

Did You Know?



Black Cumin *Nigella sativa*

- This delicate flower, which resembles the ornamental flower Love-in-a-Mist (*Nigella damascena*), is grown for its seeds.
- This annual flower is in the Ranunculus family with a delicate, white flower with light blue veins. The small triangular, jet-black seeds are the part of the plant used for flavor and medicine.
- Grows in sunny locations with loamy soil.
- Harvest the seed from dried pods which have turned tan.
- Common names include: fennel flower, nutmeg flower, Roman coriander, kalonjia, chamushka, black onion, and black caraway (but could be mistaken for *Benium bulbocastanum* which also goes by black caraway)
- Used in the Middle East, India and western Asia in vegetable dishes, salads, legumes and breads as well as in spice blends such as Bengali five spice, curries, masalas and kormas.
- Has a history of culinary and medicinal use dating back to ancient Egyptian culture.
- The flavor is described as a mild onion and nutty with notes of a pepper and oregano combination.
- Lightly toast the seeds to bring out the most flavor.