

## Product Brochure

### Ceylon Cinnamon

Crowned as the “King” of spices, Cinnamon is known not only because it is the oldest known spice, but also because it is recommended for good health. In addition to being low in calories and of a sugar-free nature, the ‘lab tests’ by scholars have proved that Cinnamon fights bacteria. Moreover, Cinnamon protects persons from certain medical conditions pertaining to the brain and/or nervous system, such as Parkinsons or Alzheimers diseases. A variety of Cinnamon types are available and slightly different in flavor, as well, as are the different volatile oil content it possesses.

Scientifically known as “Cinamomum Zeylanicum Blume”, Ceylon Cinnamon varies from Cassia in different ways. Especially the taste and the aroma are very different in Ceylon Cinnamon, when compared with Cassia. Apart from that, there are significant differences between Ceylon Cinnamon and Cassia which are mentioned below.

#### Differences between Ceylon Cinnamon and Cassia

<b>Ceylon Cinnamon</b>	<b>Cassia</b>
Yellowish Brown outlook	Dark Red outlook
Soft outer appearance	Very thick outer appearance
Mild, sweet and delicate flavour	Spicy and stronger flavour
Has a citrus aroma	Aroma is very mild.
Inner is filled like a cigar	Inner filling is hollow and empty
Coumarin content is low	Coumarin content is high. Thus, excessive consumption may cause liver malfunctions.

## Available Ceylon Cinnamon Grades

Ceylon Cinnamon falls into 4 main categories which are Alba, Continental, Mexican and Hamburg. The finer grades include: Alba, C5 Extra Special, C5 Special, C5, C4, M5 and M4 whereas the Hamburg grades are: H1, H2. The other grades include No. 01 Quilling, No. 02 Quilling, Cut Cinnamon and Chips.

<b>Alba</b>	<b>C4 – Grade</b>	<b>C5 – Grade</b>	<b>H1 – Grade</b>	<b>H2 – Grade</b>
Highest grade of Ceylon Cinnamon. Uses the finest and thinnest inner bark of the plant and is the hallmark of the finest in Ceylon Cinnamon.	This variety of cinnamon is fine, yellow in color and fetches a good price in the international market	This type of Cinnamon is slim, golden yellow color with a sweet taste. This variety is much in demand.	H1 grade comprises the finest and the most expensive portions of the rough cinnamon bark.	H2 grade consists of about 90% of golden yellow, cinnamon sticks of good quality.
Does not exceed 6mm in diameter. Min. number of whole quills per Kg: 50	Max. diameter: 16mm Min. number of whole quills per Kg: 22	Max. diameter: 12mm Min. number of whole quills per Kg: 27	Max. diameter: 23mm Min. number of whole quills per Kg: 10	Max. diameter: 32mm Min. number of whole quills per Kg: 7

## Areca nut

Areca nut, the fruit of the Areca palm is used both in fresh and dry forms in the traditional Chinese medicine. Areca nut also has a customary role in the south Asian countries, where people chew betel leaves along with Areca nut. Moreover, Areca nut is used in veterinary medicine to remove tapeworms and other intestinal parasites of animals.

Furthermore, Areca nut can be used against certain skin diseases and also in the metabolic system as a digestive and carminative Anti-diabetic.

### **Black Pepper**

Used both as a medicine and a spice, Black pepper is a readily available spice in any household. Dating back centuries, black pepper is used to preserve food due to its antibacterial properties. Nonetheless, black pepper serves as an anti-inflammatory agent. Rich in minerals such as potassium and calcium, Black pepper can be used to improve digestion and to treat asthma, sinus and nasal congestion. Not to forget the great news: Black pepper helps in weightloss.

### **Cardamoms**

Available in both sweet and savory flavors, Cardamom is one of the spices that are used specially to soothe an upset stomach. Moreover, Cardamoms possesses the power to fight inflammation and lower the blood pressure. On top of all that, Cardamoms helps to prevent the growth of cancer cells.

Especially high in minerals such as magnesium and zinc, cardamom has a light lemon flavor. They can either be used as a whole pod or the seeds of the cardamom can be made into a powder.

### **Cloves**

Cloves, also used as a spice and medicine, are often found in the manufacturing of toothpaste, cosmetics, soaps, and, perfumes. Containing chemicals which help to decrease pain and fight infections, cloves can be used for food flavoring as well. Especially used when cooking meats and curries, cloves provide an aesthetic appeal.

Nonetheless, cloves are used for medications to slow down blood clotting. Here is the good news: Cloves can treat acne while promoting youthful skin.

### **Nutmeg**

A popular flavor specially used in baking and to make beverages, Nutmeg is often used with hearty dishes such as lamb and mutton recipes and vegetable stews. Providing a warm and a spicy aroma, nutmeg can be used to create both a sweet and a savory taste in the food you make.

Mostly used to scent soaps and perfumes, sometimes an ointment of nutmeg can be used as a treatment of rheumatism as well.

## **Mace**

The lacing covering of the nutmeg is known as the “mace” and it is not much popular as the “nutmeg”. However, mace too serves as a spice. The mace blades, which are located outside the mace can be removed and dried for culinary purposes. Though it is much similar to the taste of the nutmeg, mostly, mace is more delicate in taste than the nutmeg. More or less a savory spice, mace is mainly used to make baked goods, meat and stews.

However, since mace cannot be cooked for long as it gives a bitter taste, it is advised to add mace towards the end of the cooking.

**Website:** <https://www.wattakgodaspices.com/>