

# 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<br>USUAL NAME(s)                   | PART OF<br>PLANT | BOTANICAL NAME(S)<br>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 <sup>1</sup>                        | 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 lapathifolia</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 <sup>2</sup>         | 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 <sup>1</sup>              | 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):

| <b>COMMON OR USUAL NAME(s)</b> | <b>PART OF PLANT</b> | <b>BOTANICAL NAME(s) OF PLANT SOURCE(s)</b> |
|--------------------------------|----------------------|---|
|--------------------------------|----------------------|---|

|        |      |                |
|--------|------|----------------|
| 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:

| <b>COMMON OR USUAL NAME(s)</b> | <b>PART OF PLANT</b> | <b>BOTANICAL NAME(s) OF PLANT SOURCE(s)</b> |
|--------------------------------|----------------------|---|
|--------------------------------|----------------------|---|

|              |        |                |
|--------------|--------|----------------|
| Annatto Seed | Seed   | Bixa orellana  |
| Paprika      | Fruit  | Capsicum spp.  |
| Saffron      | Stigma | Crocus sativus |
| Turmeric     | Root   | Curcuma longa  |

**FOOTNOTES:**

<sup>1</sup>Must be listed by specific form (i.e., natural or hulled).

<sup>2</sup>Spice companies should be aware that pink peppercorns are in the same botanical family as cashew and pistachio. The Food Allergy Research and Resource Program (FARRP) is looking to investigate the risk to determine if precautionary labeling for individuals with tree nut allergies is warranted.