



AyurvedicPuzzles@2024

Across

- 1 Aromatic herb in the mint family used in Mediterranean cuisine (8)
- 3 Leaf from laurel tree used as culinary herb (3)
- 4 Rhizome of *Curcuma longa* used as spice and food colouring (8)
- 6 Herb with feathery leaves and edible bulb, member of *Apiaceae* family (6)
- 7 Expensive spice derived from *Crocus sativus* flower stigmas (7)
- 9 Seed with licorice-like flavour used in confectionery and liqueurs (5)
- 11 Aromatic herb genus *Mentha* used in teas and confectionery (4)
- 12 Herb with seeds and leaves used in global cuisines (9)
- 13 Aromatic herb in mint family, toxic in large quantities (5,5)
- 14 Mediterranean herb used in Italian and Greek cooking (7)
- 17 Seed of *Cuminum cyminum* plant used as spice (5)
- 19 Aromatic herb with greyish leaves used in poultry seasoning (4)
- 21 Seed kernel of *Myristica fragrans* used as spice (6)
- 22 Pungent rhizome used as spice and in traditional medicine (6)
- 23 Bitter herb used in aperitifs and herbal medicine (7)

- 24 Seed of *Sesamum indicum* used in cooking and as oil source (6)
- 25 Daisy-like flower used to make herbal tea (8)

Down

- 1 Aromatic resin used in perfumes and traditional medicine (5)
- 2 Seed of *Brassica* and *Sinapis* plants used as condiment (7)
- 5 Aromatic evergreen herb used in Mediterranean cooking (8)
- 6 Seed and herb used in Indian and Middle Eastern cuisine (9)
- 8 Seed with anise-like flavour used in rye bread and liqueurs (7)
- 10 Spice from inner bark of trees in genus *Cinnamomum* (8)
- 12 Aromatic flower buds used as spice in sweet and savoury dishes (6)
- 15 Root extract used as flavouring in confectionery (9)
- 16 Herb with edible stems used in confectionery and liqueurs (8)
- 17 Hot chili pepper used as spice and in traditional medicine (7)
- 18 Aromatic herb in mint family used in Italian and Thai cuisine (5)
- 20 Pungent bulb used as flavouring in various cuisines (6)