

APPROVED SPICES

As per Code of Federal Regulations Title 21 Sec. 182.10 & 184, & Compliance Policy Guides Sec. 525.750 (Spices)

Spice means any aromatic vegetable substance in the whole, broken, or ground form, except for those substances which have been traditionally regarded as foods, such as onions, garlic and celery; whose significant function in food is seasoning rather than nutritional; that is true to name; and from which no portion of any volatile oil or other flavoring principle has been removed.

The following spices are generally recognized as safe (GRAS) and can be used in the Cottage Food Operation's Jams, Preserves, Jellies, and Fruit Butters. The spices below can be labeled with their common name or as "spice(s)."

Allspice	Marjoram
Anise	Mustard Seed
Basil	Mustard Flour
Bay Leaves	Nutmeg
Caraway Seed	Oregano
Cardamom	Paprika
Celery Seed	Parsley Leaves
Chervil	Pepper, black
Cinnamon	Pepper, white
Cloves	Pepper, red
Coriander	Rosemary
Cumin Seed	Saffron
Dill Seed	Sage
Fennel Seed	Savory
Fenugreek	Star Aniseed
Ginger	Tarragon
Horseradish	Thyme
Mace	Turmeric

NOTES:

1. Poppy seeds, sesame seeds, dried or dehydrated onions and garlic are not considered to be spices. When used as an ingredient in foods they should be declared on the label by common or usual names.

2. Paprika, turmeric and saffron are color as well as spices. When used as ingredients in foods they shall be designated as "spice and coloring," unless each is designated by its specific name, in accordance with 21 CFR 101.22(a)(2).

The follow is a link to 21 CFR:

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcr/cfrsearch.cfm>