

CINNAMOMUM VERUM



Cinnamomum verum, also known as true or Ceylon cinnamon, is an evergreen tree in the Laurel family whose aromatic inner bark is used as a spice. It can grow up to 10-15 meters tall and has fragrant, oval leaves and small, purple fruits.



It prefers hot, humid climates and well-drained soil, and is native to Sri Lanka, India, and Myanmar.

Cultivation and Uses

- Leaves: Dark green, oval-rectangular, distinctly veined, may be reddish when young.
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- Flowers: Greenish, small, blooming in clusters.
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- Fruit: Purple, small, single-seeded, and favored by birds.



- Most cinnamon on the market comes from the cassia (Chinese cinnamon) variety, which is easier to grow and has a stronger flavor; however, Cinnamomum verum (Ceylon cinnamon) is considered the highest quality and most authentic type of cinnamon.