



Achar (pickle)

Botanical Name: CARUM ROXBURGHIANUM

Ajmoda (*Trachyspermum ammi* Linn. Sprague) is much used as a medical plant in Ayurvedic & Unani medicine. It is called in English as Bishop's Weed, Carum, Ajwan, Lovage; in Sanskrit as Yavani, Yavana, Yavanaka, Ajamoda, Ajamodika; in Hindi as Ajwanji, Ajwain; in Tamil as Omum; in Telugu as Omamu and in Kannada as Omu, Ajamoda.

English 'Ajwan' is just the Romanized spelling of the Hindi name ajwan. Most European languages have similar names, although the spelling is sometimes varied, e.g., in Dutch ajowan or German Adiwon. Hindi name can be traced back to Sanskrit yavanaka, which is derived from the adjective yavana Greek. Modern Northern and Southern Indian names like Gujarati yavano, Bengali jowan, Punjabi aijavain and Tamil omum have the same source. This suggests that the spice originated from the Eastern Mediterranean and arrived in India in course of the Greek conquest of Central Asia. The Sanskrit term yavana for Greece belongs to the same kin as Arabic al-Yunan. Another group of names for ajmoda is derived from Sanskrit ajamoda or ajamodika. Examples in modern Indian languages include Kannada ajamoda and Sinhala asamodagam.

Plant Description

Ajmoda grows well in a wide variety of soils and sun exposures. Plant the seeds in the spring after the last frost by first soaking them overnight in water to increase the germination rate. Sow the seeds about 1/4 inch deep and 4 to 6 inches apart, and in rows about 12 to 18 inches apart in the garden.

Ajmoda (Parsley) in Other Languages

Indian	Ajamoda, Ajmoda
Marathi	Andhapatrika, Ajmoda
English	Celery, Marsh parsley
Kannada	Ajamoda, Guddaga sompu
Sanskrit	Agni, Agnika, Ajamoda
Hindi	Shalari, Sonira
Tamil	Callari
URDU	Karafs, Tukhm khurfa siyah



Culinary Uses

The fresh flavour and crisp mouth-teel of Ajmoda makes it an ideal accompaniment to most foods. It is traditionally featured in well-known herb blends like fines herbes (with chervil, chives and tarragon) and in bouquet garni with thyme, marjoram and bay leaves.

Fresh or dried Ajmoda may be used in omelets, scrambled eggs, mashed potatoes, soups, pasta and vegetable dishes and in sauces to go with fish, poultry, veal and pork. It is included with garlic and butter for making garlic bread or simply garnishing a juicy, sizzling barbecued steak. Ajmoda is a key ingredient, along with mint in the healthy and nutritious Middle Eastern salad, tabouleh.

Flat-leaved Ajmoda is found in Moroccan dishes, from spiced tagines with preserved lemons, to dishes flavored by a chermoula blend that includes coriander leaves, onions, cumin and cayenne pepper. With its stronger flavour, it is more frequently used in cooking, particularly since it stands up well to heat. For instance, try using the stems rather than the leaves when you want the freshness of Ajmoda in a white sauce but don't want the color to bleed. Persillade and gremolada are two well known sauces which have Ajmoda as one of the main ingredients. Persillade, a French sauce, is a sauteed mixture of finely chopped Ajmoda and garlic. It is added just before serving to broiled meats, particularly lamb and beef, as well as chicken or vegetables. Gremolada is a Milanese condiment made of sauteed Ajmoda, garlic, lemon and orange zest. This mixture is traditionally spread over osso bucco just before serving, although it enhances any braised meats.

Health Benefits of Ajmoda

Parsley has many health benefits and has been used as a cure for many ailments. It contains more vitamin C than any other standard culinary vegetable, approximately three times as much as oranges and about the same as blackcurrants. The iron content is exceptional (twice as much as spinach) and the plant is a good source of manganese, calcium and potassium. It also contains flavonoids that act as antioxidants.

Parsley is also rich in vitamin A, well-known for its effects on vision, plus can mitigate risks of atherosclerosis and diabetes.

Raw parsley cleanses the blood, dissolves sticky deposits in veins, maintains elasticity of blood vessels, facilitates removal of moderately sized kidney and gallstones, treats deafness and ear infections, and benefits the sexual system. Chewing parsley prevents bad breath!

Parsley is also good as a topical remedy for bruises. Next time you have a bruise, crush up some parsley leaves and apply straight to the affected area.

Parsley is one of the most important herbs for providing vitamins to the body. It's like an immune-enhancing multi-vitamin and mineral complex in green plant form. It grows in most climates and is readily available throughout the year.

Preparation and Storage

Fresh Ajmoda, often the curly variety, is the most readily available of all fresh herbs. Buy bunches that are not wilted, with springy, erect, almost bristly leaves. Rinse thoroughly in cold water to remove any grit that may have become trapped in the curly leaves and squeeze dry. To store, either put the bunch of Ajmoda in a glass of water then keep it in the refrigerator, or wrap the fresh sprays in foil and freeze them.

Dried Ajmoda is best purchased in small amounts and regularly, as it loses its color and flavour rapidly when sitting on a supermarket shelf. Look for deep-green 'flakes' that are free from pieces of stalk and yellow leaves. Always store away from any source of direct light and keep in airtight packaging away from extreme heat and humidity.

There is very little that does not benefit from the addition of Ajmoda -- it's good in stews, sauces, cheese spreads, rice dishes, vegetables, omelettes, and in fish dishes. It helps add color to pestos. Deep-fried, it makes an intriguing garnish. The ancient Romans combined Ajmoda with cheese and bread for meals.

Attributed Medicinal Properties

Ajmoda Root has been used medicinally since ancient times for digestive disorders, bronchitis, and urinary tract problems. As far back as Hippocrates Ajmoda was used in medicinal recipes for cure-alls, general tonics, poison antidotes, anti-rheumatics and formulas to relieve kidney and bladder stones. One herbalist used the small brown seeds of the plant to help "those who are light-headed to resist drink better."

The volatile oil increases circulation to the digestive tract. In Russia, a preparation containing mostly Ajmoda juice is given during labor to stimulate uterine contractions. The juice has been used to treat toothache, and as a hair rinse or as a facial steam for dry skin. Other uses for Ajmoda Root have been to tone the urinary tract reducing the possibility of infections, alleviate painful menstruation, lowering blood pressure and improving asthma, allergies and bronchitis by drying excessive mucous.

Modern science has confirmed many of these claims. Ajmoda is rich in vitamins and minerals, particularly vitamins A and C, and compounds that clear toxins from the body. It also reduces inflammations, contains histamine inhibitors and is a free radical scavenger. Commercially, oil from the seeds is used to scent Oriental style perfumes and colognes. Because of the high chlorofil content, it acts as a great breath freshener. Scientists have even isolated a compound, apiol, which is now used in medications to treat kidney ailments and kidney stones.

Origin and History

Ajmoda has been cultivated and developed over so many centuries that its precise origins are difficult to pinpoint, compounded by the probability that all the parsleys we know nowadays, bear little resemblance to their ancestors. The botanical name Petroselinum comes from the Greek word for stone, which is petro, given to Ajmoda because it was found growing on rocky hillsides in Greece. Although the Ancient Greeks did not use Ajmoda in cooking, it was revered as a symbol of oblivion and death and as a funeral herb. According to legend, Ajmoda sprang up where the blood of the Greek hero Archemorus was spilled when he was eaten by serpents. The Greeks used the herb to fashion wreaths for graves. The Romans are said to have used it at orgies to cover up the smell of alcohol on the breath, while also aiding digestion. And there's the unflattering remark that was once made about those who looked as if at death's door: "The man's in need of Ajmoda" (Corpses were sprinkled with Ajmoda to deodorize them.)

Ajmoda is mentioned often throughout history, and not only for its culinary and medicinal properties. The early Greeks made crowns of Ajmoda to bestow upon the winners of the Nemena and Isthmian sports games, in the same manner that bay wreaths honored the Olympians. Ajmoda is used in the Hebrew celebration of Passover as a symbol of spring and rebirth. It is mentioned as one of the plants in the gardens of Charlemagne and Catherine de Medici. Rumor has it that Medici is responsible for popularizing Ajmoda when she brought it back to France from its native Italy. In medieval times Ajmoda was surrounded by much superstition, one belief being that the long germination period for the seeds was due to them having to travel to hell and back seven times before sprouting. Superstitious farmers would refuse to transplant Ajmoda and some were even too afraid to grow it at all.



Care

Parsley plants need to be regularly pruned to enable new leaves to mature. Keep the soil moist but not overly wet.

Nutrition Facts

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Calculated for 1 tbsp

Calories 3

Calories from Fat 0 (14%)

Amount Per Serving %DV

Trans Fat 0.0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Potassium 49mg 1%

Total Carbohydrate 0.7g 0%

Sugars 0.1g

Protein 0.3g 0%

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Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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