

Cardamom Essential oil Guatemala

Elettaria cardamomum L. Maton



Spicy
Woody



Botanical family : Zingiberaceae
Method of culture : Conventional
Part harvested : Fruits

CAS TSCA : 8000-66-6
INCI : Elettaria cardamomum seed oil

Specifications

Method for obtaining : Steam distillation

Appearance : Almost colourless to pale yellow liquid

Constituents : Alpha-terpinyl acetate, cineole-1,8, Linalyl acetate

Harvest period

J F M A M J J A S O N D



Native to the tropical forests of India, cardamom is a perennial herbaceous plant with thick rhizomes. The reed-like stems are formed of long, overlapping leaf sheaths. The mature fruit is a capsule-like pod that protects some twenty small, black, aromatic seeds. Cardamom is a very old spice, one used since ancient times to flavor and purify dishes. It was considered the “queen of spices” due of its delicious aroma and high market value. In India and Pakistan, it was used to communicate with the gods: The capsules were burned as incense, along with sandalwood and cascarilla, during religious rites. The fragrance of essential oil has two characteristic facets: the freshness of citrus notes and the warmth of spicy notes.

The “queen of spices” grows alongside black pepper, both from the Kerala region and the Malabar Coast. Cardamom, long a wild plant, is now cultivated in India and Guatemala. A cardamom plant requires five years to reach optimum productivity and has an productive lifespan of up to fifteen years. The cardamom pods are harvested before reaching maturity, when they begin to lose their green tint. When ripe, they open spontaneously and release their precious seeds. Each fruit is hand-gathered, using clippers, from December to February.

Advised uses : Aromatherapy, Perfumery, Cosmetic, Alimentary



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