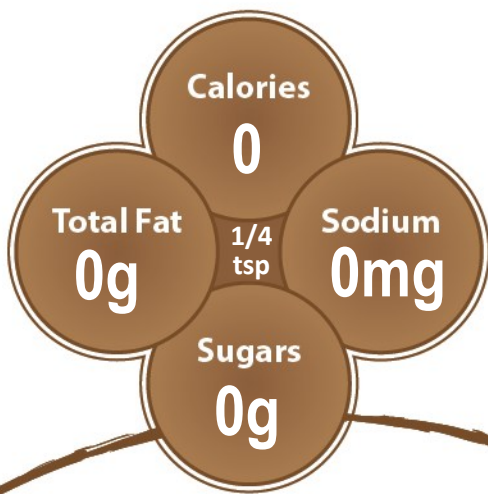


Harvest of the Month



This institution is an equal opportunity provider.

FUN FACTS:

For a small seed, it is packed with a nutty, slightly spicy flavor. Cumin is one of the most commonly used spices in the world!

It is available as whole seed and ground powder. Cumin is used in curry and chili powders.

To bring out its full aroma and flavor, lightly roast the seeds before using.

India is the largest manufacturer and largest consumer of cumin. It is an essential spice in the Indian pantry and a signature flavor in Mexican dishes.

