

...the Largest Circulating Daily of the Islands

# Daily Telegrams...

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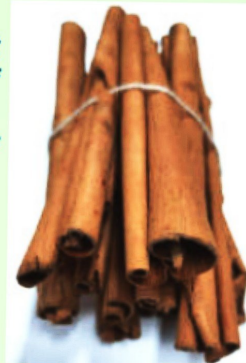
Port Blair, Sunday, January 02, 2022

Web: dt.andaman.gov.in

## **Farmers' Corner- A Knowledge Hub**

### **Resolving the mystery of Cinnamon**

Cinnamon or daalchini is one of the oldest known spices to the mankind. This spice has been adored for its vast applications in flavouring and pharmaceuticals. It is one of those spices which have traditionally been employed in the preparation of various formulations in Indian Systems of Medicine. It is also a component of decoctions/ kadha recommended for boosting the immunity during pandemic times by practitioners around the world. However, health benefits of this spice could be availed only when the right material is used. The true cinnamon, also known as Ceylon cinnamon is obtained from the inner bark of botanical species



*Cinnamomum verum*. This spice is generally obtained after scrapping out the outer rough bark and careful peeling of inner bark, followed by hygienic drying. Good quality true cinnamon is light brown coloured produce which melts in the mouth leaving sweetish aromatic flavour. It should not be thicker than a thick paper, so it is easily breakable and is generally available in rolled form (quills). The spice is quite costly and hence is used in flavouring high value products. In contrast, most of the produce sold in the Indian markets possesses outer rough bark, is dark brown, thicker, difficult to break and pungent in taste. Most of this produce is not the real cinnamon but is actually the bark of Chinese cinnamon or cassia. Yes, so most of us who are regularly buying such produce in the name of true cinnamon could be actually buying cassia. Chinese cinnamon is known to contain higher quantities of coumarins, which are known to have health hazards and hence should be restricted in use. Planting material of superior varieties of true cinnamon can be obtained from Horticultural Plants Propagation Unit of ICAR-CIARI, Port Blair.

**Benefit: Considering the availability of suitable agro-climatic conditions in the islands and good quality of produce, cinnamon cultivation could be promoted in open as well as intercrop in the existing coconut and arecanut gardens. .**

Contact person with Name, Designation, e-mail and phone no , Dr. Ajit Arun Waman, Scientist (SPMA), Division of Horticulture and Forestry, ICAR-CIARI, Port Blair. Email: [ajit.arun@icar.gov.in](mailto:ajit.arun@icar.gov.in), Phone: 9933263441