

# ESA List of Culinary Herbs and Spices



amended by ESA TC 26 March 2018

## Introduction

The ESA List of Culinary Herbs and Spices includes the most frequently traded dried herbs and spices with their most commonly used botanical names in Europe. The format of these herbs and spices, ie. whole, chopped, ground or otherwise, does not have any significance to this list. Not all of these ingredients will be available in all European countries. It should be recognised that some ingredients may be used by customers for non-culinary purposes.

## ESA Definition of Culinary Herbs and Spices

Culinary Herbs and Spices are edible parts of plants that are traditionally added to foodstuffs for either their natural flavouring, aromatic and/or visual properties.

---

### Notes

- 1 a) The traditional names and definitions developed over time sometimes deviate from formal 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.
  - 1 b) The part of the plant regarded as a Herb is normally its leaves or the whole, soft part of the plant. Various parts of the plant are classified as Spices; the most used part of the plant are shown here.
  - 2) The indigenous climate zone where herb and spice producing plants are grown are categorized as :  
TR = tropical zone  
TE = temperate zone  
SU = subtropical
  - 3) Red or green peppers in brine and capers in brine are generally defined as condiments.
- 

If a dried culinary herb or spice is not listed here or has taxonomical name change, please contact the ESA secretariat to propose amendment to this list by the technical committee.

CULINARY HERBS AND SPICES		BOTANICAL NAME(S)	PART OF PLANT <sup>1)</sup> Botanical definition	CLIMATE ZONE <sup>2)</sup>	HERB or SPICE
Primary Common name*	Secondary or Alternative name(s)				
Ajwain		<i>Trachyspermum ammi</i>	Seed	TE	Spice
Aniseed		<i>Pimpinella anisum</i>	Fruit <sup>1a)</sup>	TE	Spice
Annatto		<i>Bixa orellana</i>	Seed	TE	Spice
Asafoetida		<i>Ferula asafoetida</i>	Rhizome	TE, SU	Spice
Basil	Sweet basil	<i>Ocimum basilicum</i>	Leaf	TE	Herb
Purple basil		<i>Ocimum basilicum</i> var <i>purpurescens</i>	Leaf	TE	Herb
Thai basil		<i>Ocimum basilicum</i> var <i>thyriflora</i>	Leaf	TE	Herb
Holy basil	Tulsi	<i>Ocimum tenuiflorum</i>	Leaf	TE	Herb
Borage leaf		<i>Borago officinalis</i>	Leaf	TE	Herb
Caraway		<i>Carum carvi</i>	Fruit <sup>1a)</sup>	TE	Spice
Cardamom seeds	Green cardamom seed	<i>Elettaria cardamomum</i>	Seed	TR	Spice
Cardamom pods	Green cardamom pods	<i>Elettaria cardamomum</i>	Fruit	TR	Spice
	White cardamom pods	<i>Elettaria cardamomum</i>	Fruit	TR	Spice
Black cardamom	Black cardamom pods	<i>Amomum costatum, Amomum subulatum</i>	Fruit	TR	Spice
Celery leaves		<i>Apium graveolens dulce</i>	Leaf	TE	Herb
Celery seed		<i>Apium graveolens</i>	Seed	TE	Spice
Chervil		<i>Anthriscus cerefolium</i>	Leaf	TE	Herb
Chillies		<i>Capsicum annuum, Capsicum frutescens, Capsicum baccatum, Capsicum pubescens</i>	Fruit	TR, TE	Spice
	Lantern style hot chillies	<i>Capsicum chinense</i>	Fruit	TR, TE	Spice
Chives		<i>Allium schoenoprasum</i>	Leaf	TE	Herb
Cinnamon		<i>Cinnamomum zeylanicum</i> (syn. <i>Cinnamomum verum</i> )	Inner bark	TR	Spice
Cassia	Cinnamon*	<i>Cinnamomum burmannii</i> *	Bark	TR	Spice
		<i>Cinnamomum loureirii</i> *			Spice
		<i>Cinnamomum aromaticum</i> * (syn. <i>Cinnamomum cassia</i> )			Spice

CULINARY HERBS AND SPICES		BOTANICAL NAME(S)	PART OF PLANT <sup>1)</sup> Botanical definition	CLIMATE ZONE <sup>2)</sup>	HERB or SPICE
Primary Common name*	Secondary or Alternative name(s)				
Cloves		<i>Syzygium aromaticum</i> (formerly <i>Eugenia caryophyllata</i> )	Flower bud	TR	Spice
Coriander leaves	Cilantro	<i>Coriandrum sativum</i>	Leaf	TE	Herb
Coriander seed	Dhania	<i>Coriandrum sativum</i>	Fruit <sup>1a)</sup>	TE	Spice
Cumin seed	Jeera	<i>Cuminum cyminum</i>	Fruit <sup>1a)</sup>	TE	Spice
Curry leaf		<i>Murraya koenigii</i>	Leaf	TR, SU	Herb
Dill seed		<i>Anethum graveolens, Anethum sowa</i>	Fruit <sup>1a)</sup>	TE, SU	Spice
Dill tops	Dill tips, Dill weed	<i>Anethum graveolens</i>	Leaf	TE	Herb
Fennel seed		<i>Foeniculum vulgare</i>	Fruit <sup>1a)</sup>	TE	Spice
Fenugreek leaf		<i>Trigonella foenum-graecum</i>	Leaf	TE	Herb
Fenugreek seed	Methi	<i>Trigonella foenum-graecum</i>	Seed	TE	Spice
Galangal		<i>Alpinia galanga, Alpinia officinarum, Kaempferia galangal</i>	Rhizome	TR	Spice
Garlic		<i>Allium sativum</i>	Bulb	TE	Spice
Wild garlic leaf	Bear's garlic	<i>Allium ursinum</i>	Leaf	TE	Herb
Ginger		<i>Zingiber officinale</i>	Rhizome	TR	Spice
Grains of paradise		<i>Aframomum melegueta</i>	Seed	TR	Spice
Hibiscus flowers	Roselle	<i>Hibiscus sabdariffa</i>	Flower	TR, SU	Herb
Horseradish		<i>Armoracia rusticana, Armoracia lapathifolia</i>	Root	TE, SU	Spice
Juniper berries		<i>Juniperus communis</i>	Fruit	TE	Spice
Kaffir Lime leaves		<i>Citrus hystrix</i>	Leaf	TR	Herb
Laurel leaves	Bay leaves	<i>Laurus nobilis</i>	Leaf	TE	Herb
Lavender flower		<i>Lavandula officinalis, Lavandula angustifolia</i>	Flower	TE	Herb
Lemongrass		<i>Cymbopogon citratus</i>	Leaf	TR	Herb
Lovage leaf		<i>Levisticum officinale</i>	Leaf	TE	Herb
Lovage root		<i>Levisticum officinale</i>	Rhizome	TE	Spice
Mace		<i>Myristica fragrans, Myristica argentea</i>	Aril	TR	Spice

CULINARY HERBS AND SPICES		BOTANICAL NAME(S)	PART OF PLANT <sup>1)</sup> Botanical definition	CLIMATE ZONE <sup>2)</sup>	HERB or SPICE
Primary Common name*	Secondary or Alternative name(s)				
Marjoram		<i>Majorana hortensis</i> (syn. <i>Origanum majorana</i> )	Leaf	TE	Herb
Mint	Peppermint	<i>Mentha piperita</i>	Leaf	TE	Herb
Mint	Spearmint	<i>Mentha spicata</i>	Leaf	TE	Herb
Mustard seed	Yellow / brown mustard	<i>Sinapis alba</i> , <i>Brassica alba</i> , <i>Brassica hirta</i> / <i>Brassica juncea</i>	Seed	TE	Spice
Mustard seed	Black mustard	<i>Sinapis nigra</i> , <i>Brassica nigra</i>	Seed	TE	Spice
Nigella seeds	Kalonji / (improperly) black onion seeds / black cumin seeds / black caraway seeds	<i>Nigella sativa</i>	Seed	TR, SU	Spice
Nutmeg		<i>Myristica fragrans</i>	Seed without shell	TR	Spice
Onion		<i>Allium cepa</i>	Bulb	TE	Spice
Shallot		<i>Allium cepa</i> var. <i>aggregatum</i>	Bulb	TE	Spice
Oregano		<i>Origanum vulgare</i> , <i>Origanum onites</i>	Leaf	TE	Herb
Mexican oregano		<i>Lippia graveolens</i>	Leaf	TE, SU	Herb
Paprika	Pimenton	<i>Capsicum annuum</i> , <i>Capsicum frutescens</i>	Fruit	TE	Spice
Parsley	Curly leaf parsley	<i>Petroselinum crispum</i> (syn. <i>Petroselinum sativum</i> )	Leaf	TE	Herb
Parsley	Flat leaf parsley	<i>Petroselinum crispum</i> var. <i>neapolitanum</i>	Leaf	TE	Herb
Pepper, green <sup>3)</sup>	Green peppercorns	<i>Piper nigrum</i>	Fruit	TR	Spice
Pepper, black	Black peppercorns	<i>Piper nigrum</i>	Fruit	TR	Spice
Pepper, white	White peppercorns	<i>Piper nigrum</i>	Seed <sup>1a)</sup>	TR	Spice
Pepper, red	Red peppercorns	<i>Piper nigrum</i>	Fruit	TR	Spice
Cubeb pepper	Cubebs / Java pepper	<i>Piper cubeba</i>	Fruit	TR	Spice
Pink pepper		<i>Schinus terebinthifolius</i> , <i>Schinus molle</i>	Fruit	TR	Spice
Sichuan pepper	Szechuan pepper	<i>Zanthoxylum piperitum</i> , <i>Zanthoxylum bungeanum</i>	Fruit	TE	Spice

CULINARY HERBS AND SPICES		BOTANICAL NAME(S)	PART OF PLANT <sup>1)</sup> Botanical definition	CLIMATE ZONE <sup>2)</sup>	HERB or SPICE
Primary Common name*	Secondary or Alternative name(s)				
Pimento	Allspice	<i>Pimenta dioica</i>	Fruit	TR	Spice
Poppy seed	White poppy seed	<i>Papaver somniferum</i>	Seed	TE, SU	Spice
Poppy seed	Blue poppy seed	<i>Papaver somniferum</i>	Seed	TE, SU	Spice
Rosemary		<i>Rosmarinus officinalis</i>	Leaf	TE	Herb
Saffron		<i>Crocus sativus</i>	Parts of pistil	TE	Spice
Sage		<i>Salvia officinalis, Salvia triloba</i>	Leaf	TE	Herb
Purple sage		<i>Salvia officinalis</i> var <i>purpurascens</i>	Leaf	TE	Herb
Savory	Summer savory	<i>Satureja montana</i>	Leaf	TE	Herb
Savory	Winter savory	<i>Satureja hortensis</i>	Leaf	TE	Herb
Sesame seed	White sesame seed	<i>Sesamum indicum</i>	Seed	TR	Spice
Sesame seed	Black sesame seed	<i>Sesamum indicum</i>	Seed	TR	Spice
Star anise		<i>Illicium verum</i>	Fruit	TE	Spice
Sumac	Sumach	<i>Rhus coriaria</i>	Fruit	TE	Spice
Tarragon		<i>Artemisia dracunculus</i>	Leaf	TE	Herb
Thyme		<i>Thymus vulgaris, Thymus zygis, Thymus serpyllum</i>	Leaf	TE	Herb
Turmeric	Haldi	<i>Curcuma longa</i>	Rhizome	TR	Spice
Vanilla pods	Vanilla beans	<i>Vanilla planifolia, Vanilla tahitensis</i>	Fruit	TR	Spice
Wasabi	Japanese horseradish	<i>Eutrema japonicum</i>	Stem	SU	Spice

\* The 3 botanical names are sometimes referred to as Cassia. Cinnamon and Cassia are considered to be separate spices by some customers who require product names to be material specific.