

Spicy Facts for Kids

- Poppy plants (like the ones from which the poppy seeds on your bagel or muffin were harvested) were used to lull Dorothy to sleep in *The Wizard of Oz*. By the way, there are about 900,000 poppy seeds in a one-pound sack!
- The ancient Greeks and Romans believed that to get a good crop of basil, you had to yell and swear while planting the seeds.
- “Open sesame,” which means a simple way of obtaining a goal, comes from the command “Open sesame,” used by Ali Baba to magically open the robber’s den in the Arabian night’s tale, “The Forty Thieves.”
- The ancients believed that if you stood under a bay laurel tree, you could not be struck by lightning.
- The smaller the chili pepper, the hotter it usually is.
- It takes 200,000 dried stigmas from 70,000 saffron plants to get one pound of saffron. And they are picked by hand.
- The pretend rabbit that is used as a lure in greyhound dog races is scented with anise, which smells like licorice.



Why Buy Bulk Spices?

Want the freshest spices along with the most flexibility and fun while shopping? Then buying in bulk is for you. Comparison shop for a few spices, and you’ll see why bulk is your best choice:

> Price

You’ll pay from three to ten times more for the same amount of spice if you buy it in bottles instead of in bulk! (You—and the environment—have to pay for all those jars and labels, after all.)

> Freshness

As you measure your spices from the bulk jars, relish the aroma, color and texture of each. You know that these spices are fresh because the stock is updated often. They’re bright, not faded, richly aromatic, not faint. Your senses can’t judge the color or aroma of prepackaged spices, because they’re hidden away.

> Versatility

Whether you’re stocking up on your favorite cooking staples or just buying a pinch of this or that for a particular recipe, when you buy in bulk, you’ll always have the right amount. You don’t have to buy an entire package of that exotic spice you’ll use only once a year, and you don’t have to buy multiple packages of a basic pickling spice to last through canning season.

> Fun

With bulk spices, you can decide to buy a smidgen of something that strikes your fancy just for fun (chances are there will be plenty of enticing choices). Once home, you’ll enjoy replenishing your spice jars, and you’ll look forward to cooking with these wonderful, fresh seasonings. Shopping for bulk spices is an all-around satisfying experience!

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EXPERT TIPS & INFORMATION
ON USING BULK SPICES

14 SUPER
SNACKS



Spice Savvy

Super Snacks for After School

Quick & Nutritious

> Sandwiches

> Dips

> Muffins

... and other healthy treats

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Q&A

Super Snacks for After School

What kid doesn't come home from school hungry? It's been a long time since lunch, after all, and sometimes school lunches are, well, less than wonderful. This is a great opportunity to boost your child's nutrient intake for the day, so rather than let her fill up on high-calorie, low- (or empty-) nutrient sweets, provide some tasty, healthful options. Spices can help make everything a special treat—from a simple sandwich to a dip for raw fruits or veggies. Some of these snacks your child can make herself, start to finish. Others she can put together if you've done a little prep work for her.



Why does pepper make me sneeze?

Black, white, and green pepper contain a chemical called piperine, which stimulates or irritates the nerve endings inside the mucous membranes of your nose. In an effort to get rid of the irritant, the nose sneezes. By the way, when you sneeze, air travels out of your nose at 100 miles per hour!

Salt isn't really a spice, is it?

No, it isn't. Spices are from plants, and salt is a mineral compound made up of the elements sodium and chloride. In fact, salt is the only rock we eat! But salt has long been used to season and preserve foods, so you'll find it nearby the spice rack. And when recipes say "season to taste," they're usually referring to salt.

While we're talking about salt, there are some differences. Most table salt comes from salt mines and often has added iodine and ingredients to keep it from caking in the salt shaker. Sea salt comes from evaporated seawater and contains small amounts of minerals. And kosher salt is coarsely crushed salt that's prepared according to Jewish dietary laws, without any additives. (It's especially good for curing meats, because the bigger surface absorbs more juices instead of being absorbed into the meat.)

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Sandwiches

Sandwiches are a great way for your child to get an extra serving or two of whole grains, plus added protein, vitamins, and minerals, depending upon what he chooses as filling. Stock up on fun breads—pocket pitas, mini deli-style ryes or pumpernickels, or tortillas he can spread with filling and then roll up. Some good filling options to make ahead:

- Egg salad with raisins, pecans, caraway seeds, parsley, and pepper.
- Chicken salad with dried cranberries, grapes (halved), chervil, and parsley.
- Crabmeat with cream cheese, lemon juice, chives, basil, and paprika or saffron.
- Tofu slices with mayo, tamari, or mustard, parsley, basil, pepper, and rosemary. (Or blend it all together to make a tofu spread.)
- Tuna salad with apple slices and tarragon.
- A variety of cheeses, spinach, avocado and tomato slices, sprinkled with basil and black pepper or Italian seasoning blend.
- Peanut butter and apple slices, with a sprinkling of cinnamon.
- Cream cheese with cucumber slices and dill weed.

Dips

Make dips and dressings ahead of time and store in the refrigerator. Also stock up on cut-up fruits and vegetables. Then all your child needs to do is get them out and dip her favorites.



- In a blender, combine 2 cups cooked chickpeas, 4 tablespoons tahini, ¼ teaspoon garlic powder, ⅛ teaspoon cayenne, 2 teaspoons tamari, and the juice of ½ lemon. Serve this hummus as a dip for fresh vegetables or whole wheat crackers or breadsticks.
- Add some seasoning to plain yogurt for a quick-fix veggie dip. Options: garlic powder, dill weed and savory leaf); tarragon leaf, chervil leaf and garlic powder; rosemary leaf, thyme leaf and parsley leaf. Or try a favorite blend, like curry powder. (Start with about ½ teaspoon of spice for each cup of yogurt.)

Party-Atmosphere Treats

- Popcorn. Instead of dousing it with butter, sprinkle popcorn with cheese powders, nutritional yeast, chili powder, garlic powder, or any other favorite seasoning. Toss with raisins and nuts, too.
- Whole grain pretzels or breadsticks, covered with sesame or poppy seeds.
- Deviled eggs with mustard, paprika, celery seed and parsley.
- Quesadillas. You'll want to be around to supervise making these, but have your child spread what she likes—cheeses, refried beans, chicken slices, salsa—on a tortilla, then top with another tortilla. Cook for just a few minutes on each side, until cheese melts. Serve with sour cream.
- Twice-baked potatoes with chives, parsley, marjoram, salt and pepper (make these ahead and just pop in the microwave or oven to reheat).



Sweet-ish Options

When your child craves something sweet, you can still make it healthful:

- Puddings. Homemade puddings and custards aren't much harder to make than instant mixes. Try tapioca, rice, and bread puddings liberally seasoned with cinnamon, nutmeg, and/or cardamom.
- Muffins. Cinnamon oatmeal, lemon poppyseed, cardamom apple... Have your child help you make these and serve with a big glass of milk or a fruit smoothie.
- Gingerbread with a dollop of plain or lemon yogurt.
- Strawberries, melon chunks, or grapes with topping. Combine 8 ounces cream cheese, 1 tablespoon honey, ½ teaspoon of cinnamon and ¼ teaspoon vanilla extract. Spoon over fruit.

