

# SPICE OF THE MONTH

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## April's spice is cardamom pods!

Cardamom is "a spice of great antiquity," according to *The Encyclopedia of Herbs, Spices & Flavorings: A Cook's Compendium* by Elisabeth Lambert Ortiz (a great, comprehensive reference book on spices in our collection).

It originated in Egypt, made its way through ancient Greece and Rome, and wound up in the spice markets of old Europe.

Now, it's used all over the world — a star of sweet and savory food on multiple continents. Indian, Pakistani, and Middle Eastern recipes often include cardamom in curries and savory stews. It also shows up in desserts in Europe, coffee in North Africa, and many other places.

Different varieties grow all over the world, and its prickly perennial shrub is related to the ginger plant.

Green pods — like the ones in this kit — are the most common and widely used. White pods are a bleached version of the green pods; black or brown pods actually come from an entirely separate plant.

Cardamom seeds provide the real flavor of the spice, but they're best stored in their pods to maintain freshness. (Pods can be ground and eaten as well, but they have a less intense flavor than the seeds.)



## Sources - cardamom pods

All books listed here are available to check out from the Croton Free Library.

- *The Encyclopedia of Herbs, Spices & Flavorings: A Cook's Compendium* by Elisabeth Lambert Ortiz
- Penzeys.com

### These recipes are from:

- *Chaat: Recipes from the Kitchens, Markets, and Railways of India* by Maneet Chauhan and Jody Eddy
- *Feast: Food of the Islamic World* by Anissa Helou
- *Zaitoun: Recipes from the Palestinian Kitchen* by Yasmin Khan
- *Gourmet Today*, ed. by Ruth Reichl
- *Nile Style: Egyptian Cuisine & Culture* by Amy Riolo

What did you cook with your  
cardamom pods?

Post it on social media with the hashtag  
**#CrotonSpiceClub** and tag us, or send a  
photo & description to  
[gglazer@wlsmail.org](mailto:gglazer@wlsmail.org)!

**These spices were purchased from Penzeys and Spice Revolution in Cold Spring.  
Find them at [spice-revolution.com](http://spice-revolution.com) & [@spicerevolution](https://www.instagram.com/spicerevolution) on Instagram.**