

Herbs and Spices Reference Chart Bundle

Flask Name	Flame Profile	Good With Wine
Cerberus	 Lemony, Sweet, Pungent, Smoky	Yes, Red, Agave, Orange, Pilsener
Chimera	 Warm, Sweet, Woody, Fragrant	Denmark, Berlin, Citrus, Agave, Pilsener
Chimera	 Warm, Smoky, Earthy, Bitter	Agave, Citrus, Red, Sweet, Pilsener, Stout
Citrus Pops	 Refreshing, Tart, Bitter, Acid	Fruit, Citrus, Acid, Denmark, Stout, Pilsener
Coruscator	 Woody, Sweet, Pungent, Bitter, Smoky	Yes, Citrus, Acid, Pilsener, Agave, Fruit
Crimson	 Spicy, Sweet, Earthy, Bitter	Meat, Citrus, Red, Liqueur, Pilsener
Crozier	 Warm, Sweet, Citrusy, Bitter	Denmark, Red, Citrusy, Agave, Fruit
Madman's Seed	 Pungent, Earthy, Bitter, Hot, Anise-like	Citrus, Red, Liqueur, Pilsener, Pilsener
Melancholy	 Woody, Sweet, Pine, Woody, Anise-like	Citrus, Denmark, Sweet, Pilsener, Citrusy
Pyralis	 Woody, Pungent, Sweet, Bitter	Vegetables, Light Citrus, Sweet, Fruit
Pyreus	 Pungent, Warm, Woody, Lemony, Bitter	Fruit, Citrus, Citrus, Vegetables, Agave
Sulfur	 Pungent, Woody, Bitter, Warm, Earthy	Fruit, Pilsener, Citrus, Citrusy, Light
Star Anise	 Warm, Lemony-like, Pungent, Sweet	Citrusy, Fruit, Hot, Vegetables, Fruit
Symphony	 Earthy, Citrusy, Bitter	Citrusy, Citrusy, Sweet

Herb Name	Properties	Conditions
Colicade	Antispasmodic, Ant-nausea, Anti-inflammation	Stomach cramps, Diarrhea, Spasms, Muscle cramps
Chamomile	Antispasmodic, Anti-inflammatory, Sedative	Digestive issues, Stress, Sleep issues
Dandelion	Diuretic, Digestive	Digestive issues, Kidney & Liver issues
Estimacore	Ant-nausea, Digestive	Nausea, Spasms, Tropical skin issues
Elderberry	Antioxidant, Immune-boosting	Immune System, Cold flu, Respiratory issues
Feverfew	Anti-inflammatory	Migraines, Headaches, Depression, Anxiety, Arthritis
Ginger	Antioxidant, Anti-nausea, Anti-inflammatory	Nausea, Vomiting, Stomach Issues, Heart Issues
Glenn	Ant-nausea, Immune-boosting, Painkiller	Headaches, Stomach Issues, Spasms, Migraine
Lemon Balm	Ant-nausea, Anti-nausea, Anti-inflammatory	Headaches, Stomach Issues, Spasms, Irritation
Milk Thistle	Ant-nausea, Anti-inflammatory	Liver issues, Digestion, Acute Skin Infections
Nettle	Ant-nausea, Painkiller, Diuretic, Laxative	Arthritis, Skin Issues, Blood Inflammation
Our Shave	Ant-nausea, Immune-boosting, Anti-inflammatory	Anxiety, Stress, Skin Issues, Blood Inflammation
Red Clover	Ant-nausea, Anti-inflammatory	High cholesterol, Skin Issues, Respiratory issues
	Ant-nausea, Immune-boosting, Anti-inflammatory, Anti-inflammatory	

Culinary Herbs Reference Chart		
Vegetable	Flavor Profile	Cook With Why
Beet	 Sweet, Slightly Peppery, Earthy	Salads, Soups, Pasta, Potatoes, Roasted Beets, Grains
Bay Leaf	 Sweet, Slightly Bitter, Woody Base	Soups, Stews, Braises, Boils, Infusions, Fish, Chicken
Chives	 Onion, Spice	Omelets, Eggs, Sauces, Potatoes, Bread
Cilantro	 Peppery, Minty, Citrusy, Grassy	Salads, Soups, Stews, Curry, Meat, Eggs, Pasta
Dill	 Citrusy, Sweet, Slightly Peppery, Mild	Fish, Potatoes, Rice, Cucumbers, Pickles, Soups
Fennel	 Anise-like, Bitter-sweet, Licorice (seeds)	Salads, Soups, Fish, Potatoes, Meat, Eggs, Pasta
Garlic	 Pungent, Aromatic, Citrusy, Hot, Peppery	Curry, Soups, Rice, Pasta, Bread, Potatoes, Fish, Chicken
Mustard	 Pungent, Peppery, Hot, Bitter, Citrusy	Salads, Soups, Braises, Curry, Vegetables
Mint	 Minty, Citrusy, Cool, Refreshing, Sweet	Drinks, Tea, Fish, Meat, Soups
Onion	 Peppery, Earthy, Sweet, Strong	Curry, Soups, Chicken, Beef, Meat, Vegetables
Orange	 Pungent, Spicy, Peppery, Citrusy	Meat, Soups, Curries, Salads, Bread, Fish, Eggs
Rosemary	 Pungent, Peppery, Hot, Woody	Chicken, Lamb, Potatoes, Bread, Fish, Eggs
Sage	 Wood, Bitter, Minty, Pungent, Citrusy	Chicken, Bread, Potatoes, Eggs, Meat
Thyme	 Pungent, Citrusy, Hot	Fish, Potatoes, Eggs, Soups, Chicken, Bread
Yarrow	 Pungent, Citrusy, Hot	Fish, Potatoes, Eggs, Soups, Chicken, Bread

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