Program Spice Blends with Rebecca

**Herb Blends**

Blend #1

 Parsley 1 Tablespoon

 Tarragon 2 Tablespoons

Blend #2

 Dill 1 Tablespoon

 Mint 2 Tablespoons (Any mint is fine)

Blend #3

 Cilantro 2 Tablespoons

 Oregano 1 Tablespoon

 (Optional – Coriander 1 Tablespoon, gives extra flavor)

Blend #4

 Oregano 2 Tablespoons

 Basil 2 Tablespoons

 This is a Mediterranean style blend

Blend #5

 Coriander 2 Tablespoons

 Cumin 1 Tablespoon

 This is a chili flavor blend

Blend #6

 Turmeric 1 Tablespoon

 Coriander 3 Tablespoons

**Woodsy Blends – These hold up well to meat, more hardy**

Blend #7

 Rosemary 1 Teaspoon – (will need to be ground)

 Thyme 2 Tablespoons - (will need to be ground – Use less for a heartier winter blend

 Sage 1 Teaspoon (will be ground already)

 Add all to a mortar and pestle or coffee grinder and blend

Blend #8

 Cumin (whole) 2 Teaspoons

 Coriander (whole) 1 Teaspoon

 Black or yellow Mustard Seeds 2 Teaspoons

 (Optional – Caraway Seeds 1 Teaspoon)

 These are toasting spices