



# FOOD *Ingredients*



# Black Pepper

**BOTANICAL NAME:** PIPER NIGRUM  
**FAMILY :** PIPERACEAE

- Description: Pepper is one of the oldest and most popular spices in the world and known as the "King of the spices". One of the earliest spices known, pepper is probably the most widely used spice in the world today.
- Piperine:4-6% Greater the piperine content, greater the pungency
- Whole Black Pepper: A whole peppercorn keeps their flavor indefinitely but quickly loses its aroma and heat after it has been ground.
- Grades: MG1, MG2, Asta, TGEB



Milled/Cracked Black Pepper: Cracked pepper is the partially broken corns, crushed using a mortar and pestle or with a rolling pin

Fine Ground Black Pepper:

- Benefits: Stomachic; carminative; aromatic stimulant; antibacterial; diaphoretic.
- Stimulates the taste-buds causing reflex stimulation of gastric secretions, improving digestion and treating gastro-intestinal upsets and flatulence. Pepper calms nausea and raises body temperature, making it valuable for treating fevers and chills.

Applications: Culinary – Seasonings

- Pepper is best ground directly on to food.
- With hot food it is best to add pepper well towards the end of the cooking process, to preserve its aroma.

Main Black Pepper Origins and Season:

Vietnam	JAN	FEB	MAR	APR	MAY							
Brazil							JUL	AUG	SEP			
India	JAN	FEB	MAR								NOV	DEC



# Cardamom

**BOTANICAL NAME: Elettaria cardamomum**  
**FAMILY : ZINGIBERACEAE**

- Description: Cardamom is often named as the third most expensive spice in the world (after saffron and vanilla), and the high price reflects the high reputation of this most pleasantly scented spice. Cardamom is the 'Queen of Spices'. Southern India and Sri Lanka are regarded as origin of this spice. Till recently India was the main Producer and exporter of this commodity, but of late Guatemala has emerged as a keen competitor to Indian cardamom in the international spice market. Indian cardamom is slightly smaller, but more aromatic. As a whole, cardamom is cultivated commercially in India, Sri Lanka, Guatemala and Tanzania. Saudi Arabia consumes 80% of the cardamom in the world. Consumption is especially high one month before Ramadan.
- Whole Cardamom: Grades:
- Ground Cardamom:



## Applications:

- The usual type of cardamom is used as a spice, and in medicine; it is also smoked sometimes.
- Cardamom has a strong, unique taste, with an intensely aromatic fragrance. Cardamom is best stored in pod form, because once the seeds are exposed or ground, they quickly lose their flavor. However, high-quality ground cardamom is often more readily (and cheaply) available, and is an acceptable substitute. I
- In the Middle East, green cardamom powder is used as a spice for sweet dishes as well as traditional flavouring in coffee and tea. Cardamom pods are ground together with coffee beans to produce a powdered mixture of the two, which is boiled with water to make coffee.
- Cardamom is also used in some extent in savoury dishes. In Arabic, cardamom is called al-Hayl. In Persian, it is called "hel". In some Middle Eastern countries, coffee and cardamom are often ground in a wooden mortar and cooked together.

## Main Cardamom Origins and Season:

Guatemala	JAN									OCT	NOV	DEC
India	JAN							SEP		OCT	NOV	DEC
Sri Lanka										OCT	NOV	DEC

# Cloves

**BOTANICAL NAME:** SYZGIUM AROMATICUM  
**FAMILY :** MYRTACEAE

- Description: native to the Maluku Islands in Indonesia, and are commonly used as a spice. Cloves are commercially harvested primarily in Bangladesh, Indonesia, India, Madagascar, Zanzibar, Pakistan, Sri Lanka, and [Tanzania](#). Cloves are available throughout the year.
- Whole Cloves: Grades:



## Ground Cloves:

Benefits: Antimicrobial, antioxidant, and insecticidal activity

### Applications:

- Seasonings and processed food (bud only)
- Perfumery
- Some in pharmaceutical and dental products because of its antiseptic and anaesthetic properties.
- Domestic cooking – Whole Cloves -Pies, stews, soups, ham, pork
- Industrial food processing : Powder - Baked goods, processed meats, pickles
- Cigarettes : Indonesian Kretek cigarettes up to 8%



## Main Cloves Origins and Season:

Madagascar											OCT	NOV	
Brazil												NOV	DEC
Indonesia						JUN	JUL	AUG	SEP	OCT			

# Cumin

**BOTANICAL NAME: CUMINUM CYMINUM**

**FAMILY : APIACEAE**

- Description: Cumin is originally cultivated in Iran, India, and the Mediterranean region. The name cumin is said to be a distortion of the Persian city Kerman, where most of ancient Persia's cumin was produced. Cumin has been grown and used as a spice since ancient times and it is mentioned in the Sacred Bible. Also Babylonian and Assyrian doctors used cumin in their recipes to discharge gases, prevent diarrhoea in children and control stomach spasms. Currently the major sources of cumin are Iran, India, Syria, Pakistan, and Turkey. It is also found in Morocco, Egypt, Palestine, Iraq, Afghanistan, North America, and Chile.
- Iran accounts for about 50% of total international cumin seed exchanges and it has the same growing season as in Syria. Also, India is a large producer and an earlier growing season than Syria, but 90% of national production is consumed internally.

- Whole Cumin: Grades:
- Ground Cumin:

## Benefits

- Applications : Cumin is used primarily in curry pastes. It is an essential ingredient in many mixed spices, chutneys, and chilies and curry powders.
- In the Middle East, it is a familiar spice as flavor over meat and vegetables, while in Europe, cumin flavors certain Portuguese sausages, and is used to spice cheese.

## Main Cumin Origins and Season:

India			MAR	APR	MAY								
Iran					MAY	JUN							
Syria				APR	MAY	JUN	JUL						





# Coriander

**BOTANICAL NAME: CORIANDRUM SATIVUM**  
**FAMILY : APIACEAE**

- Description: also known as cilantro or Chinese parsley. All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.
- Whole Coriander Seeds: Grades:

Fine Ground Coriander:

Applications & Health Benefits:

- Lower Blood Sugar.
- Ease Digestive Discomfort.
- Decrease Blood Pressure.
- Fight Food Poisoning.
- Improve Cholesterol Levels.
- Help Urinary Tract Infections.
- Support Healthy Menstrual Function.
- May Prevent Neurological Inflammation & Disease.

Main Coriander Origins and Season:

India

Bulgaria, Romania, Ukraine





# Cinnamon

**BOTANICAL NAME: CINNAMOMUM VERUM**

Description: is a spice obtained from the inner bark of several tree species. Cinnamon is used in both sweet and savoury foods. The term "cinnamon" also refers to its mid-brown colour. **Cinnamomum verum** is sometimes considered to be "**true cinnamon**", but most cinnamon in international commerce is derived from related species, also referred to as "**cassia**" to distinguish them from "true cinnamon".

Whole Cinnamon Sticks: Grades: MG1, MG2, Asta, TGEB

Fine Ground Cinnamon:

Applications:

Cinnamon bark is used as a [spice](#). It is principally employed in cookery as a condiment and flavouring material.

It is also used in many dessert recipes, such as apple pie, doughnuts, and cinnamon buns, as well as spicy candies, coffee, tea, hot cocoa, and liqueurs. In the Middle East, cinnamon is often used in savoury dishes of chicken and lamb

In the United States, cinnamon and sugar are often used to flavour cereals, bread-based dishes, such as toast, and fruits, especially apples; a cinnamon-sugar mixture is even sold separately for such purposes. It is also used in Turkish cuisine for both sweet and savoury dishes. Cinnamon can also be used in pickling. Cinnamon powder has long been an important spice in enhancing the flavour of Persian cuisine, used in a variety of thick soups, drinks, and sweets.

Main Cinnamon Origins and Season: Available throughout the year. Mainly Srilankan.



# Cassia

## BOTANICAL NAME: CINNAMOMUM CASSIA

Description: This evergreen tree is native to China and Burma and is commonly known as Chinese Cinnamon. Its bark is actually used to flavor food and beverages, just like original Cinnamon. The essential oil of Cassia is derived by steam distillation of its leaves and twigs. Bark is also used sometimes to extract the oil. Cassia cinnamon is a type of cinnamon prepared from the dried inner bark of an evergreen tree that grows in areas of south eastern Asia. Most common cinnamon sold in North America is cassia.



Whole Cinnamon Sticks: Grades:

Fine Ground Cinnamon:

Medicinal Applications: People take Cassia cinnamon by mouth for diabetes, gas (flatulence), muscle and stomach spasms, preventing nausea and vomiting, diarrhoea, infections, the common cold, and loss of appetite.



Main Cinnamon Origins and Season:

Vietnam				APR	MAY	JUN		AUG	SEP	OCT		
Indonesia	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
China				APR	MAY	JUN						

# Fenugreek

**BOTANICAL NAME: TRIGONELLA FOENUM GRAECUM**

**FAMILY : FABACEAE**

- Whole Fenugreek Seeds:

Fine Ground Fenugreek:

Applications:

- Fenugreek is used as an herb (dried or fresh leaves), spice (seeds), and vegetable
- The yellow- to amber-colored fenugreek seeds are frequently encountered in the cuisines of the Indian subcontinent, used both whole and powdered in the preparation of pickles, vegetable dishes, and spice mixes.
- They are often roasted to reduce bitterness and enhance flavour.

Main Cinnamon Origins and Season: Indian – March to May



# Fennel

**BOTANICAL NAME: FOENICULUM VULGARE**

- Description: Fennel yields both a herb and a spice. All plant parts are edible: roots, stalks and leaves, with the spice coming from the dried seeds. A native to the Mediterranean, it is an ancient and common plant known to the ancient Greeks and spread throughout Europe by Imperial Rome.
- Whole Fennel Seeds:  
Fine Ground Fennel Powder:

Applications: Fennel seeds are the primary flavor component in Italian sausage.

Fennel has long been used as a remedy for flatulence and indigestion in traditional medicines. Fennel seed decoction or added as spice in food has been found to increase breast milk secretion in nursing mothers. Fennel water often is used in newborn babies to relieve colic pain and help aid digestion.

Main Cinnamon Origins and Season: India – March to May



# Mace

**BOTANICAL NAME : MYRISTICA FRAGRANS**  
**FAMILY : N.O. MYRISTICACEAE**

- Description: Mace goes back to Greek word 'makir', which was used to denote an oriental whether this was identical to mace.
- Whole Mace:
- Grades: MG1, MG2, Asta, TGEb



Fine Ground Mace Powder:

## Benefits

- Applications: Mace is used to flavour milk-based sauces and is widely used in processed meats.
- It is also added sparingly to delicate soups and sauces with fish or seafood



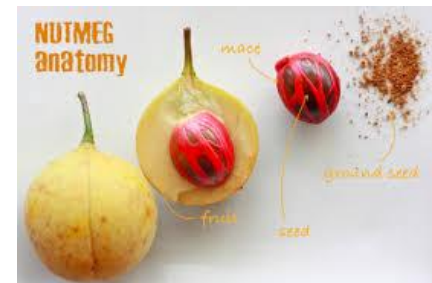
Main Mace Origins and Season:

India					MAY	JUN	JUL	AUG				
Indonesia	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Sri Lanka		FEB	MAR	APR	MAY							

# Nutmeg

**BOTANICAL NAME : MYRISTICA FRAGRANS**  
**FAMILY : N.O. MYRISTICACEAE**

- Description : Nutmeg is the seed of an apricot-like fruit of the nutmeg tree and mace is its arillus, a thin leathery tissue between the stone and the pulp. Name of nutmeg derives from Latin nux muscatus "musky nut".
- Whole Nutmeg: Grades: ABCD, BWP  
Fine Ground Nutmeg Powder:
- Applications: Culinary : Nutmeg is usually associated with sweet, spicy dishes — Pies, Puddings, Custards, cookies and spice cakes.
- The combination of spinach with nutmeg is somewhat a classic, especially for Italian stuffed noodles.
- In Grenada, it's omnipresent, the locals even eating nutmeg-flavoured ice cream!
- Nutmeg is an optional ingredient in a famous Caribbean spice paste, Jamaican jerk.
- Used in perfumery, shampoos and soaps



## Medicinal Benefits:

Used in small dosages nutmeg can aid digestion, improve the appetite and treat diarrhea, vomiting and nausea.

## Main Nutmeg Origins and Season:

India					MAY	JUN	JUL	AUG				
Indonesia	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Sri Lanka		FEB	MAR	APR	MAY							

# Turmeric

## BOTANICAL NAME: CURCUMA LONGA

- Description: Also known as the Indian Saffron. Curcumin, composing 3% of Turmeric, is the herbs most biologically active phytochemical compound. India(largest producer supplying 94% of world demand MFT- 300,000MT & AFT-6000MT), Myanmar(2<sup>nd</sup> largest producer 25000MT), Bangladesh, Taiwan and China
- Grades: Turmeric Fingers:
- Alleppey
  - This is from Kerela and is a deep yellow colour with a high pigment content (3.5% to 5.5% volatile oils, and 4.0% to 7.0% curcumin). This is popular in the US. Used as a Spice and Food colorant(Mustard Seasonings)
- Madras
  - This is from Tamil Nadu with a brighter and lighter yellow color, better suited for the mustard paste and curry powder or paste used in oriental dishes with a lower pigment content (2% of volatile oils and 2% of curcumin). This is popular in the UK. It is interesting to note that in the United States, turmeric is considered as a spice by the food industry, whereas it is classified as a food colorant by the FDA



Fine Ground Turmeric Powder:

Benefits: Traditional remedy that has been used as a digestive medicine and an antiseptic.

Applications: Condiment, Flavoring, Medicinal, Cosmetics

Main Turmeric Origins and Season:

Pakistan			MAR	APR	MAY								
India	JAN	FEB	MAR	APR	MAY								
China											OCT	NOV	DEC

# Star Anise

**BOTANICAL NAME: ILLICIUM VERUM**

:

Description:

- Whole Star Anise:
- Grades:



Fine Ground Star Anise Powder:

Applications:

Star anise contains anethole. the same ingredient that gives the unrelated anise its flavor. Recently, star anise has come into use in the West as a less expensive substitute for anise in baking, as well as in liquor production

Star anise enhances the flavour of meat.

It is used as a spice in preparation of biryani and masala chai all over the Indian subcontinent

It is widely used in Chinese cuisine, and in Indian cuisine where it is a major component of garam masala, and in Malay and Indonesian cuisines



Main Star Anise Origins and Season:

China		FEB	MAR	APR			JUL	AUG	SEP			
Vietnam			MAR	APR	MAY			AUG	SEP	OCT		
India								AUG	SEP	OCT		





# Onion

BOTANICAL NAME: ALLIUM CEPA



Whole Onion



Onion Kibbled / Flakes



Chopped Onion



Fine Ground Onion Powder

# Garlic

BOTANICAL NAME: ALLIUM SATIVUM



Whole Garlic



Chopped Garlic



Fine Ground Garlic Powder

# Vanilla

BOTANICAL NAME: VANILLA PLANIFOLIA



Vanilla Beans & Vanilla Extract  
India, Indonesia, Madagascar

# Coffee

BOTANICAL NAME: COFFEA



Coffee Beans – Arabica/ Robusta/Roasted/ Filter  
India, Vietnam

# Nuts & Dried Fruits



Almonds  
(All origins)



Cashews  
(All origins)



Desiccated Coconut –  
Low /Medium/High Fat/Virgin Coconut Oil,  
Coconut Milk & Coconut Powder



Dates  
(All origins)

# Sesame

BOTANICAL NAME: SESAMUM INDICUM  
NIGERIAN – NOVEMBER/ DECEMBER



White Sesame Seeds



Hulled White Sesame Seeds



Black Sesame Seeds

# Dehydrated Vegetables



Dehydrated Curry Leaves



Dehydrated Green Pepper



Dehydrated Mint Leaf



Dehydrated Spinach Leaves



Dehydrated Coriander Leaves

# Other Food Ingredients



Tamarind



Oleo-resins & Essential Oils



Herbs, Seasonings, Curry Powders & Blends



Natural Flavours



Natural Colours



# Other Services



*Thank  
you*

