



# SPICES

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# WHAT'S THE DIFFERENCE BETWEEN HERBS AND SPICES?

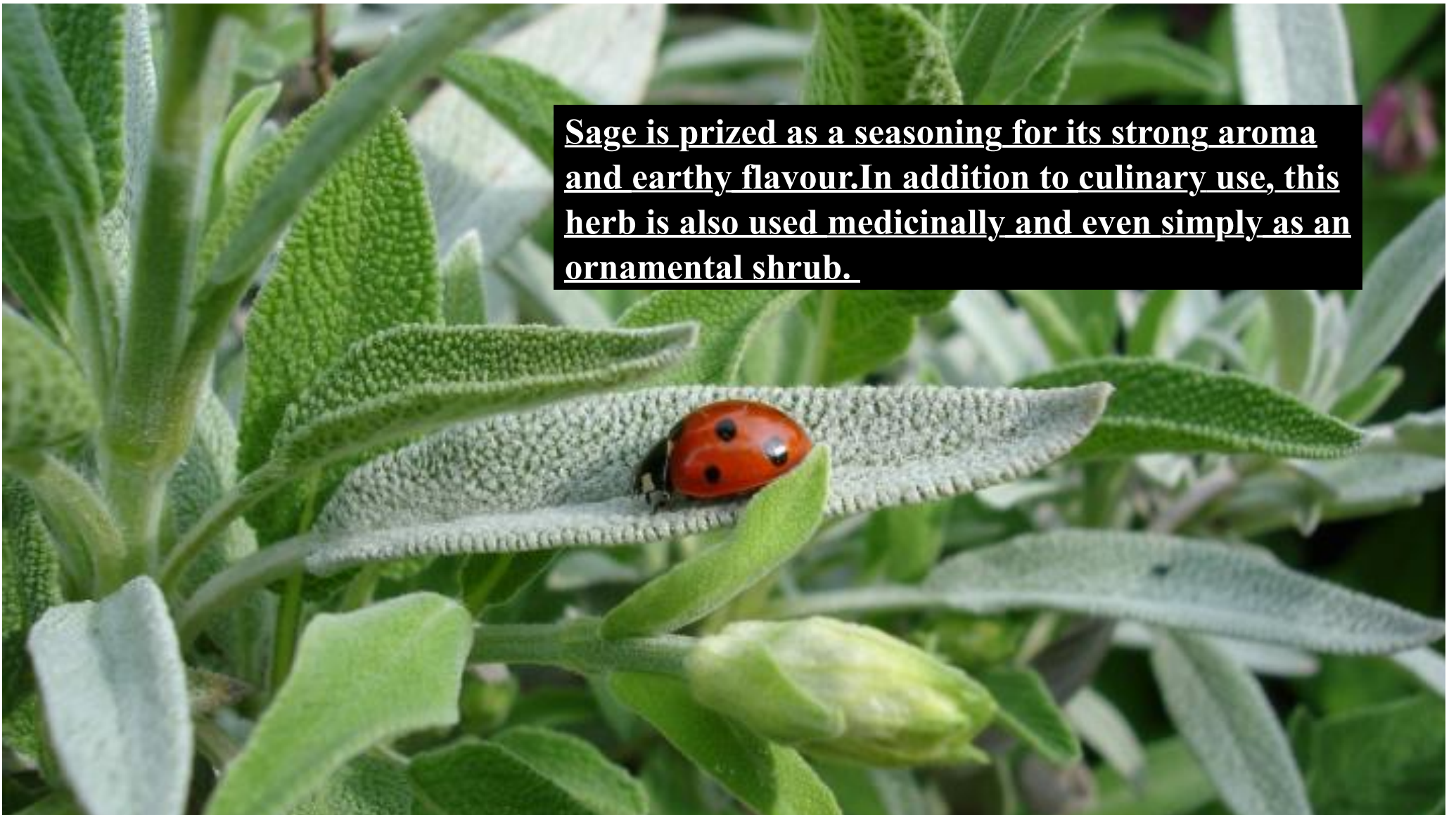
At first, you may think that herbs and spices are similar. But there are actually hallmark characteristics .

- Herbs are derived from the leafy and green parts of a plant, such as its leaves. Some examples include basil, oregano, rosemary, thyme, mint, and parsley.
- On the other hand, spices are acquired from the other parts of the plant – the roots, stems, bark, seeds and bulb. They are also usually dried before they are used as a seasoning.

**Basil also is considered one of the healthiest herbs. It's best when fresh, exuding a sweet, earthy aroma that indicates not only the promise of pleasantly pungent flavor, but an impressive list of nutrients. Vitamin K, essential for blood clotting, is one of them.**



Sage is prized as a seasoning for its strong aroma and earthy flavour. In addition to culinary use, this herb is also used medicinally and even simply as an ornamental shrub.



This spice became highly prized, and since cinnamon was rare and valuable, it was regarded as a gift fit for kings. In medieval times, doctors used cinnamon to treat ailments such as coughs, sore throat and arthritis.



Paprika is a spice made from grinding up different varieties of Capsicum annum peppers — these can include sweet bell peppers, hot red and/or peppers and other varieties in between.

