

ACROSS THE STRAITS

 CORIANDER LEAF GROUP
#ADDICTIVELYASIAN

CUMIN

#loveasianspice



FACTS SHEET

Family of: Parsley

Origin: Eastern Mediterranean

Medical properties: anti-bacterial, anti-tumour, immunogenic.

Scent: Strong, warm, earthy

Taste: Earthy, nutty, spicy with bitter undertones and a warm, penetrating aroma with hints of lemon.

USES

- Regulates digestion
- Boosts immunity
 - Skin care
- Promotes sleep
- Improves memory



**sources: organicfacts.net ; healthline.com*

FUN FACTS:

- During the Middle Ages, it was believed that cumin kept chickens and lovers from wandering.
- Cumin is the second most popular spice in the world.
- Cumin is one of the main ingredients in curry powders.
- Cumin “seeds” are actually the small, dried fruit of the plant.
- Many types of French bread contain cumin seeds.
- Various components of cumin help combat osteoporosis.
- Cumin was once used to pay taxes



**sources: blog.americanspice.com ; finedininglovers.com ; foodreference.com*