

## Add Some Spice To Your Life

Now that Autumn is upon us and Thanksgiving is around the corner, certain spices come to mind as this season's favorites. There are four spices that are commonly used to give our recipes that warm and inviting flavor of Fall. These spices can be found in dishes from entrees to dessert. Do you think you know what they are?

**Allspice** is so named for its flavor, resembling a blend of cloves, cinnamon and nutmeg. It adds a rich, warm flavor to most long-cooking dishes.

**Cinnamon** is one of the most important cooking spices and is very versatile. It is commonly used in baked goods but it is also useful in meat stews, vegetables, fruits and a host of other dishes.

**Cloves** are a strong and aromatic spice that can be found whole or ground. When whole, cloves are good for long-cooking recipes. Ground cloves are used sparingly as their deep rich flavor is very strong.

**Nutmeg** is warm, sweet and spicy. It's the perfect addition to cakes, custards and puddings and is also great for enhancing the flavor of vegetables. Nutmeg should always be added at the end of cooking, as heat diminishes the flavor.

Pumpkin Pie Spice is a mixture of spices that contain the spices listed above. Traditionally, this spice is added to give that delicious flavor to pumpkin pies but can also be used to enhance the flavor of other baked goods and squash.

When purchasing spices, strength, flavor and color are important features. Look for rich, fresh color with a bold aroma. Store spices in a cool, dark place away from moisture and sources of heat. Containers should remain

tightly closed. Handled and stored properly, spices will have a shelf life of at least 6 months.

You can find all of these spices and much more at Grandma's Pantry. We are here to serve you both at our store in the Shenandoah Heritage Market and at our website [www.GrandmasPantryVa.com](http://www.GrandmasPantryVa.com).

***“So, whatever you eat or drink, or whatever you do,  
do all to the glory of God.”*** (I Cor. 10:31)