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*Spice It Up!*

In my experiment, I wanted to find out if spices and herbs prevent bacterial growth. I thought that the fresh herbs and spices would kill more bacteria than the dried herbs and spices. People all around the world use spices and herbs to season food and some people use spices and herbs because they may have no access to refrigeration. Therefore the spices and herbs might help preserve the food. I crushed the fresh spices and herbs, diluted them with water, and then placed the solution on filter paper on the lawn of *E. coli*. The *E. coli* plates were placed in an incubator overnight and then I observed the plates. The fresh spices and herbs did not show any zone of inhibition, in fact, they contributed their own bacteria! In part 2 of the experiment, I looked at the most contaminated fresh spices and herbs which were dill, rosemary, turmeric, and oregano. I boiled them to extract the active compounds and then I tested the solution again on the *E. coli* plate. In conclusion, the only spice or herb that had a small zone of inhibition around the disk was oregano. The other spices and herbs I chose didn't inhibit the bacteria. After boiling, rosemary and dill no longer had contamination around the disk.