

# Cumin (Jeera)

Scientific name → Cuminum cuminum

Family → Apiaceae

Parts used → Fruit

Morphological characters →

ix/conditions →

- i) It is an annual herbaceous plant with a slender, glabrous, branched stem.
- ii) Leaves are long, pinnate with thread like leaflets.
- iii) Flowers are small, white or pink.
- iv) Inflorescence is umbel.
- v) Fruit is ovoid, achene, long containing 2 mericarps with a single seed.
- vi) seeds have 8 ridges with oil canals.

uses →

- i) It is an important ingredient in curries.
- ii) It is also used as a flavouring in biscuits, cakes and bread.
- iii) It helps in improving the digestive system.  
v) The seed contains about 2.5% essential oil. It is used in perfumery & for flavouring beverages.

## Fennel (Mowli)

Scientific name → Foeniculum vulgare

Family → Apiaceae

Parts used → Leaf, twig, fruit

Morphological characters →

- i) It is a perennial herb.
- ii) Leaves are long, finely dissected.
- iii) Inflorescence is compound umbel.
- iv) Flower is small, yellow or short pedicel.
- v) Fruit is schizocarpic, long, grooved.
- vi) Seed is attached to the pericarp.

uses →

- i) It is a rich source of vitamin c <sup>which</sup> ~~and~~ improves immune system.
- ii) It prevents anemia.
- iii) It is extensively used in antacid preparations.
- iv) It regulates blood pressure.
- v) It is helpful in curing diarrhea.

## Saffron (Kesar)

Scientific name → Crocus sativus

Family → Iridaceae.

Parts used → stigma.

Morphological characters →

- i> It is a perennial plant.
- ii> Leaves are stemless, sheathed, dark green, longitudinal white line in the middle.
- iii> Flower is solitary, terminal, purplish, consists of 6 petals, 3 stamens and 1 style ending in three red orange stigmas.
- iv> It is a triploid plant, so it is a sterile plant, does not produce fruit.
- v> The plant reproduces by bulbs.

uses →

- i> It ~~is~~ ~~proven~~ prevent cancer.
- ii> It fights against Asthma and cough cold, depression, insomnia
- iii> It improves lung function.
- iv> It is a powerful antioxidant.
- v> It is the most expensive spice in the world.