



**FOOD QUALITY SPECIFICATIONS -  
FOOD PURCHASED BY FEDERAL GOVERNMENT  
DEPARTMENTS**

**Herbs, Spices and Seasonings**

The following specifications are used by federal government departments purchasing the items listed below for their departmental food requirements

### FQS-31 – Herbs, Spices, and Seasonings

Any items listed in all Food Quality Specification that are **bolded and in brown** are part of the current National Standard Cycle Menu (NSCM) Standing Offer. Other items that are not on the NSCM but are on the Standing Offer may not be listed in **brown**.

#### [Applicable Regulations and Resources for Herbs, Spices, and Seasonings](#)

#### Description

1. **Spices:** The term spice refers to any dried plant product used primarily for seasoning. It differs from culinary herbs, in that the parts of importance are the seed, bark and flowers of plants, rather than the leaves.
2. **Herbs:** Herbs are the green, leafy parts of plants. They are most efficacious and flavoursome when used fresh.

#### FQS-31-01-01 - Table 1: Types and Characteristics of Spice Products

Type	Characteristics
Whole Spices	<p>These are well cleaned and selected for their appearance, since they are may be used as a garnish as well as for their flavour.</p> <p>In the herbs, “whole” or “leaf” means un-ground, except for bay leaves, not usually the whole, original leaf.</p> <p>Cleaning, processing, and arid packing reduces some leaves to smaller pieces because of their fragile nature.</p>
Ground Spices	<p>Grinding breaks down some of the protective cell structure of spices, making them ready to deliver flavour quicker and blend easily into a product. The finer the grind, the quicker and more complete the flavour release. Coarse particles of spice gradually release their flavour during cooking. The proper degree of milling is determined by the nature of the food product being spiced and the desired effect. In some, you may want visibility; in others the reverse</p>
Seasoning Blends	<p>A seasoning mix may be all ground spice, all extractives, or, a combination of both to take the best traits of the various forms.</p>

#### FQS-31-01-02 – Table 2: Types of Herbs and Spices and Specifications

Type of Herb or Spice	Description	Specifications
<b>Allspice</b>	<p>Dried berry, whole or ground, having a fragrance similar to the mixture of cinnamon, cloves and nutmeg. Available either whole or ground.</p>	<p><a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.001. [S] or</p>

Type of Herb or Spice	Description	Specifications
		<a href="#">Codex standard.</a>
<b>Anise or Anise Seed</b>	Oil bearing seeds from a medium-tall herb of the parsley family. Anise is native to the Middle East and is classed as a spice. It has a liquorice-like flavour. Available whole or ground.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.002. [S] or <a href="#">Codex standard.</a>
<b>Basil or Sweet Basil, dried and fresh</b>	The leaves of <i>Ocimum basilicum L.</i> , a member of the mint family. Basil is a small, bushy plant that grows to about 2 feet tall. There are many varieties of <i>Ocimum basilicum</i> , as well as several related species or species hybrids also called basil. The type used in Italian food is typically called “sweet basil”, as opposed to Thai basil, lemon basil and holy basil (which are used in Asian cooking). The dried basil leaves are grayish-green with an aroma and taste similar to cloves and anise.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.003. [S] or <a href="#">Codex standard.</a>
<b>Bay Leaves</b>	Also known as Laurel Leaves are the dried leaves of the evergreen tree, <i>Laurus nobil.</i> The light green leaves are brittle when dried. They have a distinctively strong, aromatic, spicy flavour. They should be used whole and removed when the cooking process is complete.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.004. [S] or <a href="#">Codex standard.</a>
<b>Caraway or Caraway Seed</b>	Caraway is a spice. Caraway or Caraway seeds, whole or ground, are the dried fruit of the caraway plant, <i>Carum carvi L.</i> Caraway has a sweet, warm flavour and aroma.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.005. [S] or <a href="#">Codex standard.</a>
<b>Cardamom or Cardamom Seed</b>	Cardamom or Cardamom Seed are the bleached or green, whole or ground dried ripe fruit of <i>Elettaria cardamomum Maton.</i>	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.006. [S] or <a href="#">Codex standard.</a>

Type of Herb or Spice	Description	Specifications
<b>Cayenne Pepper or Cayenne</b>	Cayenne pepper is a red hot chilli pepper. Available whole or ground, it is the dried ripe fruit of <i>Capsicum frutescens</i> L., <i>Capsicum baccatum</i> L	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.007. [S] or <a href="#"><u>Codex standard.</u></a>
Celery Salt	Celery salt is a blend of salt and ground celery seed or ground dehydrated celery.	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.008. [S] or <a href="#"><u>Codex standard.</u></a>
Celery Seed	Celery seed is the dried ripe fruit of <i>Apium graveolens</i> L. The tiny brown seeds have a slightly bitter, celery-like flavour and aroma. Celery Seed is available whole or ground.	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.009. [S] or <a href="#"><u>Codex standard.</u></a>
<b>Chervil (leaves)</b>	Chervil is a delicate, fern-like annual herb, related to parsley. It has a mild flavour with hints of liquorice. When dried at even a low temperature (such as 90°F) it is almost tasteless. It is used to season mild-flavoured dishes and is a constituent of the French herb mixture fine herbes. Chervil should be used fresh. The leaves of chervil should look fresh with a light green or yellow green colour. They should be free from dark spots or yellowing. Fresh chervil is not acceptable if it is limp or shows signs of browning.  Dried chervil has little or no flavour. Dried parsley is an acceptable substitute in a recipe calling for dried chervil.	
<b>Chili Powder</b>	Chili powder is a blend of dried chili peppers, spices such as cumin, oregano, garlic powder and salt.	
<b>Chives</b>	Chives have fresh green hollow stems and, although considered an herb, are the smallest member of the onion family. They are available fresh and dried. Fresh chives must be fresh, firm and smooth with deep green leaves with	<a href="#"><u>Codex Alimentarius – Code of Hygienic Practice for Spices and Dried Aromatic</u></a>

Type of Herb or Spice	Description	Specifications
	a light fragrance. Dried chives should be green and not show signs of fading or yellowing.	<a href="#">Herbs</a>
<b>Cilantro</b>	Cilantro (Chinese parsley) are the green leaves of the coriander plant. Use the leaves only; not the stems. <b>Fresh cilantro</b> should be green with firm stems and leaves. Cilantro loses its aroma quickly when heated. The leaves spoil quickly when removed from the plant, and lose their aroma when dried or frozen. The flavour is less pungent in dried. Cilantro is available <b>fresh</b> and dried.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.014. [S] or <a href="#">Codex standard</a> .
<b>Cinnamon (Bark)</b>	Cinnamon is the dried inner bark of various evergreen trees of the genus <i>Cinnamomum</i> of Species <i>C. burmanni</i> Blume, <i>C. loureirii</i> Nees or <i>C.</i> When harvested the bark is stripped off and put in the sun causing it to curl into Quills. Cinnamon is a sweet, mildly pungent spice and is available whole or <b>ground</b> .	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.011. [S] or <a href="#">Codex standard</a> .
<b>Cloves</b>	Cloves are the dried, unopened, nail-shaped flower buds of unopened flower buds of <i>Eugenia caryophyllus</i> (Spreng). They are reddish-brown in colour and have a strong, aroma. Cloves are available <b>whole</b> or <b>ground</b> .	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.013. [S] or <a href="#">Codex standard</a> .
<b>Coriander or Coriander Seed</b>	The leaf of the coriander is also known as <b>cilantro</b> or Chinese parsley.  The fruit of the coriander plant contains two seeds which, when dried, are the portions used as the dried spice. When ripe, the seeds are yellowish-brown in colour with longitudinal ridges. Coriander seeds are available <b>whole</b> or in <b>ground</b> powder form. Coriander has a sweet aroma with flavour that is similar to citrus peel and sage.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.014. [S] or <a href="#">Codex standard</a> .
<b>Cumin or Cumin Seed</b>	Cumin or cumin seeds are the dried seeds of <i>Cuminum cyminum</i> L. Cumin seeds resemble caraway seeds, being oblong in shape, longitudinally ridged, and yellow-brown in colour. They have a nutty, peppery flavour. Cumin is available both in its whole seed form and ground into a powder. Ground cumin loses its flavour quickly.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.015. [S] or

Type of Herb or Spice	Description	Specifications
		<a href="#">Codex standard.</a>
<b>Curry Powder</b>	Curry powder is a blend of spices and seasonings with turmeric and salt.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.016. [S] or <a href="#">Codex standard.</a>
<b>Dill (Weed)</b>	The whole dill plant with immature seeds is called dill weed is from the <i>Anethum graveolens L.</i> (family Umbelliferae). Dried dill leaves or fronds are also sold as dill weed. The bright green leaves of dill have a pleasant, aromatic odour and possess a warm, pungent and slightly bitter taste. The heads of the dill plant are often used in jars of pickles. Dried dill weed is green in colour.	
Dill Seed	Dill seed is the dried fruit of <i>Anethum graveolens L.</i> , or <i>Anethum sowa D.C.</i> Dill seed is very pungent, with a tart and slightly bitter flavour similar to caraway, but also resembling that of fresh or dried dill weed. The seed are dark brown in colour, flattened, ribbed and 1/16 inches in length.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.017. [S] or <a href="#">Codex standard.</a>
<b>Fennel or Fennel Seed</b>	Fennel is a highly aromatic and flavourful herb Fennel seed is the dried ripe fruit of <i>Foeniculum vulgare Mill.</i> Dried fennel seed is aromatic, with an anise-flavour. It is brown or green in colour when fresh, turning a dull grey as the seed ages.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.018. [S] or <a href="#">Codex standard.</a>
Fenugreek	Fenugreek is the dried ripe fruit of <i>Trigonella foenumgraecum L.</i> It has a distinctive cuboid-shape and is yellow to amber in colour. Fenugreek is used as an herb (dried or fresh leaves), as a spice (seeds).	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.019. [S] or <a href="#">Codex standard.</a>
Fines Herbes	The French term describes a delicate blend of fresh herbs using equal parts of parsley, tarragon, chives and chervil.	




Type of Herb or Spice	Description	Specifications
	The blend is also available dried.	
<b>Garam Masala</b>	This is a traditional all-purpose spice blend characterizing the flavours of Indian dishes. It can include, but is not limited, to cinnamon, cardamom, cloves, cumin and black peppercorns, sometimes toasted, and always ground to a fine powder. Sometimes blended with a liquid to make a paste.	
<b>Garlic Powder</b>	Garlic powder is ground or granulated dehydrated garlic. It disperses well in liquids making it a good choice for sauces or marinades.	
Garlic Salt	Garlic salt is a combination of powdered dehydrated garlic and salt and an anticaking agent.	<a href="#"><i>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</i></a> B.07.020. [S] or <a href="#">Codex standard</a> .
<b>Ginger</b> <b>Ginger root</b>	Ginger is the underground rhizome (root) of the ginger plant ( <i>Zingiber officinale Roscoe</i> ). It has a firm, striated texture. The flesh can be yellow, white or red depending on the variety and is covered with a brownish skin. It is available fresh, dried and powdered. Ginger is aromatic, pungent and spicy.	<a href="#"><i>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</i></a> B.07.021. [S] or <a href="#">Codex standard</a> .
<b>Italian Herbs</b>	Italian herbs are blends of dried or fresh oregano, basil, marjoram, thyme and rosemary. It is used in tomato based sauces	
<b>Italian Seasoning</b>	Italian seasoning is a blend of dried, ground aromatic herbs like sage, marjoram, rosemary, thyme, oregano, savory, and sweet basil.	
<b>Jerk Seasoning/Jerk Spice</b>	Jerk seasoning or jerk spice is a seasoning blend that relies on two main components; allspice and Scotch Bonnet peppers. Other ingredients may include cloves, cinnamon, scallions, nutmeg, thyme, garlic, brown sugar, ginger, and salt. Jerk seasoning is available hot or <b>mild</b> , as a <b>dry rub</b> or as a wet paste.	

Type of Herb or Spice	Description	Specifications
<b>Lemongrass</b>	Lemongrass ( <i>Cymbopogon</i> ) is a tropical plant of the grass family, which has a citrus fragrance and can be used fresh or dried and powdered. The grey-green stocks grow to 60cm (24") and resemble a fibrous scallion. Only the bulb is used in cooking.	
Mace	Mace is the dried arillus of <i>Myristica fragrans</i> Houttyn. It is a spice made from the covering of nutmeg seeds. It is similar in flavour to Nutmeg with a hint of pepper.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.022. [S] or <a href="#">Codex standard</a> .
<b>Marjoram</b>	Marjoram is the dried leaves, with or without a small proportion of the flowering tops, of <i>Marjorana hortensis</i> Moench. Marjoram leaves are oval, and about an inch-long green leaves. They have a mild, sweet, flavour similar to oregano.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.023. [S] or <a href="#">Codex standard</a> .
<b>Mint</b>	<p>The plant genus, <i>Mentha</i>, has several varieties including spearmint and <b>peppermint</b>. It is best used raw or added at the end of cooking or can be made into teas. Leaf colours range from dark green and gray-green to purple, blue and sometimes pale yellow, The sprigs of <b>fresh mint</b> should look vibrantly fresh and free from yellow or dark spots. Mint that is limp or has dark spots or yellowing is not acceptable.</p> <p>Dried mint, which is normally dark green, is only recommended for use when fresh is not available.</p>	
<b>Mustard Seed</b>	Mustard seed is the seed of <i>Sinapis alba</i> , <i>Brassica hirta</i> Moench, <i>Brassica juncea</i> (L) Cosson or <i>Brassica nigra</i> . Seeds are usually about 1 or 2 mm in diameter. Mustard seeds may be coloured from yellowish white to <b>black</b> . There are three types of mustard seed: <b>Yellow</b> mustard seed (the mildest of the three types); Brown; and Oriental mustard seed (which are hot and spicy).	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.024. [S] or <a href="#">Codex standard</a> .
Ground (Dry) Mustard	Ground Mustard is the ground seed of the mustard plant. It	<a href="#">Food and Drug Regulations (C.R.C.,</a>



Type of Herb or Spice	Description	Specifications
	has a hot, pungent flavour.	<a href="#">c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.025. [S] or <a href="#">Codex standard</a> .
<b>Nutmeg</b>	Nutmeg is the dried seed of the Nutmeg tree ( <i>Myristica fragrans Houttyn</i> ). Nutmeg and Mace come from the same plant. Nutmeg is the 'nut', while mace is the surrounding lacy 'aril'. The hard brown seed has a warm, spicy sweet flavour.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.026. [S] or <a href="#">Codex standard</a> .
<b>Onion Powder</b>	Onion powder is powdered dehydrated onion, which may include an anti-caking agent.	
Onion Salt	Onion Salt is a combination of powdered dehydrated onion and salt.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.027. [S] or <a href="#">Codex standard</a> .
<b>Oregano</b>	Oregano is the dried leaves of <i>Origanum vulgare L.</i> or <i>Origanum Spp.</i> It has a warm, balsamic and aromatic flavour. The leaves of fresh oregano should look fresh and be a vibrant green in colour, while the stems should be firm. They should be free from dark spots or yellowing. Oregano is available, fresh, dried and ground.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.028. [S] or <a href="#">Codex standard</a> .
<b>Parsley</b>	<p>The most common varieties of parsley are curly-leaf and Italian or flat-leaf parsley. The flat-leaf parsley has more flavour than curly parsley and is preferred for cooking.</p> <p><b>Dried parsley</b> has little flavour at all and is used primarily to complement other flavours. <b>Fresh parsley</b> should have bright green leaves and show no signs of wilting or have spots. Parsley that is limp or has dark spots or yellowing is not acceptable.</p> <p>Parsley is a multi-purpose mild-flavoured herb. It can be used as a garnish, as flavouring, and as a vegetable. Dried</p>	

Type of Herb or Spice	Description	Specifications
	parsley flakes should be green in colour.	
<b>Paprika</b>	Paprika is the dried, ground ripe fruit of <i>Capsicum annuum</i> L (either bell pepper or chili pepper varieties). Paprika can range from mild to hot. Flavours also vary from country to country. The colour varies from bright orange-red to deep red, depending on the peppers used. Paprika releases its colour and flavour when heated. Paprika is available ground and ground and smoked.	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.029. [S] or <a href="#"><u>Codex standard.</u></a>
<b>Black Pepper/Peppercorns</b> <b>Green Peppercorns</b> <b>White Pepper/Peppercorns</b>	<p>All peppercorns come from the berry cluster of a leafy green vine, <i>Piper nigrum</i>. The fruit, known as a peppercorn when dried, is approximately 5 millimeters (0.20 in) in diameter.</p> <p>Black pepper, green pepper and white peppercorns are actually the same fruit (<i>Piper nigrum</i>); the difference in their colour is a reflection of varying stages of development and processing methods.</p> <p>Black peppercorns are the dried half ripe pepper berries picked when they are just about to turn red. The deep brown to black, deep-set wrinkled berries, when ground, have a characteristic, penetrating odor, and a hot, biting and very pungent taste.</p> <p>Green peppercorns are picked while still unripe and green in colour. They have a milder fresh peppery flavour. Green peppercorns are available preserved in vinegar. They are most commonly used in sauces, either whole or crushed.</p> <p>White peppercorns are picked when very ripe and subsequently soaked in brine to remove their dark outer shell leaving just the white pepper seed. White pepper has the hottest pepper flavour and is the preferred choice for light coloured foods.</p> <p>Both black and white pepper is available ground but is less pungent. Pepper strengthens food flavours without masking them.</p>	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.030. [S] and B.07.031. [S] or <a href="#"><u>Codex standard.</u></a>
<b>Lemon Pepper</b>	Lemon Pepper (Lemon and Pepper seasoning) is a seasoning made from a blend of lemon zest, coarse ground black pepper and spices. The blend can include but is not limited to salt, black pepper, citric acid, garlic, lemon peel, spices and herbs, sugar, maltodextrin, sunflower oil, anti-caking agents, lemon juice solids, natural flavours, and turmeric. It has a zesty flavour and is used most often in	

Type of Herb or Spice	Description	Specifications
	fish dishes.	
<b>Red Pepper, crushed</b>	Crushed red pepper is the dehydrated, crushed flakes of the annual, <i>Solanaceae Capsicum annum L.</i> These peppers are hot and have a pungent, smoky flavour.	
<b>Jalapeno Peppers, Fresh Green</b> 	Jalapenos peppers are considered a pod type of <i>Capsicum</i> . Smooth, firm and bright green, the bullet-shaped jalapeño is thick-fleshed with slight characteristic cracks near its stem end. Slightly tapered and blunt-tipped, this small-medium size pepper has dense flesh for its size. The crisp, juicy flesh offers a powerful bite, despite its relatively low heat scale rating; generally range from 3,500 to 8,000 on the Scoville heat scale. When ripe, the jalapeño can be 2–3½ inches (5–9 cm) long and is almost always sold while still green and offer a distinctive vegetable flavour.	<a href="#"><u>Codex Standard</u></a> - <i>Chili Peppers</i>
<b>Jalapeno Peppers, Fresh Red</b> 	Jalapenos peppers are considered a pod type of <i>Capsicum</i> . As the growing season comes to an end, the jalapeños start to turn red. Broad-shouldered with a rounded tip, red jalapenos are usually marked with characteristic striations. The ripe form of red jalapenos has a slightly sweeter flavour than when green and immature. Unusually dense, it offers a rich flesh. Jalapeño Peppers generally range from 3,500 to 8,000 on the Scoville heat scale.	<a href="#"><u>Codex Standard</u></a> - <i>Chili Peppers</i>
<b>Chili Pepper, Green</b>	Green chili peppers are milder than the red coloured varieties. They are to be firm to the touch with a smooth skin. Once they are wrinkled, their crisp texture and fresh flavour are gone.	<a href="#"><u>Codex Standard</u></a> - <i>Chili Peppers</i> ;
<b>Chili Pepper Red, Fresh</b>	Red Chili peppers are to be firm to the touch with a smooth skin. Once they are wrinkled, their crisp texture and fresh flavour are gone.	<a href="#"><u>Codex Standard</u></a> - <i>Chili Peppers</i> ;
<b>Pepper, red, chili, sundried</b> 	<p>Sundried chili pepper should have a rich (not dusty), uniform colour, unbroken skins and a slight flexibility.</p> <p>Acceptable: Select chilies that are still a little flexible and not dried to a crisp stage.</p> <p>Unacceptable: Blemished skin.</p> <p>Storage: Store in a cool and dry area or in a very airtight container (tightly sealed jar or freezer bag) in the</p>	<a href="#"><u>Codex Standard</u></a> - <i>Chili Peppers</i>

Type of Herb or Spice	Description	Specifications
	refrigerator and should be used within 1 year of production.	
<b>Pickling Spice</b>	The main ingredients of pickling spice are cinnamon bark; mustard seed, bay leaves, allspice, dill seed, cloves, ginger, peppercorns, coriander, juniper berries, mace and cardamom and sulfating agents. All spices are used whole. For a hotter mix, crushed hot peppers can be used. Pickling spice is most often used for canning but can also be used in other dishes.	
Poppy Seed	Poppy seeds are the dried seed of <i>Papaver somniferum</i> L. The fine seeds are blue-black in color. Poppy Seeds have a nutty flavour.	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.032. [S] or <a href="#"><u>Codex standard.</u></a>
<b>Poultry Seasoning</b>	A blend of finely ground herbs and spices formulated especially for poultry and poultry stuffing. These include but are not limited to thyme, sage, marjoram, rosemary, black pepper, and nutmeg. Poultry seasoning will be less than 27 mg sodium per 100 grams.	
<b>Rosemary</b>	Rosemary is the <b>dried</b> leaves of <i>Rosemarinus officinalis</i> L. Its leaves look like flat pine-tree needles, deep green in colour on top while silver-white on their underside. It has a pine like fragrance. <b>Fresh rosemary</b> has better flavour than dried rosemary. The sprigs of fresh rosemary should look vibrantly fresh and should be deep sage green in colour, and free from yellow or dark spots. Rosemary is available <b>fresh, dried</b> , and dried and ground.	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.033. [S] or <a href="#"><u>Codex standard.</u></a>
<b>Sage</b>	Sage is the <b>dried</b> leaves of the sage plant <i>Salvia officinalis</i> L., <i>Salvia triloba</i> L. or <i>Salvia lavandulaefolia</i> Vahl. Sage has a slightly peppery flavour. The leaves are oblong, ranging in size up to 2.5 in (6.4 cm) long by 1 in (2.5 cm) wide. Leaves are grey-green, on the upper side, and nearly white underneath. Sage is available fresh, <b>dried</b> , and <b>dried and ground</b> .	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.034. [S] or <a href="#"><u>Codex standard.</u></a>
<b>Salt</b> <b>Table Salt</b>	Salt, a mineral composed of sodium chloride, occurs naturally in food and, when added to foods, heightens their flavours. When the word salt is used, it refers to table salt.	

Type of Herb or Spice	Description	Specifications
	Table salts have some chemicals added to allow it to remain free-flowing.	
Salt, Coarse	Coarse salt refers to the size of the grain, not a type of salt. It can be either sea salt or kosher salt.	
Salt, Herb	Herb salt is salt to which a variety of herbs have been added.	
<b>Salt, Iodized</b>	Iodized salt is table salt with added iodine. Most salt sold is iodized and the label will indicate “iodized”.	
<b>Salt, Kosher</b>	Kosher salt is a coarse salt free of additives.	
Salt, Pickling	Pickling salt is a pure salt free of additives which could cloud a pickling brine. It is available in granulated and flaked forms.	
Salt, Rock	Rock salt is an inedible form of salt that is used in combination with ice for ice cream making.	
<b>Salt, Sea</b>	A square-grained coarse or finely ground salt with natural iodine and other minerals made from the evaporation of sea water. (Coarse sea salt should not be confused with rock salt or kosher salt).	
Salts, Seasoned	Seasoning salts are a combination of salts, spices and MSG (Monosodium Glutamate).	
<b>Savory</b>	Savory is the dried slender, bronze-green leaves and flowering tops of <i>Satureja hortensis L. or Satureja montana L.</i> Summey Savory has a sweeter, more delicate aroma than Winter Savory. Savory is available fresh, <b>dried</b> , and <b>dried and ground</b> .	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.035. [S] or <a href="#"><u>Codex standard</u></a> .
Sesame Seeds	Sesame Seeds are the dried hulled seed of <i>Sesamum indicum L.</i> Sesame seeds have a rich nutty flavour. Sesame seeds are about 3 to 4 millimeters long by 2 millimeters wide and 1 millimeter thick. The seeds are ovate, slightly flattened and somewhat thinner at the eye of the seed (hilum) than at the opposite end.	<a href="#"><u>Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</u></a> B.07.036. [S] or <a href="#"><u>Codex standard</u></a> .

Type of Herb or Spice	Description	Specifications
<b>Tarragon</b>	Tarragon is the dried leaves and flowering tops of <i>Artemisia dracunculus L.</i> Tarragon has long, slender, pointy green leaves and has a gentle combination of licorice and basil plus a pleasant lemony-sour aftertaste. Tarragon when purchased whether <b>fresh</b> or <b>dried</b> should be fresh and the leaves glossy and green in colour. Fresh tarragon should not be wilted. Tarragon is available fresh or dried.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.037. [S] or <a href="#">Codex standard</a> .
<b>Thyme</b>	Thyme is the dried leaves and flowering tops of the thyme plant <i>Thymus vulgaris L. or Thymus zygis L.</i> Thyme tastes herbal and almost meaty, along with the flavour of clove, pepper, citrus and cedar. Thyme is available both <b>fresh</b> and <b>dried</b> , either as flakes, or <b>ground</b> . Fresh thyme is more flavourful.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.038. [S] or <a href="#">Codex standard</a> .
<b>Turmeric</b>	Turmeric is the dried rhizome of <i>Curcuma longa L.</i> Turmeric is used not only as a spice but also as a colourant because of the bright yellow color of ground Turmeric. Turmeric is a common spice used in curry and is usually used in its dried, powder form.	<a href="#">Food and Drug Regulations (C.R.C., c. 870), Division 7, Spices, Dressing and Seasonings</a> B.07.039. [S] or <a href="#">Codex standard</a> .

3. All fresh herbs and spices supplied must:
  - a. be clean;
  - b. be fresh with firm stalks;
  - c. the appropriate colour; an
  - d. show no signs of browning or other discolouration.
4. Any fresh herb that is limp or has dark spots or yellowing is not acceptable.
5. Any dried herb that is pale green or contains excessive dust in the storage container is not acceptable.
6. All herbs, spices and spice extractives procured in Canada:
  - a. must comply with [Food and Drug Regulations \(C.R.C., c. 870\), Division 7, Spices, Dressing and Seasonings](#);
  - b. must comply with the specifications as indicated in [Table 2](#) and the section of the [Food and Drug Regulations \(C.R.C., c. 870\), Division 7, Spices, Dressing and Seasonings](#) indicated in [Table 2](#);
  - c. Shall have normal colour, flavour and odour characteristic of the product;
  - d. must comply with all other relevant sections of Acts and Regulations listed under the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), [Food and Drug Regulations \(C.R.C., c. 870\)](#), [Canada](#)

[Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#), and [Canadian Food Inspection Agency Act \(S.C. 1997, c. 6\)](#);

- e. must comply with fundamental principles related to Health and Safety listed under the [Canada Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#);
  - f. must comply with the relevant sections listed under the [Canadian Food Inspection Agency - Food Safety, Agriculture and Agri-Food Canada \(AAFC\)](#), [Industry Canada – Office of Consumer Affairs \(OCA\)](#) and [Health Canada](#);
  - g. must comply with food additive regulations listed under the [Food and Drug Regulations \(C.R.C., c. 870\), Division 16, Food Additives](#);
  - h. must comply with Pesticide and Pesticide Management Program (or the equivalent in the country where procured) listed under the [Agriculture and Agri-Food Canada's Pest Management Centre \(PMC\)](#) and [Health Canada Pest Management Regulatory Agency \(PMRA\)](#);
  - i. must comply with all the requirements listed under the [Plant Protection Act \(S.C. 1990, c. 22\)](#) and [Plant Protection Regulations \(SOR/95-212\)](#);
  - j. must comply with food packaging and labelling requirements listed under the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
  - k. must comply with the relevant sections listed under the [Industry Labelling Tool \(replaces the Guide to Food Labelling and Advertising\)](#);
  - l. must be prepared and handled in accordance with essential principles of food hygiene applicable throughout the food chain (including primary production through to the final consumer), ensuring that food is safe and suitable for human consumption listed under the [Codex Alimentarius - General Principles of Food Hygiene](#), including Annex on Hazard Analysis and Critical Control Point (HACCP) system and guidelines;
  - m. must comply with the [Codex Alimentarius – Code of Hygienic Practice for Spices and Dried Aromatic Herbs](#); and
  - n. must comply with any microbiological criteria established in accordance with the [Principles and Guidelines for the Establishment and Application of Microbiological Criteria Related to Foods \[CAC/GL 21-1997\]](#).
7. All herbs, spices and spice extractives procured outside Canada:
- a. must only be procured from countries that meet federal acts and regulations govern the importation of food under the [Canadian Food Inspection Agency - Guide to Importing Food Products Commercially](#);
  - b. must comply with relevant sections of Acts and Regulations (or the equivalent in the country where procured) listed under the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), [Food and Drug Regulations \(C.R.C., c. 870\)](#), [Canada Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#), and the [Canadian Food Inspection Agency Act \(S.C. 1997, c. 6\)](#);
  - c. shall have normal colour, flavour and odour characteristic of the product;
  - d. must comply with fundamental principles related to Health and Safety listed under the [Processed Products Regulations \(C.R.C., c. 291\)](#);
  - e. must comply with the relevant sections listed (or the equivalent in the country where procured) under [Canadian Food Inspection Agency - Food Safety, Agriculture and Agri-Food Canada \(AAFC\)](#), [Industry Canada – Office of Consumer Affairs \(OCA\)](#) and [Health Canada](#);

- f. must comply with food additive regulations listed under the [Food and Drug Regulations \(C.R.C., c. 870\), Division 16, Food Additives](#); and/or
- g. must comply with food additive classes listed under the [Codex Alimentarius - General Standard for Food Additives](#);
- h. must comply with Pesticide and Pesticide Management Program (or the equivalent in the country where procured) listed under the [Agriculture and Agri-Food Canada's Pest Management Centre \(PMC\)](#) and [Health Canada Pest Management Regulatory Agency \(PMRA\)](#);
- i. must comply with all the requirements listed under the [Plant Protection Act \(S.C. 1990, c. 22\)](#) and [Plant Protection Regulations \(SOR/95-212\)](#) (or the equivalent in the country where procured);
- j. must comply with food packaging and labelling requirements listed under the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#); and/or
- k. must comply with the relevant sections listed under the [Industry Labelling Tool \(replaces the Guide to Food Labelling and Advertising\)](#); and/or
- l. shall comply with all the requirements listed under the [Codex Alimentarius - General Standard for the Labelling of Prepackaged Foods](#);
- m. must be prepared and handled in accordance with essential principles of food hygiene applicable throughout the food chain (including primary production through to the final consumer), ensuring that food is safe and suitable for human consumption listed under the [Codex Alimentarius - General Principles of Food Hygiene](#), including the Annex on Hazard Analysis and Critical Control Point (HACCP) system and guidelines;
- n. must comply with other relevant Codes of Hygienic Practice and Codes of Practice recommended by the [Codex Alimentarius Commission](#) relevant to herbs, spices and spice extractives;
- o. must comply with the requirements listed under the [Codex Alimentarius – Code of Hygienic Practice for Spices and Dried Aromatic Herbs](#);
- p. must comply with all the requirements listed under the [Codex Alimentarius – Guidelines for the Use of Flavourings \[CAC/GL 66-2008\]](#);
- q. must comply with any microbiological criteria established in accordance with the [Principles and Guidelines for the Establishment and Application of Microbiological Criteria Related to Foods \[CAC/GL 21-1997\]](#);
- r. must comply with the [Codex Alimentarius – Code of Hygienic Practice for Spices and Dried Aromatic Herbs](#); and
- s. meet all requirements of applicable local food legislation whenever those requirements are stricter. All herbs and spices shall be obtained by sources approved by the applicable local and international laws, regulations, procedures and requirements.

### **Size**

8. The usual retail and commercial standard size available in the market applicable to herbs and spices unless otherwise specified.

### **Packaging**

9. Packaging should protect the clean, dried spices from contamination and the entry of water or excess moisture. In particular, the reabsorption of ambient moisture in humid tropical climates should be prevented. Contamination from mineral oils used for processing natural fiber bags should be prevented by the use of liners where appropriate.



## **Storage and Distribution**

10. Keep cool and dry (no higher than 68°F (20°C) and no higher than 60% relative humidity). If possible, cold storage (32°F to 45°F (0°C to 7°C)) is highly recommended, particularly for the capsicums (paprika, red pepper, etc.) and spices where volatile oil and/or characteristic odours are important quality attributes (i.e. allspice, cloves, dill, parsley flakes, etc.). Cold storage also protects against infestation and rancidity in the fixed oils (of such items as sesame and poppy seeds). Light sensitive items such as paprika, parsley flakes, chives and other green herbs need to be protected against direct exposure to sunlight and fluorescent lights.

**Applicable Regulations and Resources for Herbs, Spices, and Seasonings**

[Food and Drug Regulations \(C.R.C., c. 870\)](#)

[Food and Drug Regulations \(C.R.C., c. 870\), Division 7, Spices, Dressing and Seasonings](#)

[Food and Drug Regulations \(C.R.C., c. 870\), Division 16, Food Additives](#)

[Canadian Food Inspection Agency Act \(S.C. 1997, c. 6\)](#)

[Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#)

[Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#)

[Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#)

[Canada Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#)

[Agriculture and Agri-Food Canada's Pest Management Centre \(PMC\)](#)

[Health Canada Pest Management Regulatory Agency \(PMRA\)](#)

[Plant Protection Act \(S.C. 1990, c. 22\)](#)

[Plant Protection Regulations \(SOR/95-212\)](#)

[Processed Products Regulations \(C.R.C., c. 291\)](#)

[Codex Alimentarius - General Principles of Food Hygiene](#)

[Codex Alimentarius – Code of Hygienic Practice for Spices and Dried Aromatic Herbs](#)

[Codex Alimentarius – Guidelines for the Use of Flavourings \[CAC/GL 66-2008\]](#)

[Codex Alimentarius - General Standard for Food Additives \[CODEX STAN 192-1995\]](#)

[Codex Alimentarius - General Standard for the Labelling of Prepackaged Foods](#)

[Agriculture and Agri-Food Canada \(AAFC\) – Acts and Regulations](#)

[Industry Labelling Tool \(replaces the Guide to Food Labelling and Advertising\)](#)

[Canadian Food Inspection Agency - Guide to Importing Food Products Commercially](#)

[Canadian Food Inspection Agency - Food Safety](#)

[Industry Canada – Office of Consumer Affairs \(OCA\)](#)

[Health Canada](#)

[Agriculture and Agri-Food Canada \(AAFC\)](#)

[Principles and Guidelines for the Establishment and Application of Microbiological Criteria Related to Foods \[CAC/GL 21-1997\]](#)

[Codex Alimentarius - International Food Standards, List of Standards](#)