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CINNAMON

It is made from the bark of the cassia tree and is a common ingredient in apple pies. Toast, cookies, candies, and fruit salads taste great with cinnamon powder.



CLOVE

It can be added to rice to increase its aroma. It can also be used in baked ham, breads, cakes, and in mulled wine.



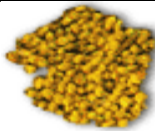
NUTMEG

It is made from the seeds of Myristica. The aroma of nutmeg livens up vegetables, sauces, cheese dishes, and soups. It can also be used to make a delicious jam.



CUMIN

It belongs to the parsley family and is the seed of the Cumin tree. It is suited to almost any cuisine in the world.



CORIANDER

It is made from the seeds of Corianderum tree. It can be used as salad dressings and a sweet spice to go with apples, cauliflower, cabbage, or in Indian curries.

