## Cardamom The Queen Of Spices Q

#cardamom #queen of spices #cardamom benefits #aromatic spice #indian spices

Cardamom, rightfully dubbed 'The Queen of Spices,' enthralls with its distinctive sweet, pungent, and highly aromatic flavor profile. This revered spice is not only a culinary cornerstone in numerous global cuisines, gracing everything from desserts to savory curries, but is also celebrated for its significant health benefits, making it a truly valuable and versatile ingredient.

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Introduction

Cardamom taste

Cardamom varieties

Cardamom health benefits

How to use cardamom

**Cardamom Curiosities** 

Cardamom Side Effects

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Intro

Seeds should be matured, fresh and good quality

It takes around 2 to 3 months for Germination

Day 1

Wash in water twice to remove coatings

Add water

Rinse it for 15 minutes

After 15 minutes

After 10 days

Keep it for 24 hrs

The next day

After 80 days

It takes 3 months to get Seedlings

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Intro

What is Green Cardamom

When to Harvest

How to Harvest

**Price** 

Climate Crisis

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Intro

Meet Zuozheng

Extracting royal jelly

Differences with honey

The ideal bee

Concerns over the fragility of bees

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What is Cardamom

Cardamom

Health benefits

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Form of cardamom

Green cardamom cooking uses

Benefits of green cardamom

Where to buy cardamom

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Two Main Types of Cardamom

It Enhances Appetite

It Helps in Digestion

**Breath Freshener** 

**Bad Breath** 

How Can You Add the Cardamom in Your Day-to-Day

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Does cardamom grow on trees?

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