



PLANT FACT SHEET

Carum carvi L.

GENUS *Carum* FAMILY Apiaceae

COMMON NAMES Caraway

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Roots, Stems, Herb, Spice

The seeds are used to flavour cakes, bread and biscuits. They can also be used in vegetable dishes, pickles and coleslaw. They have a licorice flavour. They are used to flavour various alcoholic drinks. Caution: Alcohol is a cause of cancer.

The young leaves are used to flavour soups, meats, cheese and salads. The tender leaves and shoots are cooked as a vegetable.

The young roots can be cooked and eaten.

DESCRIPTION

A herb. The plant takes two years to grow then flower. It is an erect herb. It grows about 40 cm high. The root is thick, long and tapering like a carrot. It has a pale colour. The leaves are twice divided. The upper leaves are smaller and less divided. The leaves are pale green. The flowers are white. The fruit are oblong and narrow. They usually have distinct ribs. These dark brown fruit are 5-6 mm long. Caraway is more curved and darker in colour than cumin.

HABITAT

A temperate plant. A hardy plant. It needs a sunny, sheltered position. In Hobart Botanical gardens. It grows in Nepal from 2500-4500 m altitude. It suits hardiness zones 3-10. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is grown from seed. It does not transplant well.

Harvesting and Seed Production

It is harvested in the very early morning before seed heads shatter. Complete seed heads are stored for 10 days to dry out before threshing.

NOTES

There are 30 *Carum* species.

PICTURES



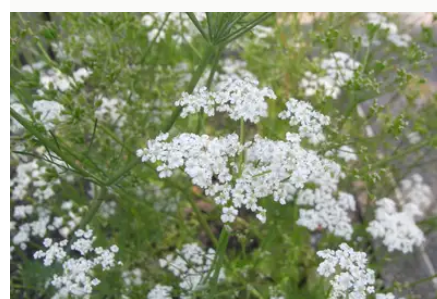
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