



PLANT FACT SHEET

Cinnamomum verum J. S. Presl.

GENUS *Cinnamomum* **FAMILY** Lauraceae

COMMON NAMES Cinnamon

EDIBLE PARTS AND USES

Edible parts: Bark, Spice, Leaves

The bark is used raw and cooked as a spice.

It is used with puddings and desserts as well as with stews, poultry, pickles and soups.

The leaves are used for food flavouring.

The bark and leaves yield an essential oil also used similarly for flavouring.

DESCRIPTION

A large tree. It grows 10-20 m high. It keeps its leaves during the year. The trunk can be 30-60 cm across. The bark is dark brown. The young branches can be four sided. The leaves are usually opposite. The leaf blade is oval and 11-16 cm long by 4.5-5.5 cm wide. The young leaves are red but change to pale green. They later become dark green and glossy on top but whitish underneath. The flowers are pale yellow and small. The fruit are red but turn black when mature. They are 10-15 mm long.

HABITAT

A tropical plant. It grows in wet tropical forests. It grows up to 2000 m altitude in India. It needs adequate rainfall.

PRODUCTION

Cultivation

Plants are usually grown from seed.

Harvesting and Seed Production

The bark is rolled into lengths about 8 cm long. The layers are paper thin. Lengths 1 m long can be used. These are ground into a pale brown powder.

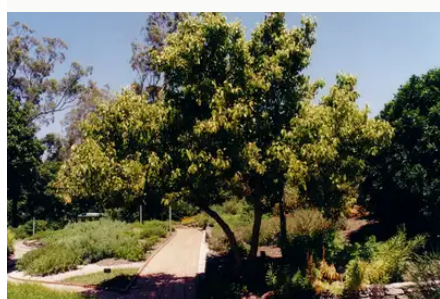
NOTES

There are about 250 *Cinnamomum* species.

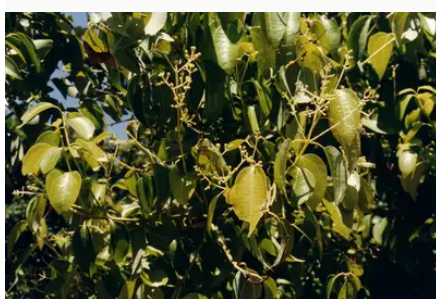
PICTURES



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