

Herb	Fresh	Dried	Ground
Most herbs, such as cilantro, dill, oregano, rosemary, and thyme	1 Tbsp	1 tsp	3/4 tsp
Basil	2 tsp	1 tsp	1/2 tsp
Bay leaf	1 leaf	1 leaf	1/4 tsp
Parsley	2 tsp	1 tsp	1/2 tsp
Sage	2 tsp	1 tsp	1/2 tsp

Spice	Whole	Ground
Allspice	1 tsp	1 tsp
Black pepper	1 tsp	1½ tsp
Cardamom	Approximately 12 pods, dehusked	1 tsp
Cinnamon	1 stick (1½-inch)	1 tsp
Cloves	1 tsp	3/4 tsp
Coriander	1 tsp	1 1/4 tsp
Cumin	1 tsp	1 1/4 tsp
Fennel	1 tsp	1 1/4 tsp
Ginger	1 Tbsp fresh ginger	1/4 - 1/2 tsp
Nutmeg	1/2 nutmeg	1 tsp
Mustard seeds	1 tsp	1 1/2 tsp
Turmeric	1 Tbsp fresh turmeric	1 tsp

