

## Herbs (Ervas) and Spices (Temperos)

basil



black pepper



cardamom



chicory



chilli (pepper)



cilantro / coriander



(water) cress



dill



fennel



garlic



ginger



juniper berry



parsley



rocket



rosemary



sage



sorrel



thyme



## Translations:

<b>basil</b>	manjeriçao
bay leaves	louro
<b>black pepper</b>	pimenta do reino
<b>cardamom</b>	cardamomo
<b>chicory</b>	chicória
<b>chilli (pepper)</b>	pimenta em pó
<b>cilantro/coriander</b>	coentro
cumin seeds	cominho
<b>(water) cress</b>	agrião
<b>dill</b>	endro
<b>fennel</b>	erva-doce / funcho
<b>garlic</b>	alho
<b>ginger</b>	gingibre
<b>juniper berry</b>	baga de zimbro
nutmeg	noz moscada
<b>parsley</b>	salsa
<b>rocket</b>	rúcula
<b>rosemary</b>	alecrim
<b>sage</b>	sálvia
<b>sorrel</b>	miúda
<b>thyme</b>	tomilho

### Song suggestion:

**Simon and Garfunkel – Scarborough Fair (1966)**

[https://www.youtube.com/watch?v=jOFZ2Y4\\_1Jg](https://www.youtube.com/watch?v=jOFZ2Y4_1Jg)

(Parsley, Sage, Rosemary and Thyme)