

Whole Living

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A MARTHA STEWART PUBLICATION

# whole living

body + soul in balance

**HEALTHY**  
*(yet decadent)*  
**HOLIDAY  
SIDES**

SO RICH,  
SO GOOD FOR YOU!

FIND  
INSTANT  
CALM

10

WAYS  
TO FEEL  
RELAXED  
AND  
RESTORED



C'MON,  
GET HAPPY!  
HOW SCENTS CAN  
BOOST WELL-BEING

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wholeliving.com

## BAY LEAF

This venerable spice, a distant relative of cinnamon and avocado, is an unsung hero of the modern kitchen. Its aromatic, slightly astringent flavor is essential to countless stocks, soups, sauces, and marinades. For a sweet adventure, add a leaf to rice pudding, poached pears, or stewed apricots. (As with savory dishes, fish out leaves before serving.)

## CURRY POWDER

This spice blend contains nutritional heavy hitters like fenugreek, which relieves everything from bronchitis to menstrual cramps, and turmeric, whose potent antioxidants help prevent cell damage. Add a dash to potato soup, or whip together with mayonnaise for a tasty egg salad.

## WIN A SPICE PANTRY MAKEOVER!

How old is that cinnamon? Where's the tarragon? And who used up the black peppercorns? No worries: **Frontier Natural Products Co-op** and **Simply Organic** have teamed up with *Whole Living* to give five readers a spice cabinet overhaul, with a grand prize worth \$330. For a chance to win, visit [wholeliving.com/spice-giveaway](http://wholeliving.com/spice-giveaway)

## QUICK TIP

Choose small quantities of whole spices over big jars of powders, which lose their flavor quickly. Mark the month and year of purchase on the container; toss after two years.

## CUMIN

Used as a medicine in ancient Egypt, cumin is still extolled for its health benefits: It's believed to stimulate the pancreatic enzymes responsible for digestion and the liver enzymes that handle detoxification. Incorporate cumin into black beans, or make a simple spice butter to serve with corn on the cob.

## PAPRIKA

Ground from dried peppers, paprika can be smoky, fruity, or bitter. Applied topically, the capsaicin in peppers has been known to relieve headaches, psoriasis, and shingles. Pair smoked paprika with parsnips and butternut squash, or sprinkle Spanish *pimentón dulce* on your morning eggs.