



True Cardamom *Elettaria cardamomum*

True Cardamom is harvested from the dried fruit of the *Elettaria cardamomum* plant. The cardamom plant begins flowering at 2-3 years of age from the base of the plant. The white flowers appear in spring and summer. Flowering to harvest period is approximately 120 days. The spice has a very pleasant aroma and flavor, and is commonly referred to as the Queen of Spices. Cardamom spice is used to flavor many foods and drinks.

NOTE: Many plants being sold as cardamom are not true cardamom. Be sure you are buying *Elettaria cardamomum*, which is True Cardamom. *Alpinia nutans* among others are sold as cardamom, and they are a false cardamom. True Cardamom will have flowers that form at the base of the plant.

- Highly valued spice
- AKA Queen of Spices
- Flowers form at base of plant
- Very pleasant aroma & taste

Cardamom is one of the world's most expensive spices after saffron and vanilla. It has a sweet, burning taste and a very distinctive spicy odor. Cardamom because of its variety of uses gained a reputation as the queen of spices (king, however, is black pepper).

It is a perennial plant and has rigid and erect aromatic leaves, which forms the aerial part of the plant's stems. These stems are between 7 to 9 feet high and forms a canopy of leaves around the plant.

Tiny cardamom flowers are beautiful and are usually white in color with a yellow or red strips over them.

Cardamom fruits are called capsules. Inside the fruits there are seeds of the plant, which are actually used as spice..

Bloom Color	White
Foliage	Dark Green
Height	7—9 ft
Shade/Sun	Partial Sun to Partial Shade
Soil Composition	Loamy
Soil Moisture	Average Moistness
Soil pH Level	6.0 — 6.6
Years to Bear	2—3
Zone Range	9-11

