	Herb
Mustard seed	<i>Sinapis alba</i> <i>Brassica nigra, Brassica juncea</i>	Seed	TE	Spice
Nutmeg	<i>Myristica fragrans</i>	Seed	TR	Spice
Onion, dried	<i>Allium cepa</i>	Bulb	TE	Spice
Oregano	<i>Origanum vulgare, Origanum onites</i>	²⁾	TE	Herb
Paprika	<i>Capsicum annuum or frutescens</i>	Fruit	TE	Spice
Parsley	<i>Petroselinum crispum</i>	²⁾	TE	Herb
Pepper, green, dried	<i>Piper nigrum</i>	Fruit	TR	Spice
Pepper, black	<i>Piper nigrum</i>	Fruit	TR	Spice
Pepper, white	<i>Piper nigrum</i>	Seed ¹⁾	TR	Spice
Pimento	<i>Pimenta dioica</i>	Fruit	TR	Spice
Pink pepper	<i>Schinus terebinthifolius</i> <i>Schinus molle</i>	Fruit	TR	Spice
Poppy seed	<i>Papaver somniferum</i>	Seed	TE/SU	Spice
Rosemary	<i>Rosmarinus officinalis</i>	²⁾	TE	Herb
Saffron	<i>Crocus sativus</i>	Parts of pistil	TE/SU	Spice
Sage	<i>Salvia officinalis, Salvia triloba</i>	²⁾	TE	Herb
Savory	<i>Satureja hortensis</i>	²⁾	TE	Herb
Sesame seed	<i>Sesamum indicum</i>	Seed	TE/SU	Spice
Sichuan pepper	<i>Zanthoxylum piperitum</i>	Fruit	TE	Spice
Spearmint	<i>Mentha spicata</i>	²⁾	TE	Herb
Star anise	<i>Illicium verum</i>	Fruit	TE	Spice
Tarragon	<i>Artemisia dracunculus</i>	²⁾	TE	Herb
Thyme	<i>Thymus vulgaris; Thymus spicata</i>	²⁾	TE	Herb
Turmeric	<i>Curcuma longa</i>	Rhizome	TR	Spice
Vanilla	<i>Vanilla planifolia</i> <i>Vanilla tahitensis</i>	Fruit	TR	Spice