



## Salt, Coarse Rock Salt

**Botanical Name:** Sodium Chloride

**Common Name:** Halite, Rock Salt

**Medicinal part:**

Halite, commonly known as rock salt, is a type of salt, the mineral (natural) form of Sodium Chloride (NaCl). Halite forms isometric crystals. The mineral is typically colorless or white, but may also be light blue, dark blue, purple, pink, red, orange, yellow, or gray depending on the amount and type of impurities. It commonly occurs with other evaporate deposit minerals such as several of the sulfates, halides or borates. Salt is extensively used in cooking as a flavor enhancer and to cure a wide variety of food such as bacon and fish. Larger pieces can be ground in a salt mill or dusted over food from a shaker as finishing salt.



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