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We eat food everyday but only tend to remember the dish which is tongue tantalizing. Our taste buds can easily detect the taste of any food and accordingly categorize it as good or bad. But by adding spices and herbs to our food we enhance its taste and make it mouth watering. As they blend in easily with the food hence they can easily add flavor to even boring dishes. Now your child would love his burgers and sandwiches even when you stuff them with vegetables. Spices and herbs not only enhance the taste of the food but even smell and sight too. Moreover, a food which appears good would definitely taste better.

With the magic of spices and herbs, you can easily transform any meal into a culinary masterpiece. Just a pinch of them and you will notice how your friends and family enjoy the food you cook. Organically grown, processed and grinded for ease in use they retain their aroma and taste if stored in airtight glass containers. All these spices and herbs have medicinal properties that can cure ailments like common cold and cough.

These herbs and spices can even be given away as gifts to those who enjoy cooking in specially designed boxes so that their aroma and flavor remains intact. They are low in calories, sodium, fat and cholesterol. Each spice or herb has a distinct flavor and can be categorized as dominant, medium, delicate, sweet, savory and peppery.. Herbs and spices like bay leaf, cardamom, curry, ginger, pepper have strong flavors while basil, celery, cumin, dill, oregano, thyme and turmeric have medium flavors. Burnet, chervil and parsley possess delicate flavors while sweet flavored ones include cinnamon, cloves, allspice, anise and mint. Apart from this, some spices like red pepper, mustard, black pepper and paprika make the food more peppery.

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