PLANT FACT SHEET

Cinnamomum tamala (Buch.-Ham.) Nees & Eberm.

GENUS *Cinnamomum* **FAMILY** Lauraceae

COMMON NAMES Indian cassia, Cassia leaves, Indian bark

EDIBLE PARTS AND USES

Edible parts: Leaves, Bark, Spice

The bark and leaves are dried and used as spices in curries. They are also added to tea for flavour.
The leaves are used as a substitute for Betel leaf and bay leaf.

DESCRIPTION

A tree. It grows to 15 m high. The bark is dark brown and wrinkled. The leaves are rounded at the base and taper to a tip. Leaves are 7.5-20 cm long by 3.5-6.5 cm wide. They are oval and long pointed. They are shiny above and pink when young. The flowers are yellow and hairy. The fruit are 1 cm long. They are fleshy with a stone inside. They are black when ripe.

HABITAT

A tropical and subtropical plant. It grows in Nepal between 500-2000 m altitude. It grows on moist slopes of forested land. In India it grows between 800-1,600 m altitude usually in deep valleys. In Yunnan.

PRODUCTION

Cultivation

Plants are grown by seed or shoot cuttings. Fresh seed are soaked in water overnight before sowing. Shoot cuttings 15-20 cm long can be used. Using rooting hormone helps. Seedlings can be transplanted after 1 year. Trees last 70-80 years. Leaves can be collected after 5-10 years.

NOTES

There are about 250 Cinnamomum species. The dried bark is used in medicine.

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