



elements of spice grinders

organic



[welcome to the spice age]



field day

[earth-a-kit]

spicy flavours to grind over chicken or meat before barbecuing or grilling casseroles or stews. grind liberally to form crust on a roast chicken or a leg of lamb.

ADJUSTABLE
GRINDER HEADS



garlic/onion/mustard/sea salt/pepper/sugar/fennel seeds/oregano/ginger/rosemary/basil/paprika/lemon verbena/turmeric/petals

green piece

[whale of a time]

a piece-full combination to add a delicious tang to salads and dressings, potatoes and chicken before roasting, avocado, omelettes and vegetables.



sea salt/onion/garlic/pepper/flat leaf parsley/fennel/oregano/rosemary/lemon verbena/lemon zest/petals

tai chi

[your life sauce]

a spicy thai-style seasoning to add aura to your table. Grind into stir-fries, curries and salads, use to flavour meat or fish, or simply grind over anything you like to eat.



sea salt/garlic/sugar/paprika/onion/pepper/chilli/basil/ginger/lemon grass/coriander leaves/lime zest

summer salts

[head over heals]

a playful blend of natural tasty sea salt and crunchy roasted seeds, grind over salads, into salad dressing, stir-fries, or simply over everything you like to eat!



sea salt/roasted sesame seeds/sunflower seeds/pumpkin seeds/poppy seeds/soy sauce/calendula rose petals

With their shimmering green grinders, the elements of spice organics range offers the health-conscious cook the opportunity of adding flavour to food, while having fun. From the nutty tastes of Summer Salts to the hot but sweet taste of Tai Chi, there's something for everyone.

Each Organic Elements of Spice variant features an on-pack serving suggestion and all are available in convenient refill packs.



THE ORIGINAL HEART OF THE SPICE ROUTE WHERE EAST MEETS WEST

www.capeherb.com

Produced by the Cape Herb & Spice Company

P O Box 118, Constantia, 7848, South Africa. Telephone +27 21 701 5140 Fax +27 21 701 5148 e-mail info@capeherb.com