

CHART: Spices and Uses
Updated January 27, 2013

POP NAME	SCIENTIFIC NAME	PART USE	ETHOMEDICAL USE
Ackee		Leaf	Tea, Gas
Cerasee	<i>Momordica charantia</i>	Leaf	Tea
Fevergrass	<i>Cymbopogon citratus</i>	Leaf	Colds, Fever
Ganja	<i>Cannabis sativa</i>	Leaf	Pain
Guava	<i>Psidium guajava</i>	Leaf	Tea
Hibiscus	<i>Sabdariffa Calyx</i>	Flower petals	Tea
Lime	<i>Citrus aurantifolia</i>	Leaf	Tea
MINT: Colic mint	<i>Lippia alba</i>	Leaf	Nerves
MINT: Peppermint	<i>Satureja viminea</i>	Leaf	Gas, Stomach ache
MINT: Spearmint	<i>Mentha spicata</i>	Leaf	Gas
Pepper seed	<i>Piper amalgo</i>	Leaf	Tea
Sorrel			
Soursop	<i>Annona muricata</i>	Leaf	Nerves
The list is not exhausted. So do please check periodically for more!			
You may also check other charts on spices, teas and more on this website			
Also recommended: http://www.scribd.com/doc/42356247/Use-of-Herbs			