

## USDA Certified 100% Organic Spices

Consumption of spices in North America is at an all-time high. In fact, spice consumption in North America has increased by 50 percent in the past decade. We are not only using spices more frequently and in greater volume, but in a much wider variety; approximately 28 spices are used in the average North American home.

America's original natural products company has been the pioneer in premium herbs and spices for over 100 years, so it's only natural that we would be among the first to offer a premium line of organic herbs and spices. All are USDA certified 100% organic and come to you in beautiful gold tins reminiscent of the Gold Medals we've received for highest quality spices.

- **USDA certified 100% organic**
- **Quality raw materials:** We buy the pick of the world's herb and spice crop—each selected from the best growing region.
- **Strict quality control:** We select our spices for taste, color, and appearance; then more thorough tests are made to further determine the quality.
- **Trademark gold medal tin:** Packed in our custom tin.

### Product Listing

#### Organic Basil

Article No. 00503 (16 g/.56 oz.)

(Egypt)

Our sweet basil is the most prominent of many varieties of basil. We sourced the very best basil from Egypt. Basil's light licorice/clove/mint-like taste is important in most areas of the Mediterranean, but it is also highly prized in Thailand, where a similar variety is called "holy basil."

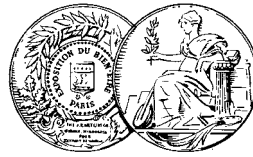
Use in all Italian and tomato dishes, scrambled eggs, soufflés, omelets, roast beef, pork or veal, meat pies, casseroles, and stews.

#### Organic Black Pepper (Ground)

Article No. 00590 (113 g/4 oz.)

(Sri Lanka)

We have searched the globe and found the most flavorful pepper from Sri Lanka. Black pepper is the world's most popular and important spice. It is used in virtually every cuisine in the world.



Originally introduced in 1895, Watkins ground spices were awarded the Grand Prize with Gold Medal for Highest Quality at the International Exposition, Paris in 1928.



#### Organic Chili Powder

Article No. 00591 (48 g/1.6 oz.)

(blend)

Our balanced blend of Chili Powder will be superior in any dishes you cook. Blended with quality spices from around the world.

Use in chili, Mexican dishes, eggs, omelets, sauces, soups, cottage cheese, rice, meat, fish, cocktail sauce, gravies, stews, and vegetables.

#### Organic Cinnamon

Article No. 00598 (56 g/2 oz.)

(Indonesia)

Our flavorful cinnamon from Indonesia is the best quality available anywhere. The best cassia available today is from the Indonesian island from Sumatra.

Use in all types of baked goods, such as pies, cakes, rolls and cookies. Excellent with fruit desserts, especially apples and peaches. Use sparingly in meat, poultry and game dishes.

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### **Organic Cloves (Ground)**

Article No. 00507 (58 g/2 oz.)

(Indonesia)

Our ground cloves from Indonesia are one of the world's most aromatic and important spices. The name for this spice comes from the Latin *clavus*, meaning "nail," which is what the whole spice resembles. One of the most aromatic and important spices, cloves originated in the Moluccas, or Spice Islands.

Use in baked goods, confections, liqueurs, pickles, chili sauce, catsup, meats, vegetables, mincemeat, beverages, sauces, marinades, marmalades and puddings.

### **Organic Cumin**

Article No. 00592 (48 g/1.6 oz.)

(Turkey)

The best seeds from Turkey are carefully sorted and ground to create the best-finished product for your kitchen. Cumin is indispensable to Mexican and Southwestern cooking, and is widely used in Indian, Middle Eastern, and North African cuisines. It is a primary ingredient of chili powder and curry powder.

Excellent in cheese dishes, with rice and corn dishes such as curries or tamales; use in soups, stews, salad dressings, barbecue sauces, ground meat dishes; also good with sauerkraut, lentils, potatoes, cabbage, and dried beans of all kinds.

### **Organic Curry Powder**

Article No. 00505 (50 g/1.8 oz.)

(blend)

Use small amounts to enhance and support other herbs and spices while cooking. Blended with quality spices from around the world. Curry powder is one of the world's oldest spice blends. It originated in England and was designed to give the characteristic flavor of Indian curry cookery, which became popular during the British colonization of India.

Use generously in Indian and Caribbean curries, and sparingly in Western dishes such as eggs, deviled eggs, fish, shrimp, meats, vegetables, and rice.

### **Organic Dill**

Article No. 00509 (20 g/.7 oz.)

(Egypt)

Dill is best known for its use with fish and other seafood dishes. We have sourced the very best dill from Egypt. The bright green leaf of an annual plant related to anise, fennel, cumin and caraway. Like fennel, dill has a great reputation as a digestive herb, and is most popular in the cuisines of Scandinavia, Germany and Central and Eastern Europe.

Excellent with fish and seafood, in salads, dressings and sandwich fillings; marries well with mustard and lemon.

### **Organic Garlic Powder**

Article No. 00500 (80 g/2.8 oz.)

(China)

Our garlic powder will enhance any dish needing great garlic flavor. We have selected only the best garlic from China. Garlic has long been credited with numerous medicinal qualities, such as boosting the immune system.

Use for enhancing most savory dishes, including meat, fowl and seafood, salad dressings, soups, sauces and appetizers.

### **Organic Ginger**

Article No. 00595 (56 g/2 oz.)

(Indonesia)

We have found the very finest ginger roots from Indonesia. They have been carefully dried to preserve their warm, spicy flavor.

Used primarily for baking in the West and for savory dishes in the East. Gingerbread, cookies, cakes, pumpkin pie, orange/yellow vegetables, pickles and preserves, baked beans, and Asian stir-fries. Many people put powdered ginger in capsules as a natural remedy for motion sickness.

### **Organic Mustard (Dry)**

Article No. 00596 (54 g/1.9 oz.)

(United States)

The pungency of the mustard is not released until it is added to water or another liquid. Watkins only uses the finest oil-rich North American mustard seed.

Use in white sauces for macaroni, corn, seafood, potato or egg dishes, salad dressings, butter sauces, omelets, and stewed oysters.

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### **Organic Nutmeg**

**Article No. 00589** (56 g/2 oz.)

*(Indonesia)*

The hard kernel of the peach-like fruit imparts a rich nut-like flavor. Watkins selects only the finest seed from Indonesia.

Use in baked goods, eggnogs, custards, cheese, eggs, fish and poultry dishes, whipped cream toppings, fruits, ice cream, coffee cakes and applesauce.

### **Organic Onion Powder**

**Article No. 00501** (55 g/1.9 oz.)

*(China)*

Our onion powder will enhance any dish with delicious onion flavor. We have selected only the best onion from China. A favorite flavoring vegetable for centuries used in every cuisine in the world.

Use in meats, poultry, seafood, salads, vegetables, soups, sauces, omelets, and egg dishes.

### **Organic Oregano**

**Article No. 00594** (18 g/.63 oz.)

*(Turkey)*

Watkins has chosen only select Turkish oregano, which has a strong flavor.

Best known for its use on pizza; also excellent in pasta sauces, pork, veal, fish, vegetables, dressings, gravies, seafood, poultry, grilled tomatoes and all tomato dishes.

### **Organic Paprika**

**Article No. 00593** (55 g/1.9 oz.)

*(Mexico)*

Paprika is ground from dried red chilies. Watkins selects only the best Mexican variety, which is a brilliant color and is sweeter in taste.

Use as a garnish and flavor for creamed foods, such as deviled eggs, mayonnaise dressings, white potatoes, cauliflower, salads, dips, canapés, and chowders.

### **Organic Parsley**

**Article No. 00508** (7 g/.25 oz.)

*(Egypt)*

We have selected only the finest parsley from Egypt to bring a bright flavor to any dish. This delicious, nutritious herb has a refreshing taste that goes extremely well with garlic, onion, lemon, and any herb.

Add to butter sauces for meats, poultry, fish and vegetables, scrambled eggs, stuffings, soups, chowders, salads, and dressings.

### **Organic Rosemary**

**Article No. 00504** (22 g/.78 oz.)

*(Argentina)*

Rosemary is a pungent combination of mint and evergreen and is best when roasting meats. Our rosemary is from Argentina and is the best quality available.

At its best with roasted or grilled lamb, pork, poultry and game; also excellent with potatoes and vegetables, stews, marinades and breads.

### **Organic Sage**

**Article No. 00506** (22 g/.78 oz.)

*(Croatia)*

We have found the most flavorful sage from Croatia. This Mediterranean herb got its name because of the ancient belief that it strengthened the memory and imparted wisdom. Dalmatian sage, the world's best variety, comes from the area that is now Croatia.

Sage is excellent in poultry stuffing and its flavor and natural tenderizing properties make it perfect for pork and other rich meats.

### **Organic Thyme**

**Article No. 00502** (28 g/.99 oz.)

*(Turkey)*

We have selected only the finest thyme from Turkey to bring an irresistible flavor to any slow cooked dish. One of the great European culinary herbs, and perhaps our most versatile. Closely related to oregano, with a stronger, more balsam-like flavor that has made it a favorite far beyond its Mediterranean origins.

Excellent with meat, fish and poultry, tomato dishes, stuffings, stews and sauces, vegetable juice, clam juice, seafood cocktails, marinades, gravies, and vegetables.

### **Spiced Grilled Chicken Breasts**

2 1/2 to 3 tbsp/40 to 45 mL fresh lemon juice  
1/2 tsp/2.5 mL **Watkins Organic Garlic Powder**  
1/2 tsp/2.5 mL **Watkins Organic Curry Powder**  
1/4 tsp/1.2 mL **Watkins Organic Cinnamon**  
1/8 tsp/0.6 mL **Watkins Organic Black Pepper**  
Freshly ground, to taste **Watkins Sea Salt**  
4 skinless, boneless chicken breast halves

Combine lemon juice with all ingredients except chicken; mix well. Add chicken and turn to coat all sides. Allow to marinate at room temperature for 15 minutes. Grill or broil chicken 5 minutes per side, or until cooked through. Makes 4 servings.