

*Magical Notions Things worth Knowing Blog Entry*

*Excerpt from Forbidden Knowledge..., vol. 2 Copyright 2019 Christine Carmines*

**Common Spices/Food Stuffs & Their Correspondences to the 7 Sacred Planets / 4 Alchemical Elements:**

**Sun:** turmeric, saffron, Greek oregano, lemon, zatar (*origanum syriacum*), almond, olive, raspberry, lemon thyme, shallots, scallions, tomato, corn, wheat, barley

**Moon:** salt, caraway, poppy seed, cooking spirits, marjoram, pomegranate, mint, blackberry, chick peas, fava beans, black beans, all beans/peas, coconut, eggplant, grapes

**Mercury:** cardamom, coriander, fenugreek, dill, pine nuts, mace, hazelnuts, curry and any spice mixture of 3 or more ingredients (*ie.* Herb de Provence), mango

**Venus:** vanilla, honey, rosemary, rose petals, cinnamon, pistachio, orange, kumquat, anise, olive, chamomile, dates, figs, apricot, avocado

**Mars:** black pepper, all chili peppers, mustard greens, mustard seeds, garlic, ginger

**Jupiter:** fennel, basil, cloves, lavender, winter thyme, blueberry, walnut, macadamia, acorn, allspice

**Saturn:** sumac, sage, tahini

**FIRE:** peppercorns, Thai dragon chili, raw garlic

**WATER:** salt, cooking wines and spirits

**AIR:** coriander, cooking oils, butter

**EARTH:** sumac, rices, flours, potatoes