



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 10 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.
- » **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 purchase multiple packages of a basic pickling spice to last through canning season.
- » **Fun**
Shopping for bulk spices can be quite fun! Grab a container of an unfamiliar seasoning blend such as "Chinese Five Spice". Take home a few ounces and then find a recipe on www.frontiercoop.com. Buying in bulk allows you to expand your cooking to interesting and different cuisines, without expanding your budget. Have some fun - shop in bulk!



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NEW LEAF PAPER®
ENVIRONMENTAL BENEFITS STATEMENT
of using post-consumer waste fiber vs. virgin fiber

Frontier Natural Products Co-op saved the following resources by using 1680 pounds of New Leaf Opaque (FSC), made with 100% recycled fiber and 100% post-consumer waste, processed chlorine free, designated Ancient Forest Friendly™ and manufactured with electricity that is offset with Green-e® certified renewable energy certificates.

trees	water	energy	solid waste	greenhouse gases
22 fully grown	9952 gallons	7 Million BTUs	604 pounds	2066 pounds

Calculations based on research by Environmental Defense and other members of the Paper Task Force.

www.newleafpaper.com

The Big Blends

Here are just some of the many blends available, a few suggestions for spices you might include and some tips for using them:

Berberé - A spicy hot Ethiopian blend, Berbere is delicious on grilled meats and poultry and in stews and with lentils. Ingr: black pepper, cayenne, cinnamon, cloves, coriander, cumin, fenugreek, ginger, green cardamom seeds, paprika, sea salt, turmeric.

Cajun Seasoning - Use for blackened fish or steaks, grilled chicken or ribs, soups or stews, sauces, and pastas. Ingr: basil, bay leaf, black pepper, cayenne, chili powder, cumin, fennel, garlic, marjoram, nutmeg, onion, oregano, paprika, parsley, sea salt, thyme.



Curry Powder - This blend may contain dozens of spices or just a few Indian favorites. Use it for all manner of curried dishes. Ingr: bay leaf, black pepper, cayenne, cardamom, chili peppers, cinnamon, cloves, coriander, cumin, fenugreek, mace, mustard, nutmeg, paprika, sea salt, turmeric.

Fines Herbes - Here's a classic French mix that's delicious on pasta and in dressings. Ingr: basil, chervil, chives, marjoram, tarragon.

Five Spice Powder - Used in Chinese cuisine, this blend is delicious on meats and poultry. Ingr: black or white pepper, cinnamon, cloves, fennel, star anise.

Garam Masala - Try this aromatic Indian spice blend with poultry and meats as well as in soups and with vegetables like squash and sweet potatoes. Ingr: bay leaf, black pepper, cardamom, cinnamon, cloves, coriander seeds, cumin, mace.

Herbs de Provence - This French blend is often used for seasoning meat, poultry, and vegetables. Use it for pasta, sauces, and dressings, too. Ingr: basil, lavender flowers, marjoram, rosemary, savory, tarragon, thyme.

Jerk Seasoning - A key spice in Jamaican cooking, this blend is delicious on beef, pork, chicken, shrimp, and tofu. Ingr: allspice, black pepper, cayenne, chilies, cinnamon, cloves, garlic, ginger, nutmeg, onion, sea salt.

Pickling Spice - This blend is very handy come canning season. Ingr: allspice, bay leaf, caraway, celery seed, chili peppers, cinnamon sticks, cloves, dill, ginger, mace, mustard seeds.

Pizza Seasoning - Mediterranean seasonings are perfect for pizza as well as pasta and breads (such as focaccia). Ingr: basil, fennel, garlic, onion, oregano, thyme.

Thai Seasoning - Here's a wakeup blend for pasta, grains, meat, seafood, and veggies. Ingr: basil, black or white pepper, cayenne, cilantro, coriander, cumin, garlic, lemongrass or lemon peel, onions, paprika, sea salt.



EXPERT TIPS & INFORMATION ON USING BULK SPICES

34 SPICE BLENDS

Spice Blends

Recipe for...

- » Citrus Avocado Taco Salad Dressing
- ... and tips for making your own spice blend!



www.frontiercoop.com

Q&A

Can I use my coffee grinder for spices?

You can grind spices in a coffee grinder, but make it a designated grinder. If you use the same one for coffee, expect your next cup of coffee to be a highly seasoned beverage! Spice grinders are also available, and an old-fashioned mortar and pestle will work nicely, too. By the way, roasting your whole spices enhances the flavor and makes them a bit easier to grind.

Is bouquet garni a spice blend?

Bouquet garni is actually a bundle of herbs and spices. It can be made with any seasonings at all, although some are traditional. Just tie the herbs and spices in cheesecloth or place them in a large tea ball for easy removal from your soup or stock. The spices often used in a bouquet garni include basil, bay leaf, black peppercorns, chervil, oregano, rosemary, savory, tarragon, and thyme.



How can I use a spice blend to make a marinade?

Combine any spice blend with a liquid such as olive oil and lemon juice, and you have an instant marinade or dipping sauce. Add Thai seasoning to coconut milk for an easy fish marinade, for example, and garam masala to tomato sauce for dipping shrimp. You can also combine any spice blend with flour or breadcrumbs for breading.



For more tips and recipes for making your own spice blends, visit www.frontiercoop.com/GO/homemadespiceblends.

Spice Blends

The Ultimate Cooking Combo

Few spices are solo performers. Oh, some are strong enough to warrant a namesake — like gingerbread or cinnamon rolls — but even these often appear in combination with other spices, in this case other warm spices like allspice, nutmeg and cardamom. In fact, it's often the blending of spices that makes cooking such a fun and creative endeavor — and dishes so delectable and aromatic.

Spice blends, which combine various complimentary spices for specific effect, can be a timesaver in the kitchen. Rather than assemble and measure from separate jars of oregano, basil, garlic, onion powder and the like, for example, you can just shake some Pizza Seasoning Blend on your pizza or Spaghetti Sauce Blend in your pasta sauce. If you enjoy a particular ethnic cuisine, picking up the appropriate spice blend (such as a Thai or Cajun blend) can help you instantly flavor many of your dishes with your preferred spices. Don't be limited by a blend's name, either. While Apple Pie Spice is blended to spice the perfect apple pie, it will also work wonders in a fruit crisp, muffins, custards, cookies, yogurt and fruit smoothies.

There is no shortage of pre-made spice blends from which to choose; Frontier offers over 80 spice blends, from Adobo Seasoning to Veggie Pepper.

Citrus Avocado Taco Salad Dressing

Serve this quick-fix dressing over taco salad or alongside a bowl of your favorite dipping chips.

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|----------------------|------------------------------------|
| ½ cup lemon juice | 2 just-ripe avocados |
| 1 cup diced tomatoes | 2 tablespoons Taco Seasoning Blend |
| ½ cup water | |

In a medium mixing bowl, combine lemon juice, tomatoes and water. Peel and dice avocados, then add to mix along with the Taco Seasoning. Gently mash until desired texture is achieved.



Make Your Own Spice Blend

The creative possibilities — and control over your dishes — are infinite when you develop your own spice blends. By combining your own spices, you can personalize each blend, adjusting to suit your preferences for heat, smokiness, and sweetness. You might create blends that are light on salt (or salt-free) or blends that include a spice you're interested in adding to your diet. You may create a Mexican blend that's milder (or more potent!) than those you buy. You might even include a particular favorite spice in all your blends, as a kind of signature.

You can make your own spice blends for everything from ethnic dishes to everyday fare. (Enliven that mac and cheese!) You can mix your spices ahead of time; just be sure to store them in airtight glass jars away from direct sunlight. And don't make the batches too large; over time they'll lose potency. (One time you might want to make a large batch would be for gifting. Your signature blend will make a perfect hostess gift!)

Supplies you might want to have on hand include a mortar and pestle or electric spice grinder, a small cast iron pan for roasting spices, glass jars for storage, a set of measuring utensils (note your measurements so you can duplicate or adjust results), and an assortment of basic spices. To save money and reduce waste, buy spices in bulk, where you can purchase a pinch of this and a pound of that as needed for your blends.

