Periodic Table of Herbs 'N Spices

Element Proton Number

Element Symbol

118Uuo

Picture

Common Name
Scientific Name
Alternate name(s)

1H — Chaste Tree (*Vitex agnus-castus*) Hemp tree, Agnus castus, Abraham's balm

3Li — Lime (*Citrus aurantifolia*)

4Be — Bear's Garlic (*Allium ursinum*) Ramson, Wild garlic

11Na — Nasturtium (*Tropaeolum majus*) Common nasturtium, Garden nasturtium, Indian cress, Nasturtium

12Mg — Mugwort (*Artemisia vulgaris*)

19K — Paprika (*Capsicum annuum*) Bell pepper, Red pepper, Sweet pepper

20Ca — Caraway (*Carum carvi*) Caraway, Wild cumin, Carvies

21Sc — Cassia (*Cinnamomum cassia*) Bastard cinnamon, Chinese cassia, Chinese cinnamon

22Ti — Asafetida (*Ferula assa-foetida*) Asafoetida, Devil's dung, Stinking gum

23V — Vanilla (*Vanilla planifolia*)

24Cr — Water cress (*Nasturtium officinale*)

25Mn — Mango (*Mangifera indica*)

26Fe — Fennel (*Foeniculum vulgare*) Sweet cumin

27Co — Coriander (*Coriandrum sativum*) Coriander, Chinese parsley, Indian parsley

28Ni — Nigella (*Nigella sativa*) Fennel flower, Gith, Onion seed

29Cu — Cumin (*Cuminum cyminum*) Cumin, Green cumin, White cumin

30Zn — Ginger (*Zingiber officinale*)

31Ga — Garlic (*Allium sativum*) Garlick

32Ge — Gale (*Myrica gale*) Bog myrtle, Candle berry, Sweet gale

33As — Anise (*Pimpinella anisum*) Sweet cumin, Aniseed

34Se — Sesame (*Sesamum indicum*) Gingelly, Semsem

35Br — Borage (*Borago officinalis*) Beebread, Bugloss, Burrage

36Kr — Kaffir Lime (*Citrus hystrix*) Indonesian lime leaves, Wild lime

37Rb — Lemon Verbena (*Lippia citriodora*) Lemon-scented verbena

38Sr — Safflower (*Carthamus tinctorius*) Bastard saffron, Saffron, Safflower

40Y — Myrrh (*Myrrha odorata*) Anise cicely, Sweet cicely, Sweet Cicely, Garden myrrh, Spanish chervil, Sweet chervil, Garden myrrh, Sweet scented myrrh

40Zr — Zedoary (*Curcuma zedoaria*) White turmeric

41Nb — Lemon Balm (*Melissa officinalis*) Balm

42Mo — Mint Geranium (*Malorana canariensis*) Knotted mint, Lemon mint geranium

43Tc — Turmeric (*Curcuma longa*) Indian saffron

44Ru — Rue (*Ruta graveolens*) Garden rue, Herb of Grace

45Rh — Rice Paddy Herb (*Limnophila aromatica*) Finger grass

46Pd — Pandanus leaf (*Pandanus amaryllifolius*) Screw pine, Screw tree, Umbrella tree

47Ag — Lovage (*Levisticum officinale*) Garden lovage, Bladder seed, Love Parsley

48Cd — Long Coriander (*Eryngium foetidum*) Black Benny, Fitweed, Mexican coriander, Puerto Rican coriander, Saw tooth coriander, Spiny coriander, Saw leaf herb

49In — Indian Bay-leaf (*Cinnamomum tamala*)

50Sn — Saffron (*Crocus sativus*)

51Sb — Sweet Basil (*Ocimum basilicum*) Basil, Basilie

52Te — Epazote (*Chenopodium ambrosioides*) Hedge mustard, Mexican tea, Jerusalem parsley, West Indian goosefoot, Skunkweed, Wormseed, Sweet pigweed

53I — Fingerroot (*Boesenbergia pandurata*) Chinese ginger, Chinese key, Lesser ginger

54Xe — Chervil (*Anthriscus cerefolium*) French parsley, Garden chervil

55Cs — Vietnamese cinnamon (*Cinnamomum loureiroi*) Saigon cinnamon

56Ba — Black cardamom (*Amomum subulatum*) Nepal cardamom, Greater Indian cardamom

Lanthanides 57 La to 71 Lu

72Hf — Lesser Galangal (*Kaempferia galanga*) Resurrection lily, Sand ginger

73Ta — Tarragon (*Artemisia dracunculus*)

74W — Wasabi (*Wasabia japonica*) Japanese horseradish

75Re — Rosemary (*Rosmarinus officinalis*) Compass plant

76Os — Rose (*Rosa damascena*) Damask rose

77Ir — Licorice (*Glycyrrhiza glabra*) Black Sugar, Liquorice, Spanish liquorice

78Pt — Peppermint (*Mentha piperita*)

79Au — Pandanus flower (*Pandanus amaryllifolius*) Screw pine, Screw tree, Umbrella tree

80Hg — Mexican Tarragon (*Tagetes lucida*)

81Tl — Chameleon Plant (*Houttuynia cordata*) Chinese lizard tail, Fishwort, Heartleaf

82Pb — Bengal pepper (*Piper longum* and *Piper retrofractum*) Balinese pepper, Jaborandi pepper, Long Pepper

83Bi — Black Cumin (*Bunium persicum*) Black cummin

84Po — Poppy (*Papaver somniferum*) Garden poppy, Opium poppy

85At — Annatto (*Bixa orellana*) Achiote, Lipstick tree

86Rn — Orange (*Citrus sinensis*)

87Fr — Sassafras (*Sassafras albidum*) Augue tree, File powder, Gumbo file

88Ra — Paracress (*Spilanthes acmella* and *Spilanthes oleracea*) Toothache plant, Brazil cress, Para cress

Actinides 89 Ac to 103 Lr

104Rf — Lemon Grass (*Cymbopogon citratus*) Citronella

105Db — Aniseed (*Illicium verum*) Chinese anise, Indian anise, Star anise

106Sg — Sage (*Salvia officinalis*)

107Bh — Mahaleb Cherry (*Prunus mahaleb*) English cherry, Rock cherry, Perfumed cherry

108Hs — Hyssop (*Hyssopus officinalis*)

109Mt — Myrtle (*Myrtus communis*)

110Ds — Indonesian Cinnamon (*Cinnamomum burmannii*) Fagot cassia, Jawa cassia, Padang cinnamon

111Rg — Arugula (*Eruca sativa* L.) Rocket, Salad Rocket

57La — Lavender (*Lavandula angustifolia*)

58Ce — Chives (*Allium schoenoprasum* L.)

59Pr — Pepper, Black (*Piper nigrum*) Brazil Pepper, Pink pepper

60Nd — Southernwood (*Artemisia abrotanum*) Lad's Love, Maiden's Ruin, Old Man

61Pm — Pomegranate (*Punica granatum*)

62Sm — Sumac (*Rhus coriaria* L.) Shumac, Sicilian sumac

63Eu — Blue Fenugreek (*Trigonella caerulea*) Blue melilot, Blue-white clover, Blue-white trigonella, Curd herb, Sweet trefoil

64Gd — Garden cress (*Lepidium sativum*)

65Tb — Tonka Bean (*Dipteryx odorata*) Tonco bean, Tonquin bean

66Dy — Dill (*Anethum graveolens*)

67Ho — Horseradish (*Armoracia rusticana*)

68Er — Juniper (*Juniperus communis*)

69Tm — Tamarind (*Tamarindus indica*) Indian date

70Yb — Indonesian Bay leaf (*Eugenia polyantha*)

71Lu — Laurel (*Laurus nobilis*) (Sweet) Bay leaf, Sweet laurel

89Ac — Mace (*Myristica fragrans*)

90Th — Thyme (*Thymus vulgaris*) Garden thyme

91Pa — Parsley (*Petroselinum crispum*)

92U — Coconut (*Cocos nucifera*)

93Np — Negro Pepper (*Xylopia aethiopica*) African grains of Selim, Grains of Selim, Kani pepper, Moor pepper, Senegal pepper

94Pu — Oilseed Pumpkin (*Cucurbita pepo* L.) Pumpkinseeds

95Am — Almond (*Prunus dulcis*)

96Cm — Cardamom (*Elettaria cardamomum*) Green Cardamom

97Bk — Black Mustard (*Brassica nigra*) Black mustard seed, Brown mustard seed, Indian mustard

98Cf — Curry leaf (*Murraya koenigii*)

99Es — Siamese ginger (*Alpinia galanga*) Greater Galangale, Galangal

100Fm — Mexican Pepper leaf (*Piper auritum*) Sacred pepper, Root beer plant, Eared pepper

101Md — White Mustard (*Sinapis alba*) White mustard seed

102No — Onion (*Allium cepa* L.) Scallion

103Lr — Celery (*Apium graveolens*) Celeriac (root celery)

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