Spices and Herbs

02029	Spices, parsley, dried	57	very good effect
02044	Basil, fresh	11	good effect
02066	Spearmint, dried	8	OK effect
02023	Spices, marjoram, dried	8	not very good effect
02041	Spices, tarragon, dried	8	bad effect
02065	Spearmint, fresh	6	awful effect
02064	Peppermint, fresh	5	
02011	Spices, cloves, ground	5	
02049	Thyme, fresh	4	
02054	Capers, canned	3	
02038	Spices, sage, ground	2	
02037	Spices, saffron	1	
02042	Spices, thyme, dried	1	
02003	Spices, basil, dried	0	
02046	Mustard, prepared, yellow	0	
02010	Spices, cinnamon, ground	0	
02034	Spices, poultry seasoning	0	
02063	Rosemary, fresh	0	
02036	Spices, rosemary, dried	0	
02020	Spices, garlic powder	0	
02027	Spices, oregano, dried	0	
02004	Spices, bay leaf	-1	
02006	Spices, cardamom	-1	
02025	Spices, nutmeg, ground	-1	
02012	Spices, coriander leaf, dried	-1	
02021	Spices, ginger, ground	-1	
02026	Spices, onion powder	-2	
02045	Dill weed, fresh	-2	
02035	Spices, pumpkin pie spice	-2	
02030	Spices, pepper, black	-2	
02016	Spices, dill seed	-3	
02043	Spices, turmeric, ground	-3	
02024	Spices, mustard seed, ground	-4	
02055	Horseradish, prepared	-5	
02018	Spices, fennel seed	-5	
02015	Spices, curry powder	-5	
02013	Spices, coriander seed	-6	
02008	Spices, chervil, dried	-8	
02014	Spices, cumin seed	-8	
02001	Spices, allspice, ground	-8	
02007	Spices, celery seed	-8	
02005	Spices, caraway seed	-9	very good effect
02002	Spices, anise seed	-9	good effect
02031	Spices, pepper, red or cayenne	-22	OK effect
02028	Spices, paprika	-24	not very good effect
02009	Spices, chili powder	-25	bad effect
02033	Spices, poppy seed	-53	awful effect

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