



## VANILLA BEAN

**Botanical Name:** *Vanilla planifolia*

**Common Name:** Bourbon vanilla, Mexican vanilla, Madagascar vanilla

**Medicinal part:** Seed pod

**Description:** Vanilla is a flavoring derived from orchids of the genus *Vanilla*, primarily from the Mexican species, flat-leaved vanilla (*V. planifolia*). The word vanilla, derived from the diminutive of the Spanish word *vaina* (*vaina* itself meaning sheath or pod), is translated simply as "little pod". Pre-Columbian Mesoamerican people cultivated the vine of the vanilla orchid, called *tlixochitl* by the Aztecs. Spanish conquistador Hernán Cortés is credited with introducing both vanilla and chocolate to Europe in the 1520s.



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