

List of culinary herbs and spices

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This is a list of culinary herbs and spices. Specifically these are food or drink additives of mostly botanical origin used in nutritionally insignificant quantities for flavoring or coloring.

This list does not contain salt, which is a mineral, nor is it for fictional plants such as aglaophotis, or recreational drugs such as tobacco.

This list is **not** for plants used primarily for herbal teas or tisanes, nor for plant products that are purely medicinal, such as valerian.

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A spice market in Istanbul

A

- Ajwain, carom seeds (*Trachyspermum ammi*) (South Asia, India, Afghanistan, Iran, Egypt, Eritrea & Ethiopia)
- Akudjura (*Solanum centrale*) (Australia)
- Alexanders (*bullaSmyrnum olusatrum*)
- Alkanet (*Alkanna tinctoria*), for red color
- Alligator pepper, mbongo spice (mbongochobi), hepper pepper (*Aframomum danielli*, *A. citratum*, *A. exscapum*) (West Africa)
- Allspice (*Pimenta dioica*)
- Angelica (*Angelica archangelica*)
- Anise (*Pimpinella anisum*)
- Anise Hyssop (*Agastache foeniculum*)
- Aniseed myrtle (*Syzygium anisatum*) (Australia)
- Annatto (*Bixa orellana*)
- Apple mint (*Mentha suaveolens*, *Mentha × rotundifolia* and *Mentha × villosa*)
- Artemisia (*Artemisia* spp.)
- Asafoetida (*Ferula assafoetida*)
- Asarabacca (*Asarum europaeum*)
- Avens (*Geum urbanum*)
- Avocado leaf (*Persea americana*)

B

- Barberry (*Berberis vulgaris* and other *Berberis* spp.)
- Basil, sweet (*Ocimum basilicum*)
- Basil, lemon (*Ocimum × citriodorum*)
- Basil, Thai (*O. basilicum* var. *thyrsiflora*)
- Basil, Holy (*Ocimum tenuiflorum*)
- Bay leaf (*Laurus nobilis*)
- Bay leaf, Indian, tejpat, malabathrum
- Bee balm (*Monarda didyma*)
- Boldo (*Peumus boldus*)
- Borage (*Borago officinalis*)
- Black cardamom (*Amomum subulatum*, *Amomum costatum*)
- Black mustard (*Brassica nigra*)
- Blue fenugreek, blue melilot (*Trigonella caerulea*)
- Brown mustard (*Brassica juncea*)

C

- Caraway (*Carum carvi*)
 - Cardamom (*Elettaria cardamomum*)
 - Carob (*Ceratonia siliqua*)
 - Catnip (*Nepeta cataria*)
 - Cassia (*Cinnamomum aromaticum*)
 - Cayenne pepper (*Capsicum annuum*)
 - Celery leaf (*Apium graveolens*)
 - Celery seed (*Apium graveolens*)
 - Chervil (*Anthriscus cerefolium*)
-

- Chicory (*Cichorium intybus*)
- Chili pepper (*Capsicum spp.*)
- Chives (*Allium schoenoprasum*)
- Cicely, sweet cicely (*Myrrhis odorata*)
- Cilantro, coriander greens, coriander herb (*Coriandrum sativum*)
- Cinnamon, Indonesian (*Cinnamomum burmannii*, *Cassia vera*)
- Cinnamon, Saigon or Vietnamese (*Cinnamomum loureirii*)
- Cinnamon, true or Ceylon (*Cinnamomum verum*, *C. zeylanicum*)
- Cinnamon, white (*Canella winterana*)
- Cinnamon myrtle (*Backhousia myrtifolia*) (Australia)
- Clary, Clary sage (*Salvia sclarea*)
- Clove (*Syzygium aromaticum*)
- Coriander seed (*Coriandrum sativum*)
- Costmary (*Tanacetum balsamita*)
- Cuban oregano (*Plectranthus amboinicus*)
- Cubeb pepper (*Piper cubeba*)
- Cudweed (*Gnaphalium spp.*) (Vietnam)
- Culantro, culangot, long coriander (*Eryngium foetidum*)
- Cumin (*Cuminum cyminum*)
- Curry leaf (*Murraya koenigii*)
- Curry plant (*Helichrysum italicum*)

D

- Dill seed (*Anethum graveolens*)
- Dill herb or weed (*Anethum graveolens*)

E

- Elderflower (*Sambucus spp.*)
- Epazote (*Dysphania ambrosioides*)

F

- Fennel (*Foeniculum vulgare*)
 - Fenugreek (*Trigonella foenum-graecum*)
 - Filé powder, gumbo filé (*Sassafras albidum*)
 - Fingerroot, *krachai*, *temu kuntji* (*Boesenbergia rotunda*)
-

G

- Galangal, greater (*Alpinia galanga*)
- Galangal, lesser (*Alpinia officinarum*)
- Galingale (*Cyperus spp.*)
- Garlic chives (*Allium tuberosum*)
- Garlic (*Allium sativum*)
- Garlic, elephant (*Allium ampeloprasum* var. *ampeloprasum*)
- Ginger (*Zingiber officinale*)
- Ginger, torch, *bunga siantan* (*Etlingera elatior*) (Indonesia)
- *Golpar*, Persian hogweed (*Heracleum persicum*) (Iran)
- Grains of paradise (*Aframomum melegueta*)
- Grains of Selim, Kani pepper (*Xylopi aethiopica*)

H

- Horseradish (*Armoracia rusticana*)
- *Houttuynia cordata* (Vietnam)
- Huacatay, Mexican marigold, mint marigold (*Tagetes minuta*)
- Hyssop (*Hyssopus officinalis*)

I

- Indonesian bay leaf, *daun salam* (*Syzygium polyanthum*)

J

- Jasmine flowers (*Jasminum spp.*)
- Jimbu (*Allium hypsistum*) (Nepal)
- Juniper berry (*Juniperus communis*)

K

- Kaffir lime leaves, Makrud lime leaves (*Citrus hystrix*) (Southeast Asia)
 - Kala zeera (or kala jira), black cumin (*Bunium persicum*) (South Asia)
 - Kawakawa seeds (*Macropiper excelsum*) (New Zealand)
 - *Kencur*, galangal, *kentjur* (*Kaempferia galanga*)
 - *Keluak*, *kluwak*, *kepayang* (*Pangium edule*)
 - *Kinh gioi*, Vietnamese balm (*Elsholtzia ciliata*)
 - *Kokam* seed (*Garcinia indica*) (Indian confectionery)
 - *Korarima*, Ethiopian cardamom, false cardamom (*Aframomum corrorima*) (Eritrea)
 - *Koseret* leaves (*Lippia adoensis*) (Ethiopia)
-

L

- Lavender (*Lavandula spp.*)
- Lemon balm (*Melissa officinalis*)
- Lemongrass (*Cymbopogon citratus*, *C. flexuosus*, and other *Cymbopogon spp.*)
- Lemon ironbark (*Eucalyptus staigeriana*) (Australia)
- Lemon myrtle (*Backhousia citriodora*) (Australia)
- Lemon verbena (*Lippia citriodora*)
- Leptotes bicolor (Paraguay and southern Brazil)
- Lesser calamint (*Calamintha nepeta*), *nipitella*, *nepitella* (Italy)
- Licorice, liquorice (*Glycyrrhiza glabra*)
- Lime flower, linden flower (*Tilia spp.*)
- Lovage (*Levisticum officinale*)

M

- Mace (*Myristica fragrans*)
- Mahlab, St. Lucie cherry (*Prunus mahaleb*)
- Marjoram (*Origanum majorana*)
- Marsh mallow (*Althaea officinalis*)
- Mastic (*Pistacia lentiscus*)
- Mint (*Mentha spp.*) 25 species, hundreds of varieties
- Mountain horopito (*Pseudowintera colorata*) 'Pepper-plant' (New Zealand)
- Musk mallow, *abelmosk* (*Abelmoschus moschatus*)
- Mustard, black, mustard plant, mustard seed (*Brassica nigra*)
- Mustard, brown, mustard plant, mustard seed (*Brassica juncea*)
- Mustard, white, mustard plant, mustard seed (*Sinapis alba*)

N

- Nasturtium (*Tropaeolum majus*)
- Nigella, *kalonji*, black caraway, black onion seed (*Nigella sativa*)
- Njangsa, *djansang* (*Ricinodendron heudelotii*) (West Africa)
- Nutmeg (*Myristica fragrans*)
- Neem

O

- Olida (*Eucalyptus olida*) (Australia)
- Oregano (*Origanum vulgare*, *O. heracleoticum*, and other species)
- Orris root (*Iris germanica*, *I. florentina*, *I. pallida*)

P

- Pandan flower, *kewra* (*Pandanus odoratissimus*)
 - Pandan leaf, screwpine (*Pandanus amaryllifolius*)
 - Paprika (*Capsicum annuum*)
 - Paracress (*Spilanthes acmella*, *Soleracea*) (Brazil)
 - Parsley (*Petroselinum crispum*)
 - Pepper: black, white, and green (*Piper nigrum*)
-

- Pepper, Dorrigo (*Tasmannia stipitata*) (Australia)
- Pepper, long (*Piper longum*)
- Pepper, mountain, Cornish pepper leaf (*Tasmannia lanceolata*)
- Peppermint (*Mentha piperata*)
- Peppermint gum leaf (*Eucalyptus dives*)
- *Perilla, shiso* (*Perilla* spp.)
- Peruvian pepper (*Schinus molle*)
- Pandanus amaryllifolius
- Brazilian pepper or Pink pepper (*Schinus terebinthifolius*)

Q

- Quassia (*Quassia amara*) (bitter spice in aperitifs and some beers and fortified wines)

R

- Ramsons, wood garlic (*Allium ursinum*)
- Rice paddy herb (*Limnophila aromatica*) (Vietnam)
- Rosemary (*Rosmarinus officinalis*)
- Rue (*Ruta graveolens*)
- Rowan

S

- Safflower (*Carthamus tinctorius*), for yellow color
 - Saffron (*Crocus sativus*)
 - Sage (*Salvia officinalis*)
 - Saigon cinnamon (*Cinnamomum loureiroi*)
 - Salad burnet (*Sanguisorba minor*)
 - Salep (*Orchis mascula*)
 - Sassafras (*Sassafras albidum*)
 - Savory, summer (*Satureja hortensis*)
 - Savory, winter (*Satureja montana*)
 - Sesame (*Sesamum indicum*)
 - *Silphium, silphion, laser, laserpicum, lasarpicum* (Ancient Roman cuisine, Ancient Greek cuisine)
 - Shiso (*Perilla frutescens*)
 - Sorrel (*Rumex acetosa*)
 - Sorrel, sheep (*Rumex acetosella*)
 - Spearmint (*Mentha spicata*)
 - Spikenard (*Nardostachys grandiflora* or *N. jatamansi*)
 - Star anise (*Illicium verum*)
 - Sumac (*Rhus coriaria*)
 - Sweet woodruff (*Galium odoratum*)
 - Szechuan pepper, Sichuan pepper (*Zanthoxylum piperitum*)
-

T

- Tarragon (*Artemisia dracunculus*)
- Thyme (*Thymus vulgaris*)
- Thyme, lemon (*Thymus* × *citriodorus*)
- Turmeric (*Curcuma longa*)

V

- Vanilla (*Vanilla planifolia*)
- Vietnamese cinnamon (*Cinnamomum loureiroi*)
- Vietnamese coriander (*Persicaria odorata*)
- Voatsiperifery (*Piper borbonense*)

W

- Wasabi (*Wasabia japonica*)
- Water-pepper, smartweed (*Polygonum hydropiper*)
- Watercress (*Rorippa nasturtium-aquaticum*)
- Wattleseed (from about 120 spp. of Australian *Acacia*)
- White mustard (*Sinapis alba*)
- Wild betel (*Piper sarmentosum*) (Southeast Asia)
- Wild thyme (*Thymus serpyllum*)
- Willow herb (*Epilobium parviflorum*)
- Wintergreen (*Gaultheria procumbens*)
- Wood avens, herb bennet (*Geum urbanum*)
- Woodruff (*Galium odoratum*)
- Wormwood, absinthe (*Artemisia absinthium*)

Y

- Yellow mustard (*Brassica hirta* = *Sinapis alba*)
- *Yerba buena*, any of four different species, many unrelated

Z

- *Za'atar* (herbs from the genera *Origanum*, *Calamintha*, *Thymus*, and *Satureja*)
 - Zedoary (*Curcuma zedoaria*)
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