



# Cinnamomum



# So Where Does Cinnamon Come From?!

- Cinnamon is native to Sri Lanka
- Arabic term ***amomon***, meaning fragrant spice plant.
- ***Cinnamomum verum*** is the plant that cinnamon derives from. This is commonly known as the “cinnamon tree”.
- Family- Lauraceae, Chr no-2n=24



# Uses in Cooking

- Cinnamon is one of the world's most popular spices for baking.
- It is used in recipes for flavor, as well as a garnish for certain dishes.
- There are two different forms of cinnamon: sticks and powdered



# Uses

- The Egyptians also used cinnamon **medicinally** and as a **flavoring** in food and beverages.
- Cinnamaldehyde a compound in the bark gives cinnamon its scent and flavor
- Many lip glosses and lipsticks use cinnamon to make their products "lip enhancers" since the cinnamaldehyde actually causes swelling of the lips.
- At one time, ancient Egyptians believed that cinnamon was to be **more valuable than gold**.
- Two teaspoons of cinnamon has 12 calories
- Cinnamon, Chili powder and salt are the **most common seasonings** in American homes.

# Medicinal Uses

- Many people like to make cinnamon tea which is purported to have medicinal qualities such as helping ***boost brain power, aiding in digestion, and helping to keep blood less sticky.***
- In addition, cinnamon has ***fiber, calcium and manganese*** so drinking it can give health, as well as taste buds a boost.
- Some research has found that a particular type of cinnamon, cassia cinnamon, may ***lower blood sugar*** in people with diabetes.
- Studies of cinnamon for ***lowering cholesterol*** and ***treating yeast infections*** in people with HIV have been inconclusive.
- Lab studies have found that cinnamon may ***reduce inflammation***, have antioxidant effects, and ***fight bacteria***. But it's unclear what the implications are for people.
- Cinnamon usually causes ***no side effects***.

# Climate & Soil

**It is a hardy plant**

**It tolerates a wide range of climate & soil.**

# Varieties

Cinnamon is divided into 2 Categories. **Ceylon Cinnamon** and **Cassia Cinnamon**. There many varieties of Ceylon Cinnamon and many varieties of Cassia Cinnamon. However for commercial use there is only one variety of Ceylon Cinnamon that is used and three varieties of Cassia Cinnamon. All the other varieties are what is called wild Cinnamon, unsuitable for human consumption because the quality in not good.

# Propagation

➤ **By Seeds**

➤ **Cuttings**

➤ **Layering**

➤ **Spacing – 3m \* 3m**

# Manuring

**200:180:200g NPK/plant/year**

# Harvesting

**Tree is generally coppiced or cut back periodically. Harvested bark are then taken for processing purpose**

**Yield- 200-300kg of dried bark/ha**