



# HS Creations: About Our Ingredients

A guide to the ingredients used by HS Creations to enhance your everyday meals.

## Allspice

- Scientific name: *Pimenta dioica*
- Flavor: Warm, sweet, and aromatic, similar to a blend of cinnamon, cloves, and nutmeg
- Health benefits: Rich in antioxidants, anti-inflammatory, and antimicrobial properties, may help lower blood sugar and cholesterol levels, and improve digestion

## Aniseed

- Scientific name: *Pimpinella anisum*
- Flavor: Licorice-like, sweet, and slightly spicy
- Health benefits: May help relieve menstrual cramps, menopausal symptoms, cough, asthma, and digestive issues, and may also have antifungal and antibacterial effects

## Basil

- Scientific name: *Ocimum basilicum*
- Flavor: Fresh, sweet, and peppery, with a hint of mint and clove
- Health benefits: Contains antioxidants, anti-inflammatory, and antimicrobial compounds, may help lower blood pressure, reduce stress, and prevent infections

## Bay Leaf

- Scientific name: *Laurus nobilis*
- Flavor: Woody, herbal, and slightly bitter, with a camphor-like aroma
- Health benefits: May help improve digestion, reduce inflammation, and lower blood sugar levels, may also have anticancer and antidiabetic effects

## Beef Bouillon

- Scientific name: N/A
- Flavor: Salty, savory, and meaty, with a rich umami taste
- Health benefits: May provide protein, iron, and B vitamins, may also enhance the flavor and texture of soups, stews, and sauces

## Black Pepper

- Scientific name: *Piper nigrum*
- Flavor: Pungent, spicy, and slightly earthy, with a warm and woody aroma
- Health benefits: Contains antioxidants, anti-inflammatory, and antimicrobial properties, may help improve digestion, metabolism, and blood circulation, may also increase the absorption of other nutrients and spices



## Buttermilk

- Scientific name: N/A
- Flavor: Tangy, sour, and creamy, with a thick and smooth consistency
- Health benefits: May provide calcium, protein, and probiotics, may help lower blood pressure, improve bone health, and support gut health

## Caraway

- Scientific name: Carum carvi
- Flavor: Aromatic, nutty, and slightly sweet, with a hint of anise and fennel
- Health benefits: May help ease digestive problems, such as bloating, gas, and indigestion, may also have antispasmodic, carminative, and antifungal effects

## Cardamom

- Scientific name: Elettaria cardamomum
- Flavor: Fragrant, floral, and citrusy, with a warm and spicy undertone
- Health benefits: May help lower blood pressure, cholesterol, and blood sugar levels, may also have antioxidant, anti-inflammatory, and antimicrobial properties

## Carrot

- Scientific name: Daucus carota
- Flavor: Sweet, crunchy, and earthy, with a bright orange color
- Health benefits: May provide beta-carotene, vitamin A, and fiber, may help improve vision, skin health, and immunity

## Cayenne Pepper

- Scientific name: Capsicum annum
- Flavor: Hot, fiery, and smoky, with a red color and a pungent aroma
- Health benefits: May help boost metabolism, reduce appetite, and burn calories, may also have anti-inflammatory, analgesic, and anticancer effects

## Celery

- Scientific name: Apium graveolens
- Flavor: Crisp, fresh, and slightly bitter, with a green color and a mild aroma
- Health benefits: May provide antioxidants, vitamin K, and fiber, may help lower blood pressure, cholesterol, and inflammation, may also have diuretic and detoxifying effects

## Celery Seed

- Scientific name: Apium graveolens
- Flavor: Similar to celery, but more concentrated, nutty, and peppery
- Health benefits: May help improve digestion, lower blood pressure, and reduce inflammation, may also have diuretic, antispasmodic, and antibacterial properties



## Chicken Bouillon

- Scientific name: N/A
- Flavor: Salty, savory, and chicken-like, with a rich umami taste
- Health benefits: May provide protein, collagen, and B vitamins, may also enhance the flavor and texture of soups, stews, and sauces

## Chili Pepper

- Scientific name: Capsicum annum
- Flavor: Hot, spicy, and fruity, with a red, green, or yellow color and a pungent aroma
- Health benefits: May provide antioxidants, vitamin C, and capsaicin, may help boost metabolism, reduce appetite, and burn calories, and may also have anti-inflammatory, analgesic, and anticancer effects

## Chive

- Scientific name: Allium schoenoprasum
- Flavor: Mild, onion-like, and slightly grassy, with a green color and a delicate aroma
- Health benefits: May provide antioxidants, vitamin K, and folate, may help lower blood pressure, cholesterol, and inflammation, and may also have antibacterial and antiviral effects

## Cinnamon

- Scientific name: Cinnamomum verum
- Flavor: Sweet, warm, and woody, with a brown color and a fragrant aroma
- Health benefits: May help lower blood sugar, cholesterol, and inflammation, may also have antioxidant, antimicrobial, and anticancer properties

## Clove

- Scientific name: Syzygium aromaticum
- Flavor: Sweet, spicy, and pungent, with a dark brown color and a strong aroma
- Health benefits: May help relieve toothache, nausea, and cough, may also have antioxidant, anti-inflammatory, and antimicrobial properties

## Coriander

- Scientific name: Coriandrum sativum
- Flavor: Fresh, citrusy, and slightly nutty, with a green color and a mild aroma
- Health benefits: May provide antioxidants, vitamin C, and fiber, may help lower blood sugar, cholesterol, and inflammation, and may also have antibacterial and antifungal effects

## Culinary Lavender

- Scientific name: Lavandula angustifolia
- Flavor: Floral, sweet, and slightly minty, with a purple color and a soothing aroma
- Health benefits: May help reduce stress, anxiety, and insomnia, may also have antioxidant, anti-inflammatory, and antimicrobial properties



## Cumin

- Scientific name: *Cuminum cyminum*
- Flavor: Earthy, nutty, and slightly bitter, with a yellow-brown color and a warm aroma
- Health benefits: May help improve digestion, lower blood sugar, and fight infections, may also have antioxidant, anti-inflammatory, and anticancer effects

## Curry

- Scientific name: N/A
- Flavor: A blend of various spices, such as turmeric, cumin, coriander, and chili, with a yellow color and a spicy and aromatic taste
- Health benefits: May provide antioxidants, anti-inflammatory, and antimicrobial compounds, may help lower blood sugar, cholesterol, and inflammation, and may also have anticancer and neuroprotective effects

## Dijon Mustard

- Scientific name: *Sinapis alba*
- Flavor: Tangy, spicy, and slightly sweet, with a yellow color and a smooth texture
- Health benefits: May provide antioxidants, vitamin C, and selenium, may help lower blood pressure, cholesterol, and inflammation, and may also have antibacterial and antifungal effects

## Dill

- Scientific name: *Anethum graveolens*
- Flavor: Fresh, herbal, and slightly bitter, with a green color and a feathery appearance
- Health benefits: May provide antioxidants, vitamin C, and iron, may help improve digestion, lower blood sugar, and reduce menstrual cramps, and may also have antibacterial and antifungal effects

## Dried Honey (Granulated)

- Scientific name: N/A
- Flavor: Sweet, floral, and slightly caramelized, with a light brown color and a granular texture
- Health benefits: May provide antioxidants, enzymes, and minerals, may help heal wounds, soothe sore throats, and boost immunity, may also have antibacterial and antifungal effects

## Dry Mustard

- Scientific name: *Sinapis alba*
- Flavor: Sharp, pungent, and slightly bitter, with a yellow color and a powdery texture
- Health benefits: May provide antioxidants, vitamin C, and selenium, may help lower blood pressure, cholesterol, and inflammation, and may also have antibacterial and antifungal effects

## Fennel

- Scientific name: *Foeniculum vulgare*
- Flavor: Licorice-like, sweet, and crunchy, with a white-green color and a bulbous shape
- Health benefits: May provide antioxidants, vitamin C, and fiber, may help improve digestion, lower blood pressure, and reduce menstrual symptoms, may also have diuretic, carminative, and antispasmodic effects



## Fennel Seed

- Scientific name: *Foeniculum vulgare*
- Flavor: Similar to fennel, but more concentrated, nutty, and peppery
- Health benefits: May help improve digestion, lower blood pressure, and reduce menstrual symptoms, may also have diuretic, carminative, and antispasmodic effects

## Garlic

- Scientific name: *Allium sativum*
- Flavor: Pungent, spicy, and slightly sweet, with a white color and a strong aroma
- Health benefits: May help lower blood pressure, cholesterol, and inflammation, may also have antioxidant, antimicrobial, and anticancer effects

## Ginger

- Scientific name: *Zingiber officinale*
- Flavor: Spicy, zesty, and slightly sweet, with a yellow color and a knobby shape
- Health benefits: May help relieve nausea, vomiting, and motion sickness, may also have anti-inflammatory, analgesic, and antidiabetic effects

## Green Beans

- Scientific name: *Phaseolus vulgaris*
- Flavor: Fresh, crisp, and slightly sweet, with a green color and a long and slender shape
- Health benefits: May provide antioxidants, vitamin C, and fiber, may help lower blood sugar, cholesterol, and inflammation, and may also have anticancer and neuroprotective effects

## Green Bell Pepper

- Scientific name: *Capsicum annuum*
- Flavor: Mild, crunchy, and slightly bitter, with a green color and a hollow shape
- Health benefits: May provide antioxidants, vitamin C, and folate, may help lower blood pressure, cholesterol, and inflammation, and may also have anticancer and antidiabetic effects

## Jalapeño Pepper

- Scientific name: *Capsicum annuum*
- Flavor: Hot, spicy, and slightly fruity, with a green or red color and a pungent aroma
- Health benefits: May provide antioxidants, vitamin C, and capsaicin, may help boost metabolism, reduce appetite, and burn calories, and may also have anti-inflammatory, analgesic, and anticancer effects

## Kosher Salt

- Scientific name: Sodium chloride
- Flavor: Salty, clean, less bitter than table salt
- Health benefits: Provides essential minerals, regulates fluid balance, supports nerve and muscle function



## Lemon Peel

- Scientific name: Citrus limon
- Flavor: Sour, citrusy, zesty, aromatic
- Health benefits: Rich in vitamin C, antioxidants, and fiber, boosts immunity, aids digestion, enhances skin health

## Marjoram

- Scientific name: Origanum majorana
- Flavor: Sweet, floral, herbaceous, slightly minty
- Health benefits: Contains anti-inflammatory and antibacterial properties, improves blood circulation, relieves stress and anxiety

## Mexican Oregano

- Scientific name: Lippia graveolens
- Flavor: Earthy, spicy, pungent, similar to oregano but more intense
- Health benefits: Has antifungal and antiviral effects, stimulates appetite, aids digestion, alleviates respiratory problems

## Milk

- Scientific name: Varies depending on the source animal, e.g., Bos taurus for cow milk, Capra aegagrus hircus for goat milk
- Flavor: Creamy, slightly sweet, mild
- Health benefits: Provides protein, calcium, and vitamin D, supports bone health, prevents osteoporosis, promotes growth and development

## Nutmeg

- Scientific name: Myristica fragrans
- Flavor: Warm, spicy, nutty, slightly sweet
- Health benefits: Has anti-inflammatory and antioxidant properties, improves cognitive function, reduces pain and inflammation, enhances mood

## Onion

- Scientific name: Allium cepa
- Flavor: Pungent, sharp, savory, sweet when cooked
- Health benefits: Contains quercetin, a flavonoid that has anti-cancer and anti-allergic effects, lowers blood pressure and cholesterol, boosts immunity, and fights infections

## Oregano

- Scientific name: Origanum vulgare
- Flavor: Aromatic, earthy, peppery, slightly bitter
- Health benefits: Has antimicrobial and anti-inflammatory properties, contains carvacrol and thymol, compounds that have antioxidant and anticancer effects, improves digestion, supports respiratory health



## Paprika

- Flavor: Smoky, sweet, spicy, depending on the variety
- Scientific name: *Capsicum annuum*
- Health benefits: Rich in vitamin A, beta-carotene, and capsaicin, enhances vision, boosts metabolism, reduces inflammation, and relieves pain

## Parsley

- Scientific name: *Petroselinum crispum*
- Flavor: Fresh, green, slightly bitter
- Health benefits: High in vitamin C, vitamin K, and folate, supports blood clotting, prevents scurvy, detoxifies the body, and freshens breath

## Pea

- Scientific name: *Pisum sativum*
- Health benefits: Provides protein, fiber, and vitamin B, lowers blood sugar and cholesterol, supports digestion, and prevents constipation
- Flavor: Sweet, starchy, tender

## Peas

- Scientific name: *Pisum sativum*
- Flavor: Sweet, starchy, tender
- Health benefits: Provides protein, fiber, and vitamin B, lowers blood sugar and cholesterol, supports digestion, and prevents constipation

## Poppy Seed

- Scientific name: *Papaver somniferum*
- Flavor: Nutty, crunchy, slightly bitter
- Health benefits: Contains calcium, iron, and magnesium, strengthens bones, improves blood circulation, regulates sleep and mood

## Red Pepper

- Scientific name: *Capsicum annuum*
- Flavor: Sweet, tangy, crunchy, mildly spicy
- Health benefits: High in vitamin C, vitamin A, and antioxidants, boosts immunity, protects against infections, improves skin and eye health

## Rosemary

- Scientific name: *Rosmarinus officinalis*
- Flavor: Woody, piney, minty, aromatic
- Health benefits: Has anti-inflammatory and antimicrobial properties, improves memory and concentration, stimulates hair growth, relieves stress and pain



## Sage

- Scientific name: *Salvia officinalis*
- Flavor: Earthy, savory, slightly bitter, camphor-like
- Health benefits: Has antioxidant and anti-inflammatory properties, enhances cognitive function, lowers blood sugar and cholesterol, soothes sore throat and cough

## Savory

- Scientific name: *Satureja hortensis* (summer savory) or *Satureja montana* (winter savory)
- Flavor: Peppery, thyme-like, slightly minty, more pungent for winter savory
- Health benefits: Has antiseptic and expectorant properties, aids digestion, reduces gas and bloating, fights infections, and relieves congestion

## Scallion

- Scientific name: *Allium fistulosum*
- Flavor: Mild, onion-like, slightly sweet
- Health benefits: Contains vitamin C, vitamin K, and allicin, a compound that has antibacterial and antifungal effects, lowers blood pressure and cholesterol, prevents scurvy, supports bone health

## Sesame Seed

- Scientific name: *Sesamum indicum*
- Flavor: Nutty, rich, slightly sweet
- Health benefits: High in protein, calcium, and magnesium, supports bone health, lowers blood pressure and cholesterol, improves skin and hair health

## Shallot

- Scientific name: *Allium cepa* var. *aggregatum*
- Flavor: Mild, sweet, onion-like, slightly garlicky
- Health benefits: Contains quercetin, a flavonoid that has anti-cancer and anti-allergic effects, lowers blood pressure and cholesterol, boosts immunity, and fights infections

## Smoked Paprika

- Scientific name: *Capsicum annum*
- Flavor: Smoky, sweet, spicy, depending on the variety
- Health benefits: Rich in vitamin A, beta-carotene, and capsaicin, enhances vision, boosts metabolism, reduces inflammation, and relieves pain

## Soy

- Scientific name: *Glycine max*
- Flavor: Nutty, earthy, creamy, slightly sweet
- Health benefits: Provides complete protein, fiber, and phytoestrogens, lowers blood pressure and cholesterol, prevents osteoporosis, reduces menopausal symptoms





## Sumac

- Scientific name: *Rhus coriaria*
- Flavor: Tangy, sour, lemony, fruity
- Health benefits: Has antioxidant and anti-inflammatory properties, lowers blood sugar and cholesterol, improves digestion, enhances immunity

## Tarragon

- Scientific name: *Artemisia dracunculus*
- Flavor: Anise, vanilla, herbaceous
- Health benefits: Contains manganese, iron, and potassium. Manganese is crucial for brain health and metabolism, iron is vital for blood production, and potassium supports heart, muscle, and nerve function

## Thyme

- Scientific name: *Thymus vulgaris*
- Flavor: Aromatic, minty, lemony, slightly bitter
- Health benefits: Has antimicrobial and antifungal properties, contains thymol, a compound that has antioxidant and anticancer effects, improves respiratory health, relieves cough and sore throat

## Tomato

- Scientific name: *Solanum lycopersicum*
- Flavor: Juicy, sweet, acidic, slightly umami
- Health benefits: High in vitamin C, lycopene, and antioxidants, protects against oxidative stress, lowers blood pressure and cholesterol, prevents prostate cancer

## Tomato Powder

- Scientific name: *Solanum lycopersicum*
- Flavor: Concentrated, sweet, acidic, slightly umami
- Health benefits: High in vitamin C, lycopene, and antioxidants, protects against oxidative stress, lowers blood pressure and cholesterol, prevents prostate cancer

## Turmeric

- Scientific name: *Curcuma longa*
- Flavor: Earthy, bitter, peppery, slightly mustard-like
- Health benefits: Contains curcumin, a compound that has anti-inflammatory and antioxidant properties, improves brain function, lowers blood sugar and cholesterol, prevents Alzheimer's disease and cancer

## Vegetable Bouillon Powder

- Scientific name: Varies depending on the ingredients, e.g., *Daucus carota* for carrot, *Apium graveolens* for celery, *Allium sativum* for garlic
- Flavor: Savory, salty, umami, herbaceous
- Health benefits: Provides essential minerals, enhances flavor, adds depth and richness to dishes



## White Pepper

- Scientific name: *Piper nigrum*
- Flavor: Spicy, earthy, slightly floral, less pungent than black pepper
- Health benefits: Contains piperine, a compound that has anti-inflammatory and antioxidant properties, improves digestion, stimulates appetite, and enhances the bioavailability of other nutrients



# HS Creations: Teas

A guide to the ingredients used by HS Creations to create your special Teas.

## Blueberry

- Scientific name: *Vaccinium corymbosum*
- Flavor: Sweet, slightly tart, fruity
- Health benefits: Rich in antioxidants, supports heart health, improves brain function, helps maintain healthy skin

## Burdock Root

- Scientific name: *Arctium lappa*
- Flavor: Earthy, slightly sweet, nutty
- Health benefits: Detoxifies the liver, aids digestion, promotes healthy skin, and has anti-inflammatory properties

## Dandelion Root

- Scientific name: *Taraxacum officinale*
- Flavor: Bitter, earthy, slightly nutty
- Health benefits: Supports liver health, acts as a diuretic, aids digestion, rich in antioxidants

## Ginger

- Scientific name: *Zingiber officinale*
- Flavor: Spicy, warm, slightly sweet
- Health benefits: Eases nausea, reduces inflammation, aids digestion, boosts the immune system

## Ginseng

- Scientific name: *Panax ginseng*
- Flavor: Slightly bitter, earthy, sweet
- Health benefits: Enhances energy levels, improves cognitive function, supports the immune system, reduces stress

## Hibiscus

- Scientific name: *Hibiscus sabdariffa*
- Flavor: Tart, tangy, cranberry-like
- Health benefits: Lowers blood pressure, rich in antioxidants, supports liver health, aids in weight loss

## Lemon Peel

- Scientific name: *Citrus limon*
- Flavor: Citrusy, tangy, slightly bitter
- Health benefits: High in vitamin C, supports immune health, aids digestion, has antioxidant properties



## Lemongrass

- Scientific name: Cymbopogon citratus
- Flavor: Citrusy, lemony, slightly sweet
- Health benefits: Aids digestion, reduces inflammation, relieves anxiety, rich in antioxidants

## Licorice Root

- Scientific name: Glycyrrhiza glabra
- Flavor: Sweet, slightly bitter, anise-like
- Health benefits: Soothes sore throats, supports adrenal health, protects the stomach lining, and has anti-inflammatory properties

## Orange Peel

- Scientific name: Citrus sinensis
- Flavor: Citrusy, sweet, slightly bitter
- Health benefits: Rich in vitamin C, supports immune health, aids digestion, has antioxidant properties

## Passion Fruit

- Scientific name: Passiflora edulis
- Flavor: Sweet, tart, tropical
- Health benefits: High in vitamins A and C, supports heart health, improves digestion, rich in antioxidants

## Peach

- Scientific name: Prunus persica
- Flavor: Sweet, juicy, slightly tangy
- Health benefits: High in vitamins A and C, supports skin health, aids digestion, rich in antioxidants

## Peppermint

- Scientific name: Mentha piperita
- Flavor: Minty, cool, refreshing
- Health benefits: Soothes digestive issues, relieves headaches, reduces stress, has anti-inflammatory properties

## Pineapple

- Scientific name: Ananas comosus
- Flavor: Sweet, tangy, tropical
- Health benefits: High in vitamin C, supports immune health, aids digestion, has anti-inflammatory properties

## Raspberry

- Scientific name: Rubus idaeus
- Flavor: Sweet, tart, fruity
- Health benefits: Rich in antioxidants, supports heart health, aids digestion, high in fiber



## Rosehip

- Scientific name: Rosa canina
- Flavor: Tart, tangy, slightly floral
- Health benefits: High in vitamin C, supports immune health, reduces inflammation, rich in antioxidants

## Schisandra Berry

- Scientific name: Schisandra chinensis
- Flavor: Sweet, sour, salty, bitter, pungent
- Health benefits: Enhances liver function, boosts energy levels, improves mental clarity, supports the immune system

## Strawberry

- Scientific name: Fragaria × ananassa
- Flavor: Sweet, juicy, slightly tangy
- Health benefits: High in vitamin C, supports heart health, improves skin health, rich in antioxidants

## Turmeric

- Scientific name: Curcuma longa
- Flavor: Earthy, slightly bitter, warm
- Health benefits: Reduces inflammation, supports joint health, boosts the immune system, rich in antioxidants

## White Tea

- Scientific name: Camellia sinensis
- Flavor: Delicate, slightly sweet, floral
- Health benefits: Rich in antioxidants, supports skin health, improves cardiovascular health, boosts metabolism