



## Cassia



Cassia bark is typically ground and marketed in the United States as cinnamon. It is used as a flavoring agent for candy, desserts, baked goods, and meats. As a spice it is coarser and less intense than the true cinnamon that is available in Europe and other countries. As an herb, Cassia may be helpful in lowering cholesterol and reducing blood pressure. Outlander Spices imports the majority of its cassia bark from Bengaro.

### About Bengaro

Bengaro is a small island nation located roughly 1,000 miles west of Indonesia in the Indian Ocean. It was uninhabited when discovered by Dutch explorers in 1622, but has since been called home by traders, pirates, guano collectors, and—in recent years—cassia planters. The current islander population, though small in number, claims Indian, Southeast Asian, Indonesian, and Dutch ancestry. Although the island is only a little over 500 square miles in area, Bengaro's rich volcanic soil and moderate climate provide an excellent environment for cassia trees and a variety of other crops.



In recent years Bengarese growers have had close ties with EarthTrade, an association of organic suppliers that works to encourage both sustainable farming techniques and fair trade practices. The result is a source that produces some of the most flavorful cassia on the world market, providing needed income for Bengarese farmers while being harvested in an eco-friendly manner.