



Kesar Saffron



Saffron Kesar

Hindi Name: Kesar

Botanical name: *Crocus sativus* L

Family name: Iridaceae

Like most of the European spices, Saffron derives from Arabic za'fran "be yellow". The Hindi and Sanskrit names have been derived from the Northern Indian region Kashmir, where old saffron was produced. Saffron is the most expensive spice in the world. In production countries the price is much lower, but so is the quality. Saffron's aroma is unique and there is no substitute for it. Saffron is the slender, dried, reddish-brown, flattened stigma of a small crocus of the iris family.

Saffron is cultivated from the Western Mediterranean (Spain) to India (Kashmir). In much smaller scale, saffron is also cultivated in Italy and Greece (Crete). Of the Western and Central Asian cultivation areas, Iran is most productive and together with Spain and Iran produces more than 80% of the world's production. The saffron grown in India- Kashmir has particularly high reputation, but is hardly available outside India.

Saffron is more important in Central Asia and Northern India and is used extensively for rice dishes. Even the North Indian biryanis are relished due to the fragrant and aromatic flavor added by the saffron. Indian sweets like, kheer, ras malai, Indian yogurt drink (lassi), butter lassi (makhaniya lassi) have an everlasting culinary impression due to the saffron added to it. The use of saffron in sweet dishes is famous in the desert regions of Jodhpur in Rajasthan in the Indian sub continent.

Saffron is unique among spices due to its aroma. It is water-soluble and when added to the dish, gives a pure and homogeneous color. In high dosage, saffron exhibits toxic qualities. However, due to its high price, saffron poisoning is very rare.

Often called 'The Golden Spice', saffron has a history rooted in antiquity. It has always held a very special place for its extraordinary medicinal and flavoring properties as well as for being a striking yellow dye. Indian saffron is cultivated on a large scale in the Jammu & Kashmir valley whose cool dry climate and rich soil with excellent drainage and organic content make the location an ideal thriving ground for this spice. By every standard, Indian saffron is considered superior to its foreign counterparts.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

Name in international languages

Spanish	Azafran
French	Safran
German	Safran
Swedish	Saffran
Arabic	Zafran
Dutch	Saffraan
Italian	Zafferano
Portuguese	Acofrao
Russian	Shafran
Japanese	Safuran
Chinese	Fan Hung- Hua

Saffron is the slender, dried, flattened Stigma of a small crocus of the iris family. Often called 'The Golden Spice', Saffron is a culinary and medicinal spice used since time immemorial.

This bright orange-red strands is an expensive spice appreciated for its delicate, distinctive flavour and striking colour. It has a peculiar, exotic, bitter taste. It is used in special dishes, especially in the preparation of different type of sweets. It is also used in perfumes and dyes.

Expectant mothers drink a solution of saffron and milk in the belief that the beauty and complexion of the baby would markedly improve.

Indian Saffron is cultivated on a large scale in Jammu and Kashmir.

Saffron holds the distinction of being the world's costliest spice. The yield of Saffron stigmas is quite small. It takes 30,000 to 35,000 hand-picked blooms to obtain just one pound of dried

Benefits of Kesar (Saffron)

Learn about the immense benefits of kesar/ saffron Benefits of Kesar (Saffron) Saffron is the one among world's most expensive spice. It derives its name from an arabic word Zafran. Saffron is termed as a golden spice mostly because it is precious spice with numerous health benefits. It is used in cooking to add an exotic aroma and spice to food, saffron has the quality of turning any dish into a real special one!

You can buy saffron either as as unprocessed stigmas (called saffron threads) or powdered. The threads should be red with orange tips. Threads lacking orange tips may be dyed, hence it should be avoided.

Powdered saffron, is easier to use, since it can be added directly to a dish, while the threads need to be immersed in hot water first.



Apart from its culinary use, saffron has numerous health benefits:

It is used for the improvement of digestion and appetite.

It is used for treating cough.

It is found to be extremely beneficial for providing relief from gas and acidity related problems. Helps in curing Insomnia (a pinch of saffron taken with warm milk in the nite helps curing insomnia).

It is used to cure spitting up of blood.

It is a very popular answer to many skin problems, like dry skin, enhancing and lightening the skin tone etc.

It is used for the treatment of kidney, bladder and liver disorders. It helps in improving circulation to the organs of digestion.

It helps in treating various disorders like asthma, atherosclerosis, painful menstrual periods and even depression.

Saffron is considered as a blood purifier and anti-inflammatory properties.

It helps in relieving inflammation of arthritis also with providing relief from joint pains.

Massaging the gums with saffron helps in reducing soreness and inflammation of the mouth and the tongue.

It is recommend to use of saffron during pregnancy as the herb possess the property of raising the body temperature.

Provides relief from low back pain.

It is an antioxidant and has anti-cancerous properties.

A number of people also believe that it is a potent aphrodisiac - that probably explains the kesar milk that is a part of the wedding night ritual.

Saffron is also said to have anti-tumor properties.

Saffron being a blood purifier helps in increasing the oxygen content of the blood thereby aiding in the overall health and well being of a person.



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