PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Canella winterana (L.) Gaertn.

GENUS *Canella* **FAMILY** Canellaceae

COMMON NAMES White cinnamon, White caneel

EDIBLE PARTS AND USES

Edible parts: Bark - spice, Leaves - spice

The bark is used as a spice. It has the smell of cinnamon and cloves. It is also used to flavour liqueur.
The leaves are also used as a spice.
Caution: The bark is also used to procure abortions.

DESCRIPTION

A small tree. It grows 15 m tall. The crown is dense. The leaves are oval or spoon shaped. They are simple and dark green. They are 10 cm long by 4 cm wide and are glossy. They have an aroma. The flowers are in tight clusters at the ends of branches. The flowers have an aroma. They are purple, violet or red. The fruit is a berry 1 cm across. They are bright red and become purple as they ripen.

HABITAT

It is a tropical plant. It is native to the West Indies and Florida. It grows in thickets on dry coastal limestone. It can tolerate drought and some salt. It grows in hardiness zones 9-12.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

It is slow growing. The bark is sold rolled in tubes.

NOTES

There are 1 or 2 Canella species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3b6ea123-f8ae-44ec-8a3a-7b56e018d34f