



## Jaiphal (Nutmeg)



The nutmeg tree is a large evergreen native to the Moluccas (the Spice Islands) and is now cultivated in the West Indies. It produces two spices — mace and nutmeg. Nutmeg is the seed kernel inside the fruit and mace is the lacy covering (aril) on the kernel. The Arabs were the exclusive importers of the spice to Europe up until 1512, when Vasco de Gama reached the Moluccas and claimed the islands for Portugal. To preserve their new monopoly, the Portuguese (and from 1602, the Dutch) restricted the trees to the islands of Banda and Amboina. The Dutch were especially cautious, since the part of the fruit used as a spice is also the seed, so that anyone with the spice could propagate it. To protect against this, the Dutch bathed the seeds in lime, which would prevent them from growing. This plan was thwarted however, by fruit pigeons who carried the fruit to other islands, before it was harvested, scattering the seeds. The Dutch sent out search and destroy crews to control the spread and when there was an abundant harvest, they even burned nutmeg to keep its supply under control. Despite these precautions, the French, led by Pierre Poivre (Peter Piper) smuggled nutmeg seeds and clove seedlings to start a plantation on the island of Mauritius, off the east coast of Africa, near Madagascar. In 1796 the British took over the Moluccas and spread the cultivation to other East Indian islands and then to the Caribbean. Nutmeg was so successful in Grenada it now calls itself the Nutmeg Island, designing its flag in the green, yellow and red colours of nutmeg and including a graphic image of nutmeg in one corner. Nutmeg has long been lauded as possessing or imparting magical powers. A sixteenth century monk is on record as advising young men to carry vials of nutmeg oil and at the appropriate time, to anoint their genitals for virility that would see them through several days. Tucking a nutmeg into the left armpit before attending a social event was believed to attract admirers. Nutmegs were often used as amulets to protect against a wide variety of dangers and evils; from boils to rheumatism to broken bones and other misfortunes. In the Middle Ages carved wooden imitations were even sold in the streets. People carried nutmegs everywhere and many wore little graters made of silver, ivory or wood, often with a compartment for the nuts.

Nutmeg is not a nut and does not pose a risk to people with nut allergies. Allergy to nutmeg does occur, but seems to be rather rare.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

## Spice Description

The nutmeg seed is encased in a mottled yellow, edible fruit, the approximate size and shape of a small peach. The fruit splits in half to reveal a net-like, bright red covering over the seed. This is the aril which is collected, dried and sold as mace. Under the aril is a dark shiny nut-like pit, and inside that is the oval shaped seed which is the nutmeg. Nutmegs are usually sold without the mace or hard shell. They are oval, about 25 mm (1 in) in length, lightly wrinkled and dark brown on the outside, lighter brown on the inside. Nutmeg is sold whole or ground, and is labeled as 'East Indian' or 'West Indian' indicating its source. Whole nutmeg may be coated with lime to protect against insects and fungus, though this practice is giving way to other forms of fumigation.

Bouquet: sweet, aromatic and nutty

Flavour: Nutty, warm and slightly sweet

## Plant Description

A large tropical evergreen growing on average to 12 m (40 ft) and reaching as high as 20 m (66 ft). The bark is a dark grey-green which produces a yellow juice which oxidizes to red. It is thickly branched with dense foliage with tough, dark green, oval leaves about 10 cm (4 in) long. The trees are dioecious, meaning it has separate male and female plants, both being required for fertilization. It has small, light yellow bell-shaped flowers. The pale yellow fruit is a drupe, grooved like an apricot, splitting along the groove when ripe to expel the seed.

It prefers the rich volcanic soils and hot, humid conditions of the tropics. Nutmegs are propagated by seeds in nursery beds and after about six months they are transplanted to the plantation. It takes five years for the trees to flower, so that the sex can be determined and the males can be thinned out, leaving the optimum situation of one male for every ten females. Full bearing occurs after 15 years and the trees continue to bear fruit for about fifty years. A single mature tree produces up to 2,000 nutmegs per year. The fruit is often collected with a long pole with a basket attached (resembling a lacrosse stick), to pick the fruit from these trees. In Indonesia this is called a gai gai. When the fruit is harvested the seed is removed, then the mace from the seed. The mace is flattened between boards and the seeds dried until they rattle, when they are shelled.

## Other Names

French: noix muscade

German: Muskatnuss

Italian: noce moscata

Spanish: nuez moscada

Chinese: taukau

Indian: jaiphal(l), jaiphul, taiphal, taipmal

Indonesian: pala

Malay: buah pala

Thai: jathikkai

## Culinary Uses

Nutmeg is usually associated with sweet, spicy dishes — pies, puddings, custards, cookies and spice cakes. It combines well with many cheeses, and is included in soufflés and cheese sauces. In soups it works with tomatoes, slit pea, chicken or black beans. It complements egg dishes and vegetables like cabbage, spinach, broccoli, beans, onions and eggplant. It flavours Italian mortadella sausages, Scottish haggis and Middle Eastern lamb dishes. It is often included as part of the Moroccan spice blend ras el hanout. It is indispensable to eggnog and numerous mulled wines and punches.

One whole nutmeg grated equals 2 to 3 teaspoons of ground nutmeg.

## History of Nutmeg Spice

Nutmeg was introduced to Europe by the Arab traders before the turn of the seventh century. In 12th century Europe, nutmeg was laid in piles and burned to fumigate the streets when some important personage was expected to pay the city a visit.

Nutmeg was of prime importance during the era of spice trade and colonialism in the 16th century. Moluccan nutmeg trade first came under the control of the Portuguese, who had to later relinquish it to the Dutch. When the West Indies region came under the British rule in the nineteenth century, nutmeg trees were planted in Trinidad and Grenada.

Poppy seeds are also known to yield thiamine, riboflavin and nicotinic acid considerably, however with conscious absence of carotene. Presence of small quantities of minerals such as iodine, manganese, copper, magnesium and zinc can also be witnessed. The seeds also contain lecithin (2.80 %), oxalic acid (1.62 %), pentosans (3.0 to 3.6 %), traces of narcotine and an amorphous alkaloid and the enzymes diastase, emulsin, lipase and nuclease. Poppy seeds possess a high protein content, the major component being a globulin, which accounts for 55 % of the total nitrogen.

#### Attributed Medicinal Properties

Western poppy syrup is an anodyne and expectorant. Eastern poppy is an anodyne and narcotic. Cough mixtures and syrups are also made from this variety, which is further used as a poultice with chamomile. An infusion of seeds is said to help ear and tooth ache. The seeds have appetising qualities. The use and dangers of poppy plant derivatives, such as morphine, heroin and codeine, are well known. In the Middle Ages an anaesthetic was produced called 'the soporific sponge', an infusion made of poppy, mandrake, hemlock and ivy that was poured over a sponge and held under the patient's nostrils.

#### Health effects

Poppy seeds are highly nutritious, and less allergenic than many other seeds and nuts. Allergy (type 1 hypersensitivity) to poppy seeds is very rare, but has been reported and can cause anaphylaxis.

Poppy seeds are a potential source of anti-cancer drugs.]

#### Nutrition Facts

| Nutrient      | Nutritional Value |
|---------------|-------------------|
| Calories      | 45.9              |
| Calcium       | 126 mg            |
| Protein       | 1.6 mg            |
| Potassium     | 62.9 mg           |
| Magnesium     | 30.4 mg           |
| Phosphorous   | 76.1 mg           |
| Sodium        | 2.3 mg            |
| Carbohydrates | 2.5 g             |

#### Preparation and Storage

Poppy seed is very hard to grind. If you do not have a special poppy seed grinder, first lightly roast the seeds and use a pestle and mortar. They can be used either whole or crushed in cooking and bakery. When using them with uncooked food, such as salads, roast them lightly first, as this strengthens their flavour and aroma. When poppy seeds are used for pastries, they are covered with boiling water and allowed to stand for one to three hours before grinding.

#### Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.



## Packaging

We also provide reliable packaging of the Khus Khus Poppy seed and other Khus Khus Poppy seed products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of Khus Khus Poppy seed and Khus Khus Poppy seed products which includes green Khus Khus Poppy seed powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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