The essential oils of herbs and spices were preferred compared to their ethanol extracts. The results suggest that spices have significant antimicrobial properties. Traditionally, herbs and spices are used in food preparations. The Handbook of herbs and spices provides professionals in the food industry with valuable information on the use and properties of these natural ingredients. 

Spices are naturally derived from woody plants and grow in tropical areas. Nowadays, spices are used not only for flavoring but also for their health benefits. 

For example, coriander, a spice crop in Bangladesh, is used in various dishes and has been shown to have health benefits, such as reducing blood sugar levels. 

The Handbook of herbs and spices provides a comprehensive guide to these spices, including their cultivation, processing, and uses in culinary and medicinal applications. 

In conclusion, the use of herbs and spices as antimicrobials offers a promising avenue for future research and development in the food industry.