

## CINNAMOMUM TAMALA – TEJPAT



The Indian bay leaf (*Cinnamomum tamala*) comes from an evergreen, fragrant tree, which is closely related to cinnamon. The crude Tejpat leaves (from the Hindi tejpatta what "spicy leaf" means) should not be compared with the taste of the southern bay leaf, although they often get mistaken in ancient recipes. The leaves of the Indian bay leaf tree are ovoid, elongated in the top and have three distinctive parallel veins on the leaf's smooth surface. The bay leaf, also called cinnamon leaf, is used only in the northern Indian cuisine as a condiment, where it is extremely commonly used, even more than all the other sweet and aromatic spices. There it is used to flavor, thanks to the cinnamon-like fragrance, meat and rice dishes. In the Terai kitchen, Nepal's southern lowland region, it is considered a key ingredient for many vegetable curries.

The Indian bay leaf tree grows in tropical and subtropical areas of the Himalayas at altitudes of 300 and 2400 meters and comes originally from Nepal, Bhutan, Sikkim and North India.

In ancient times, the cinnamon leaf has been used both in perfumery and in the kitchen of the ancient Romans. There it was called *Malabathrum* or simply "*Folia*" (leaf). However during the Middle Ages it fell perfectly into oblivion, because at that point a big variety of the new spices were available in Europe.

### PRODUCTION

Since 2001 *Cinnaomum Tamala* (Tejpat), as well as other herbs, have been successfully cultivated at the "Land of the Medicine Buddha", OneWorld's own herbal farm. The noble **Tejpat leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**. Carefully handpicked, and gently dried in the shade, the leaves and fruit retains all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds

**Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Tejpat leaves of the highest quality as a true **LOHAS product**.

## OUR PRODUCTS CONTAINING TEJPAT

Tejpat leaves can be found in our following teas “**Gut Drauf Sein**”; “**Harmonie**”; “**Ingwerwunder**”; “**die Braten Fee**”; “**Vegan mit Elan**” and “**Lamas Kraftquelle**”.

The raw leaves can also be purchased unmixed on request.