



CAROB PIECES ROASTED

Botanical Name: *Ceratonia siliqua*

Common Name: Locust bean, St. John's bread

Medicinal part: Fruit

Description: The carob is a tree in the same plant family as beans and peas. Its pods have been used for food for as long as 5,000 years. Carob pods were thought to be the "locust beans" consumed by John the Baptist, hence the name St John's Bread. The Greeks referred to them as the "Egyptian fig" as the tree was first raised in Egypt and Western Asia. It has since adapted to cultivation in the semitropical reaches of the United States, Australia, Latin America and the Mediterranean.



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