



CINNAMON

Botanical Name: Cinnamomum cassia

Common Name: Chinese cinnamon, cassia bark

Medicinal part: Bark

Description: Cinnamon comes from the inner bark of southeastern Asian evergreen trees. After harvesting cinnamon bark, it is laid out to dry in the sun, as it dries, it naturally curls in on itself giving cinnamon its “stick” shape. Cinnamon has many uses, however, it’s most noted for its warm, spicy-sweet taste in baked goods, candies, teas, and more.



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