



The Spice Is Nice

••• Trivia •••

1. This spice is relative of ginger and is rich in antioxidants. In Ayurvedic practices, it has many medicinal properties, and it is also used as an antibacterial agent.
 - a. Saffron
 - b. Nigella
 - c. Turmeric
 - d. Fenugreek
2. Along with saffron and cardamom, this is one of the most expensive spices in the world. Native to Mexico, it is also grown in the Indian states of Kerala, Karnataka and Tamil Nadu.
 - a. Vanilla
 - b. Asafoetida
 - c. Coriander
 - d. Dill seeds
3. Which spice is used as a digestive tonic, an appetite stimulant, and a treatment for nausea? Research has also confirmed this spice's anti-inflammatory properties.
 - a. Cumin
 - b. Cloves
 - c. Ginger
 - d. Black Pepper
4. This popular spice is native to Sri Lanka and its plant must grow for 2 years before the spice can be harvested. It counteracts congestion, aids circulation and may be useful in the treatment of type 2 diabetes.
 - a. Cardamom
 - b. Cinnamon
 - c. Nutmeg
 - d. Ginger
5. This spice, although synonymous with modern Indian cooking, was first introduced to the subcontinent by Portuguese traders in the 16th century. Its active ingredient, capsaicin, is an ingredient in many topical skin preparations used to relieve pain.
 - a. Cumin
 - b. Curry leaf
 - c. Asafoetida
 - d. Chili powder
6. Which spice is a natural diuretic, helping the body to detoxify? All parts of this plant – the leaves, the fruit (seeds) and the roots are edible.
 - a. Fennel
 - b. Coriander
 - c. Aniseed
 - d. Fenugreek



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7. The green variety of this spice is commonly used in South Asian to treat infections in teeth and gums. The black variety is an important ingredient in traditional Chinese medicine.
 - a. Cardamom
 - b. Dill
 - c. Bay Leaf
 - d. Tarragon

8. India is the world's largest producer of this pungent spice. Its extract is used as a flavouring agent in imitation maple syrup. It is also used to increase milk supply in lactating women.
 - a. Saffron
 - b. Cumin
 - c. Fenugreek
 - d. Tamarind

9. This fruit, the pulp of which is widely-used in savory Indian dishes, grows on tall trees which can reach a height of 40-60 feet (12.1 to 18.3 meters). In Buddhist temples, the pulp is used to polish brass shrine furniture.
 - a. Garlic
 - b. Vanilla
 - c. Hyssop
 - d. Tamarind

10. This spice is the second most popular spice in the world (after black pepper) and has been used since ancient times. The plant is easy to grow in any herb garden and its flowers are typically white or pink.
 - a. Cinnamon
 - b. Cumin
 - c. Cardamom
 - d. Clove

Answers

1. Turmeric
2. Vanilla
3. Ginger
4. Cinnamon
5. Chili Powder
6. Coriander
7. Cardamom
8. Fenugreek
9. Tamarind
10. Cumin