

RECIPE IDEAS for AUTUMN SPICES

using Soluna Garden Farm spice blends

SPICE BLENDS FOR PUMPKIN, SQUASH AND SWEET POTATO

Pumpkin Pie Spice

Apple Pie Spice

Chinese Five Spice

Curry Powder

Garam Masala

Zanzibari Red Curry

Ras el Hanout

Ras el Hanout for Coffee



SPICE BLENDS FOR BRUSSELS SPROUTS

Steak and Lamb Rub (it should be called Brussels Sprouts Rub . . .)

SPICE BLENDS FOR CHILI

Chili Powder

Mexican Seasoning

Baharat

SPICE BLENDS FOR POTATOES

Good Stuff!

Italian Seasoning

Mediterranean Seasoning

SPICE BLENDS FOR OATMEAL

Apple Pie Spice

Pumpkin Pie Spice

Ras el Hanout for Coffee



SPICE BLENDS FOR APPLES

Apple Pie Spice

Chinese Five Spice

Mulling Spices

Ras el Hanout for Coffee



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