

# Herbs & Spices: pint-sized powerhouses

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## We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 11, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 27

1. [Herbs & Spices: pint-sized powerhouses](#)

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When we think of herbs and spices the one word that jumps out is versatility. Its colorful, fragrant, medicinal, umami and finds its way in flavored and infused waters and in your balconies as more than just ornamental plants. Dyes, foods, cosmetics, pharmaceuticals, fragrances and toothpastes- you can run from spices, but you can't hide! Join us as we discover some of the spice & herb remedies.

Find out more at <https://umaglobalfoods.com/blog/>