

UDA

Spices and herbs most used in the kitchen

Spices (we usually use them grounded or powder)

- They come from : roots, seeds and other parts of plants
- Turmeric
- Garlic
- Ginger
- Curry

Turmeric

It comes from the roots

- It is usually used in powder

PROPERTIES: Helps blood circulation

GARLIC

- It comes from the roots
- Its usually used dried , in powred or chopped

PROPERTIES:

It's a natural antibiotic

It regules the blood circolation

GINGER

- It comes from the roots

It usually used diced

PROPERTIES:

It helps digestion

It's a natural painkiller

CURRY

- It's a mix composed by different type of grounded spices
- It's used all over the world to flavor dishes

HERBS(It's better to use them fresh)

They come from the leaves of plant:

PERSLEY

SAGE

DRIED OREGANO

SAGE

It's used to flavor food

PROPERTIES:

Anti-inflammatory

Diuretic

DRIED OREGANO

It's used after drying and grinding the leaves of fresh oregano

PROPERTIES:

Helps digestion

Treat a cold