PLANT FACT SHEET

Trachyspermum ammi (L.) Sprague ex Turrell

GENUS *Trachyspermum* **FAMILY** Apiaceae

COMMON NAMES Ajowan, Caraway, Lovage

EDIBLE PARTS AND USES

Edible parts: Fruit-oil as spice, Spice, Leaves - tea

The fruit yield oil and are used as a spice.
It has a thyme-like flavour. It is used in curries, bean dishes and biscuits.
The seed is tiny and pungent. It looks like celery seed but the flavour is like thyme.
The seeds are used in lentil dishes, bread and pickles.

DESCRIPTION

A herb. It grows to 50 cm high. It is like caraway but the fruit are more rounded. It looks like parsley when growing. The leaves have stalks. Leaves are divided 2 or 3 times. The last segment is long and narrow. The flowers are white. They are in compound flat topped arrangements. The seeds form in umbrella shaped clusters. The seeds are small and tear shaped. They are light brown. There are some named cultivated varieties.

HABITAT

It is a temperate to tropical plant. In Nepal plants grow to 1500 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed. The seeds are ready to harvest when the flower heads turn brown. The plants are pulled up and dried in the sun. They are then rubbed to separate the seeds.

NOTES

It has medicinal properties due to the thymol helping diarrhoea etc.

PICTURES



Credit: Food Plants International (Bruce French)



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