

Did You Know?



Fenugreek – *Trigonella foenum-graecum*

- Is an annual in the Fabaceae family, also known as the legume or pea family
- The history of this herb includes carbon dated charred seeds from 4000 B.C and written records in Egypt from 1500 B.C. They were also found in the tomb of King Tutankhamum.
- Many cultures have used leaves and seeds for flavor, nutrition, and medicinal purposes.
- The leaves are used both fresh and dried and the golden seeds are used whole, crushed or ground into a powder. The sprouts are also eaten. This plant is used both for seasoning as well as a vegetable.
- The leaves and seeds are popular ingredients in curries of the Middle East, such as in Pakistan and India. The ancient Greeks, Romans and Egyptians consumed this plant too.
- The seeds can be used for pickling, as well as seasoning blends like curry and rubs for vegetables and meats, and in bake goods. The flavor is both sweet and bitter.
- Fenugreek has a long history of medicinal uses ranging from treatment of digestive issues, diabetes, constipation, induction of labor, stimulation of milk production, dysmenorrhea, to high cholesterol, cancer and more.
- Leaves have been used as a poultice to reduce pain, inflammation and swelling.
- Extracts from the seeds are used for medicinal purposes as well as in cosmetics and soaps.
- Fenugreek extract can also be used in making candy, syrups, puddings, beverages and ice cream due to the sweet maple-like flavor.
- Fenugreek has been used as a flavoring in imitation maple syrup.
- People allergic to other plants in the Fabinaceae family (peanuts, soybeans and green peas), may also be allergic to Fenugreek.
- The sweet maple-like flavor has also been used to mask the taste of medications.