

# DID YOU KNOW...



## CARAWAY

*Carum Carvi*

Caraway is a biennial and related to dill, cumin, fennel and anise which also produce aromatic fruits, commonly called seeds.

The common name seems to come from the Arabic name for the seed karawya.

The “seeds” are actually half of the caraway fruit, which splits down the middle and strongly resemble cumin seeds.

Caraway has been used for 5000 years, dating back to Stone-Age lake dwellers in Switzerland. It is perhaps the oldest spice native to Europe.

Caraway has been used historically to aid digestive disorders.

Love potions included caraway as the ingredient that kept couples faithful.

Caraway flavors sausage, sauerkraut, soups and stews, cheeses, breads and cakes.

Seeds coated with sugar are used for comfits and to decorate cakes and cookies.

Kummel is a caraway-flavored liqueur.

For more information on Caraway, see: <http://herbsociety.org/factsheets/caraway.pdf>

