

AMERICAN SPICE TRADE ASSOCIATION

SPICE LIST

Spices

ASTA recommends that for the purpose of complying with FDA food labeling regulations (21 CFR Sec. 101.22), the following items may be declared in a product's ingredient statement either individually by its common or usual name or included under the term "spice" as permitted in 21 CFR Sec. 101.22(h). The spices on this list, and their derivatives (e.g. extracts and oleoresins), are considered by FDA to be generally recognized as safe (GRAS), or approved food additives (See 21 CFR Secs. 172.510, 182.10, and 182.20).

COMMON OR USUAL NAME(s)	PART OF PLANT	BOTANICAL NAME(s) OF PLANT SOURCE(s)
Allspice (Pimento)	Berry	<i>Pimenta officinalis</i>
Anise Seed	Seed	<i>Pimpinella anisum</i>
Star Anise	Fruit	<i>Illicium verum</i> Hook
Balm (lemon balm)	Leaf	<i>Melissa officinalis</i> L.
Basil Leaves (Sweet)	Leaf	<i>Ocimum basilicum</i>
Bay Leaves (Laurel Leaves)	Leaf	<i>Laurus nobilis</i>
Black Caraway (Russian Caraway, Black Cumin)	Seed	<i>Nigella sativa</i>
Camomile, English or Roman	Flower	<i>Anthemis nobilis</i> L.
Camomile, German or Hungarian	Flower	<i>Matricaria chamomilla</i> L.
Capsicums	Fruit	<i>Capsicum</i> spp.
Caraway Seed	Seed	<i>Carum carvi</i> Maton.
Cardamom ¹	Fruit	<i>Elettaria cardamomum</i>
Cassia/Cinnamon	Bark	<i>Cinnamomum</i> spp.
Celery Seed	Seed	<i>Apium graveolens</i>
Chervil	Leaf	<i>Anthriscus cerefolium</i>
Chives	Leaf	<i>Allium schoenoprasum</i>
Cilantro (Coriander Leaf)	Leaf	<i>Coriandrum sativum</i>
Cinnamon/Cassia	Bark	<i>Cinnamomum</i> spp.
Cloves	Bud	<i>Syzygium aromaticum</i>
Coriander Seed	Seed	<i>Coriandrum sativum</i>
Cumin Seed (Cummin)	Seed	<i>Cuminum cyminum</i>
Dill Seed	Seed	<i>Anethum graveolens</i> / <i>Anethum sowa</i>
Dill Weed	Leaf	<i>Anethum graveolens</i> / <i>Anethum sowa</i>
Fennel Seed	Seed	<i>Foeniculum vulgare</i>
Fenugreek Seed (Foenugreek Seed)	Seed	<i>Trigonella foenum-graecum</i>
Galangal	Root	<i>Alpinia officinarum</i> Hance
Ginger	Root	<i>Zingiber officinale</i>
Horseradish	Root	<i>Armoracia lapathfolia</i> Gilib.
Juniper	Berry	<i>Juniperus communis</i>
Lavender	Flower	<i>Lavandula officinalis</i> Chaix.
Mace	Aril	<i>Myristica fragrans</i>
Marjoram Leaves	Leaf	<i>Majorana hortensis</i> Moench
Mustard Seed	Seed	<i>Brassica juncea</i> /B. <i>hirta</i> /B. <i>nigra</i>
Nutmeg	Seed	<i>Myristica fragrans</i>
Oregano Leaves	Leaf	<i>Origanum vulgare</i> /Lippa spp.
Paprika	Fruit	<i>Capsicum</i> spp.
Parsley (Dehydrated Parsley, Flakes)	Leaf	<i>Petroselinum crispum</i>

Black Pepper	Berry	Piper nigrum
White Pepper	Berry	Piper nigrum
Green Peppercorns	Berry	Piper nigrum
Pink Peppercorns ¹	Berry	Schinus terebinthifolius
Peppermint Leaves (Peppermint Flakes)	Leaf	Mentha piperita
Poppy Seed	Seed	Papaver somniferum
Rosemary Leaves	Leaf	Rosmarinus officinalis
Sage Leaves	Leaf	Salvia officinalis/Salvia triloba
Savory Leaves	Leaf	Satureia montana/Satureia hortensis
Sesame Seed ²	Seed	Sesamum indicum
Spearmint Leaves (Spearmint Flakes)	Leaf	Mentha spicata
Tarragon Leaves	Leaf	Artemisia dracunculus
Thyme Leaves	Leaf	Thymus vulgaris/Thymus serpyllum/Thymus satureioides
Vanilla Bean	Fruit	Vanilla planifolia/Vanilla tahitensis Moore

Dehydrated Vegetables Used As Spices

Because, in addition to their use as spices (e.g. granulated or powdered onion and garlic), these items are traditionally regarded as foods, they shall be declared by common or usual name consistent with 21 CFR Sec. 101.22(a)(2):

COMMON OR USUAL NAME(s)	PART OF PLANT	BOTANICAL NAME(s) OF PLANT SOURCE(s)
Garlic	Bulb	Allium sativum
Onion	Bulb	Allium cepa

Spices Used As Color Additives

Consistent with 21 CFR Sec. 101.22(a)(2), the following spices, which can be used to impart color as well as flavor, shall be declared as "spice and coloring" or declared individually by common or usual name:

COMMON OR USUAL NAME(s)	PART OF PLANT	BOTANICAL NAME(s) OF PLANT SOURCE(s)
Annatto Seed	Seed	Bixa orellana
Paprika	Fruit	Capsicum spp.
Saffron	Stigma	Crocus sativus
Turmeric	Root	Curcuma longa

FOOTNOTES:

¹Pink peppercorns are in the same botanical family as cashew and pistachio. The Food Allergy Research and Resource Program (FARRP) is encouraging companies to label product containing pink peppercorns "May Not Be Suitable for Individuals with Tree Nut Allergies." Companies should also consider including pink peppercorns in allergen control plans."

²Must be listed by specific form (i.e., natural or hulled).

Revised February 2016