

Garden Handout for 13 Cultural Cuisines

You can grow many of the flavors in your favorite cuisines.

Herbs that are used in multiple cuisines bring extra value to your garden and your kitchen.

CUISINE	GROW YOURSELF	PURCHASE INSTEAD
Cajun	Bay Leaf, Oregano, Rosemary, Thyme, Cayenne Pepper, Sweet Pepper (Paprika)	
Caribbean	Ginger, Garlic, Hot and Sweet Peppers	Allspice, Cinnamon, Cloves, Nutmeg
Chinese	Garlic, Ginger, Cilantro, Fennel Seed, Hot Chili Peppers	Citrus peel, Cloves, Peppercorns, Star Anise
French	Garlic, Rosemary, Thyme, Chervil, Parsley, Tarragon, Marjoram, Chives, Bay Leaf, Sage, Lavender	Nutmeg, Saffron
Greek	Oregano, Dill, Parsley, Marjoram, Sage, Thyme, Rosemary, Basil, Mint, Garlic, Bay Leaf, Coriander	Cinnamon, Cumin, Nutmeg
Indian	Garlic, Ginger, Turmeric, Coriander, Mustard Seed, Hot Chili Pepper, Fenugreek, Basil	Cardamom, Cinnamon, Cloves, Cumin
Italian	Basil, Oregano, Parsley, Rosemary, Sage, Thyme, Garlic, Sweet and Hot Chili Peppers	
Korean	Garlic, Ginger, Parsley, Scallions, Hot Chili Pepper	Black Pepper, Sesame Seeds
Mexican	Garlic, Mexican Oregano, Hot Chili Peppers, Cilantro	Cinnamon, Cumin
Middle Eastern	Bay Leaf, Oregano, Coriander, Ginger	Cardamom, Cinnamon, Cloves, Cumin
North African	Ginger, Turmeric, Hot and Sweet Chili Peppers, Fenugreek	Cardamom, Cinnamon, Cumin
Thai	Thai Basil, Garlic, Ginger, Turmeric, Lemongrass, Hot Chili Peppers	Cardamom, Cumin
Turkish	Mint, Oregano, Hot and Sweet Chili Peppers	Allspice, Cinnamon, Cumin, Sumac, Sesame Seeds