

# Common Spices Kitchen Check-list

The following  
[www.canadianbudgetbinder.com](http://www.canadianbudgetbinder.com)  
checklist is designed with the (ideal)  
common spices that may be used in  
most kitchens to create delicious meals  
and other products.

- All-Spice
- Black Peppercorns
- Basil
- Bay Leaf
- Cayenne Pepper
- Chili Powder
- Chives
- Cinnamon, Ground
- Cloves Whole or Ground
- Coriander Seeds or Powder
- Crushed Red Pepper Flakes
- Cumin
- Curry Powder
- Ginger, Ground
- Minced or Powdered Garlic
- Mustard, Ground
- Nutmeg Whole or Ground
- Onion Minced or Ground
- Oregano
- Paprika
- Parsley
- Poppy seeds
- Rosemary
- Sage
- Sea Salt or Salts of choice
- Sesame Seeds
- Tarragon
- Thyme
- Turmeric, Ground