

## Chapter 1 : Top 10 Health Benefits of Saffron | Top 10 Home Remedies

*1 - For saffron consumption: For drawing saffron, a bowl made of zinc is the most excellent choice. Saffron will have a stronger color if rubbed saffron is combined with boiled water. Saffron will have a stronger color if rubbed saffron is combined with boiled water.*

Splendid Saffron Botanical name: *Crocus sativus* Saffron belongs to the iris family, and has had a plethora of uses throughout millennia. As far back as the writings of Galen and Hippocrates, saffron was mentioned as a medical treatment for coughs, colds, stomach ailments, insomnia, uterine bleeding, scarlet fever, heart trouble, and flatulence. More than a grain is used, however, to color the bright orange robes worn by Buddhist priests in India. Three wispy saffron "threads" can be gleaned from each delicate crocus, which, ironically, is lavender-purple in color. As a spice, saffron is known for what it does to energize dishes with a pungent, earthy essence. Why so expensive, you may ask? Because the cultivation and harvest is still performed as it was since ancient times: Elderly village women are usually set on this task of removing the saffron "threads." Of course, the high cost is a magnet for pretenders, who hawk saffron wannabes derived from substances other than the crocus flower. Indian safflower or *compositae* is one of them, a paler red version sometimes masquerading as the real thing. A better option might be obtaining it from an ethnic specialty grocery store.

**Health Benefits of Saffron** It must be noted that no one will eat an ounce of saffron in one sitting; recipes usually call for half a teaspoon or less, but examining an ounce is a good way to determine the nutritional aspects of this intriguing spice. Everything else seems a little chintzy after that, but the next-largest nutritional quantities also are quite impressive: Manganese helps regulate blood sugar, metabolize carbohydrates, and absorb calcium. It also helps form tissues, bones, and sex hormones. Vitamin C is an infection fighter; iron purifies your blood; and the vitamin B6 content helps form red blood cells and assures nerves will function as they should. Potassium helps balance fluids in cells, which, if low, can cause painful muscle cramps. Beyond that, saffron contains more than volatile compounds, among others. Picrocrocine, for instance, is the main substance responsible for the strong taste. Safranal brings saffron its characteristic odor and fragrance.

**Saffron Nutrition Facts Serving Size:**

**Chapter 2 : How to use Saffron? Consuming Saffron Methods and Tips**

*New Orleans' ground-breaking Indian gem, Saffron NOLA, is launching lunch service on Fridays and Saturdays, starting this week – and the menu lives up to the very high bar the Vilku family has set for itself. When Arvinder (or "Dickey") and Pardeep Vilku, owners of the award-winning.*

High quality products for him How to Use Saffron? In drawing the spice, users are advised to put a handful of saffron in a bowl pestle. Next, it must be rubbed with a small sugar. Using Saffron in Cooking 1 – For saffron consumption: For drawing saffron, a bowl made of zinc is the most excellent choice. Saffron will have a stronger color if rubbed saffron is combined with boiled water. More color will be acquired from saffron if more saffron powder is used and the boiled water is hotter. Simply put, the color of the saffron will become stronger if the rubbed saffron is mixed with hot water. Sometimes, when a few amount of saffron is added, its color is more enhanced. The solution can be preserved inside the refrigerator for up to 7 days. If you consume grams of saffron, it may completely harm your liver. Experts advise pregnant women not to consume too much saffron. Preparing Saffron in Cooking: Since heat releases the flavor essence of saffron, it must be steeped in boiling water, alcohol or even broth before adding to any food. You can also pre-soak it to enable the color to disperse all throughout the food. Ideal Way of Consuming Saffron: For each teaspoon of saffron, you have to add 3 tsp of liquid. Using a spoon, ensure that the threads of saffron get soaked properly. Allow the saffron to soak for about 2 hours. The saffron mixture can be soaked for as long as 12 hours, but 2 hours can already give you your desired results. Instant Way of Consuming Saffron: If you forget to soak the saffron, just add 5 tsp of liquid for each tsp of saffron; let it soak for at least 20 minutes. Using a spoon, mash the saffron threads to form a thick paste. When required, you can add the paste to the food or dish. Toasting Method of Consuming Saffron: Toast the saffron threads carefully in a skillet. Then, grind the saffron threads into powder and use according to what is stated in the recipe. How to Use Saffron in Cooking: In saffron cooking, the general rule of thumb is to use a little saffron. When identifying the amount of saffron to use when cooking, bear in mind that the flavor of the saffron will get stronger on the second day. Just use a pinch of saffron powder in stews and soups that can serve people. Saffron is great when used in cooking dishes like paella and bouillabaisse. It is also used in rice recipes such as risotto and others. To make your tomato-based sauce and beef stew taste more delightful, add some saffron to them. To have a delightful fish marinade, add garlic, thyme, and saffron threads to vinegar. Saffron is also used in baking cake and bread. Make use of your imagination and creativity in saffron cooking. However, it is in middle east where it has been originally cultivated. Later on, it was taken to other parts of the world due to the barter trade. Saffron Legends and Facts: According to legends, saffron was brought to India with the descent into the world and later on, was take to Kashmir in order to be cultivated and applied in several fields. Achaemenids engraved an inventory on a pillar including the quantity and variety of foods items that were utilized in the palace kitchen, and saffron is one of the items mentioned. The Achaemenids also used saffron in cosmetic products due to its skin. A golden-colored water soluble dye for fabric was extracted from the stigmas of saffron in India during the ancient times. After the death of Buddha, his priests made saffron the official shade of their robes. The dye has also been utilized for royal raiment in various cultures. Saffron was also used as a perfume. It was sprinkled in Roman and Greek balls, theaters, courts and halls. Not long, it became linked with the hetaerae, a proficient class of courtesans in Greece. The roman streets were also strewn with saffron when Nero entered the city. When the Muslims conquered Spain, some items cultivable in areas under Muslim influence were taken there in AD. Saffron is also mentioned in an English healing manual also known as English leechbook in the 10th century. Saffron is also said to have been brought to China by the Mongols who took its bulb from the Iranian soil. It is recorded in PunTsaou, a Chinese material media If the recipe includes liquid wine, broth, or water use a small amount of it and pour over your saffron. In cooking, do not ever make use of wooden utensils when stirring saffron, as they absorb saffron quickly. How to Use Saffron in Powder Form: Powdered saffron easily and quickly losses its flavor and can also be mixed with cheap powders such as turmeric. Purchasing cheaper saffron will not save you green bills in the long run, as more will be required for the same flavor

effect. Sometimes, adding a small saffron amount will enhance its color degree. The saffron solution can put in a glass bowl and preserve inside the ref for up to 7 days. If you wish to consume saffron powder, you need to preserve its fragrance and aroma. The rule of thumb is to use half the powder amount as you would with threads. Storing Saffron Saffron is highly sensitive to moisture and light. Thus, it must be stored in a container away from the light of the sun. Saffron effectively absorbs other odors and flavors.

**Chapter 3 : 31 Surprising Health Benefits of Zafaran (Saffron)**

*The Saffron Eaters - Kindle edition by N R Phillips. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Saffron Eaters.*

August 23, If yes, then you have come to the right place. Saffron is a small, bulbous, perennial spice, a member of the lily family. To produce saffron, the stigmas [the part of the flower, which catches pollen] must be painstakingly handpicked, cut from the white style and then carefully laid on a sieve and cured over heat to deepen the flavor- a process so labor intensive that saffron is the most expensive spice in the world. Iran is the most important producer of saffron both, in terms of volume and quality, and Spain being the largest importer of the spice. Saffron is a labour intensive crop, which makes it so expensive. Apart from being the most expensive spice, there are many benefits of saffron, which makes it even more special. The benefits and medicinal properties of this highly priced spice, make it a valuable culinary ingredient worldwide. Modern research suggests that saffron can be used as an aphrodisiac, diaphoretic [to cause sweating], carminative [to prevent gas] and to bring on menstruation. Some other benefits are mentioned here under: Crocin has been found to trigger apoptosis [programmed cell death] in a number of different types of human cancer cells, leukemia, ovarian carcinoma, colon adenocarcinoma, and soft tissue sarcoma. Researchers in Mexico who have been studying saffron extract have discovered that saffron and its active components display an ability to inhibit human malignant cells. Not only does the spice inhibit cells that have become cancerous, but it has no such effect on normal cells and actually stimulates their formation and that of lymphocytes [immune cells that help destroy cancer cells]. A photo posted by jelkahribar on Mar 13, at Promotes learning and memory retention: Recent studies have also demonstrated that saffron extract, specifically its crocin, is useful in the treatment of age related mental impairment. In under developed girls, saffron has an overall stimulant effect. A pinch of saffron crushed in a table spoon of milk is useful to stimulate hormones and bring about desired effect. In low libido saffron aids as a sexual stimulant and can be consumed in a dose of a pinch in a glass of milk at bed time. Saffron mixed in liquorice and milk makes an effective topical application to induce hair growth in alopecia. Saffron is a stimulant tonic and very effective to treat cold and fever; saffron mixed in milk and applied over the forehead quickly relieves cold. Health benefits of saffron: Saffron is an excellent replacement for synthetic food additives- for eg: With these kesar benefits known to us, this culinary treasure has to be used and especially in the winter months. Here are some serving ideas: For a wonderful marinade for fish , add saffron threads, garlic and thyme to vinegar. Use saffron to give cakes , pastries and cookies a buttery golden hue and a rich aroma. Cook biryanis with saffron combined with cloves , cinnamon , Indian bay leaves and nutmeg for a memorable treat. A photo posted by Biryani And Kebabi biryaniandkebabi on Mar 13, at 9: Crush a tiny piece of saffron into a glass of champagne or sparkling apple cider and turn the drink into a golden elixir. Coffee spiced with saffron and cardamom is a soothing and heart healthy drink. Add saffron and cinnamon to whole milk or yogurt and honey for a simple version of the famous Indian yogurt drink, lassi. Saffron as a spice, is generally regarded as safe, however it is not recommended during pregnancy and nursing. It also must also be pointed that large doses i. Comments The opinions expressed within this article are the personal opinions of the author. NDTV is not responsible for the accuracy, completeness, suitability, or validity of any information on this article. All information is provided on an as-is basis. The information, facts or opinions appearing in the article do not reflect the views of NDTV and NDTV does not assume any responsibility or liability for the same.

Chapter 4 : Why saffron is good for you | Life and style | The Guardian

*The Saffron Eaters*, was winner of the TSB Peninsula Prize in , selected by Fay Weldon and John Fowles as being the finest new novel by a westcountry writer. ISBN 1 4, paperback, xmm, pages.

Its distinct flavor comes from chemical compounds, such as picrocrocin and safranal. It also contains a natural carotenoid, known as crocin, that gives saffron its rich color. Due to the unique combination of color and flavor, saffron is a valuable ingredient in many cuisines worldwide. Saffron also has several therapeutic and health benefits. Additionally, it has oil-soluble pigments, such as lycopene, alpha-carotene, beta-carotene and zeaxanthin. When taken in small doses, saffron is highly beneficial for your health. Plus, this herb may not be suitable for pregnant women and those suffering from bipolar disorder. Advertisements Here are the top 10 health benefits of saffron. Helps Digestion Saffron is effective for relieving gas and acidity-related problems as it helps digestion. Have a cup of saffron tea daily to improve digestion and reduce gas. To make the tea, add a pinch of saffron to a cup of water and boil it. Add a little raw honey as per your taste and then drink it. Treats Insomnia You can also use saffron to treat sleep disorders like insomnia. Its mild sedative properties help relax the nerves and calm your mind. This in turn promotes sound sleep. Before going to bed, drink a glass of warm saffron milk. To make the milk, steep 2 strands of saffron in a cup of warm milk for 5 minutes. Add some raw honey and drink it daily at night before going to bed. Plus, saffron protects the vision cells photoreceptors from damage, as well as helps slow and reverse the course of blinding diseases like age-related macular degeneration and retinitis pigmentosa. Advertisements To improve eyesight, you can take saffron extract as a dietary supplement. Consult a doctor for the correct dosage. However, a more controlled study is required. Saffron also has a positive impact on learning behavior, concentration and memory. To improve your memory, regularly drink saffron milk or saffron tea. Improves Heart Health Saffron also helps improve cardiac health. Animal studies have found that it may help lower cholesterol levels and reduce high blood pressure. Advertisements Its antioxidant properties help prevent plaque formation and keep the arteries and blood vessels in good health. Its anti-inflammatory properties also benefit cardiovascular health. To improve your heart health, take saffron in supplement or dietary form. Before starting a supplement regimen, consult your doctor. Treats Asthma Saffron may also help those with asthma in which airways become narrow and make it difficult to breathe normally. It helps reduce inflammation in the lungs, making it possible for more air to pass through the lungs. This facilitates easy breathing that helps reduce the severity of asthma attacks. Along with asthma, saffron can help treat other respiratory-related illnesses. Drink a few cups of saffron tea for a few days to reduce the severity of an asthma attack. This will help reduce symptoms of PMS like bloating, cramps, mood swings, irritability, acne, breast tenderness and fatigue. You can also drink saffron tea or saffron milk to get relief from menstrual discomfort, such as abdominal pain and heavy bleeding. Fights Depression Saffron is high in carotenoids and B vitamins that help increase the levels of serotonin and other chemicals in the brain that are associated with depression. A study published in the Journal of Ethnopharmacology found saffron to be as effective as fluoxetine Prozac in reducing mild to moderate depression. Saffron, when taken correctly, is effective in reducing symptoms of depression. Take 15 mg of dried saffron extract twice daily. You can also use saffron in cooking, milk shakes or smoothies. Improves Skin Complexion Saffron has natural skin-lightening properties that can help you get a radiant, smooth and fairer skin complexion. Soak a couple of saffron strands in 2 teaspoons of milk for 15 to 20 minutes. You can also add a little honey. Apply the mixture on your skin and leave it on for 20 to 30 minutes before washing it off. Follow this remedy daily to get glowing and fairer skin. To prepare a face mask for improving skin complexion, mix 1 teaspoon of sandalwood powder, 2 or 3 strands of saffron and a few teaspoons of milk, enough to make a paste. Apply it on your face and neck, allow it to dry for 20 minutes and rinse it off. Slows Aging Saffron contains antioxidants that protect the skin from free-radical damage that can cause premature aging. Mix a pinch of saffron with raw papaya pulp. Apply it to your face and neck 15 minutes before taking a shower. When used on regular basis, it can help prevent wrinkles and blemishes.

**Chapter 5 : Halsgrove Publishing: The Saffron Eaters, Cornwall,**

*Overview Information Saffron is a plant. The dried stigmas (thread-like parts of the flower) are used to make saffron spice. It can take 75, saffron blossoms to produce a single pound of.*

Saffron has long been prized for its healing properties. This spice comes from the *Crocus sativus* plant and can be used as food and medicine. A more convenient alternative is American yellow saffron tea. This healthful beverage boasts large amounts of antioxidants, potassium, magnesium, vitamin C and other nutrients that promote well-being. Nutritional Value Most tea recipes call for three to four strands of saffron. Each gram of this spice has about threads. The recommended daily dose is around 30 milligrams per day, so 1 gram will last for a month or so. It also contains dietary fiber, vitamin A, vitamin B-6, magnesium, potassium, phosphorus and omega-3 essential fats. This spice exhibits an exceptional nutritional profile. Potassium, a mineral in saffron, regulates heart rate and blood pressure. Copper and manganese are used by the human body to produce superoxide dismutase, a potent antioxidant enzyme. Potential Health Benefits Yellow saffron tea preserves the nutrient in this spice, offering a host of benefits. In a clinical trial conducted by the Society for Biomedical Diabetes Research, diabetic subjects who consumed tea made with 3 grams of saffron experienced significant reductions in cholesterol levels. Ginger, cardamom and cinnamon tea have produced similar results. According to a study published by Neurochemical Research, saffron tea may protect against learning defects, memory decline and neurobiochemical alternations induced by aflatoxin B-1 in mice. These findings show that saffron may have beneficial effects on mental health and cognitive function. The spice is also being studied for its role as a protective agent against intoxication, depression, cancer and inflammatory disorders. Researchers believe that its therapeutic properties are due to its high antioxidant levels. Saffron boasts over volatile compounds that may inhibit tumor growth and accelerate healing. Safranal, crocetin and crocin are just a few examples. Manganese, one of the minerals in yellow saffron tea, supports enzyme production and energy metabolism. It also keeps your bones strong and promotes wound healing. Even the slightest deficiency may put you at risk for metabolic disorders, impaired glucose tolerance and reproductive problems. This beverage is also high in vitamin C, a nutrient that improves immune function and stimulates collagen production. Furthermore, it acts as an antioxidant, reducing free radical damage. Your body needs vitamin C to build and repair tissues, fight germs and absorb iron. Other key nutrients in saffron tea are lutein and zeaxanthin. These antioxidants have been shown to improve cognitive performance, neural development and eye health. They block blue light from reaching the deep layers of the retina, which, in turn, may help reduce the risk of oxidative damage – a major contributor to macular degeneration. Are There Any Side Effects? Yellow saffron tea is generally safe. Some people may experience headaches, nausea, dizziness, anxiety or dry mouth. Allergic reactions may occur too. However, these side effects are rare. Research shows that doses of 12 to 20 grams can be lethal. Additionally, ingesting large amounts of saffron may cause numbness, bleeding and poisoning. Saffron can affect your mood and heart rate, making your symptoms worse. Be aware that saffron tea has a bitter taste. Consider adding raw honey or stevia to make its flavor more appealing.

*Eating saffron also appears to help vision by retarding the degeneration of the retina that occurs with age. Where to buy and what to pay Saffron is infamously expensive, but as just a pinch of.*

Health 16 Comments What is Kesar? The thread like part of Zafraan flower is used for many health and medicinal purposes. Zafraan is one of the most expensive spices in the world as maximum of its processing work is done through hand. Saffron is extremely valuable spice because of its distinct flavor, health and medicinal properties. Zafraan is used in many culinary recipes worldwide due to its unique flavor which is happened due to the presence of chemical compounds such as picrocrocin and safranal. Zafraan contain more than volatile compounds that is good for the overall well-being of the body. Amazing benefits of Zafaran Saffron for hair loss: The application of Zafraan over the scalp is good in treating of baldness alopecia. The mix of saffron, milk and licorice when applied over the scalp is good in prevention of hair loss and hair growth. The application is also helpful in stimulating of hair growth. Saffron for radiant skin: Saffron is highly beneficial for radiant skin. It is suggested that one should make a face pack mixing of saffron 2 to 3 strands , milk 3 tsp and sandalwood powder 1 tsp. Apply the paste on your face, massage gently and left it for 15 minutes followed by washing with fresh water. It should be done once in week to have smooth and glow face. Saffron for glowing skin: Take strands of saffron and soaked it into water for hours. Now, use this mix over your face and massage gently. Wash it after 5 minutes. The process may be repeated twice or thrice a week for fairer skin. Saffron good for pimples: Make a paste of Zafraan 10 strands and basil leaves leaves. Apply the paste over your face and wash the same after 10 minutes. This application is good in prevention of acne, blemishes, pimples, wrinkles and other black spots from the face. Saffron is having many antioxidants that are beneficial in contending of free radicals thereby helps in prevention of diseases and promotion of health. Saffron controls heart rate: Potassium in saffron is good in controlling heart beat by allowing to slow down thus protect the heart. Saffron for blood pressure: The zafraan spice contains many minerals such as cooper, potassium, calcium, manganese, iron, magnesium, zinc and selenium. Some of these are helpful in controlling blood pressure as well as in the formation of haemoglobin. Saffron for cancer prevention: Saffron as stress buster: The presence of carotenoids is beneficial in boosting the level of immunity and reduces oxidant-induced stress. Zafraan contains safranal and alfa-crocin, a volatile oil compound, effective in controlling depression and acts like as anticonvulsant. Kesar brings cheerfulness and wisdom in the body. Saffron for disease prevention: Saffron contains many bio-chemical compounds as antioxidants, which are good in contending of various diseases by controlling free radicals thus promotes overall well-being of the body. It has many therapeutic applications and in detoxification of the body. It is also used in body healing, cramps, spasms and spas. Saffron good for digestion: Saffron is good for digestion due to presence of multiple medicinal compounds and an anti-convulsant. It is suggested that one should make a mix of water 1 litre and saffron 1g for strengthening the function of stomach. Saffron is also beneficial when the liver and spleen get enlarged. Saffron good for cellular functioning: Due to presence of many macro-micro nutrients, especially potassium and magnesium, it is helpful in the growth of cells and tissues. It is also helpful in repairing of cells in the body. Saffron for haemoglobin formation: Saffron for overall health: The presence of minerals such as cooper, potassium, calcium, manganese, iron, magnesium, zinc and selenium, promotes optimum health. Zafraan for fair complexion: Bathing with zafraan stands soaked saffron strands for minutes in water , is in improving your complexion. Saffron for pain management: Since the ancient times, zafraan is used as pain reliever. Periods related pains can be eased by taking tea or milk along with saffron. Massaging the tooth with saffron and honey, helps to relieve pain from gums. It may be also applied with honey as well as glycerin to relax the toned parts of the mouth. Saffron for healthy lips: Saffron is among the few plant products, which is the biggest source of vitamin B2 riboflavin. Taking of saffron on regular basis is helpful in prevention of throat soreness, swelling of tongues, cracking of lips, skin cracking and skin irritation. Saffron contains a sedative compound called safranal, which has greater impact on the nervous system and very helpful as analgesic. Saffron is having an appropriate percentage of vitamin C, which acts like as immunity booster and

save you from various ailments. Due to its unique taste, it is used in many food recipes as well as refreshment purposes. Calories 87 , carbohydrate 18g , protein 3g and fiber 1g. Saffron for muscular problems: Saffron is used in curing of age related muscular degeneration. Saffron not only reduces the degeneration process but also helps in healing the damaged cells. Saffron for male vitality: Even this magical herb has the ability to provide vigor to the older people. Saffron for neurological problems: Since the ancient times, saffron is used on the forehead because of its neurological benefits. Zafran is used to controlled blood loss during menstrual cycle. The auurvedic physicians prescribed saffron for arthritis patients. It is also good in controlling of asthma. Saffron helps to clear breath. Saffron during pregnancy with milk is good for enhancing pelvic blood flow and reduces the occurrence of cramps, which is common during pregnancy. Drinking of saffron milk helps to stimulate the production of serotonin that control mood swings, tension, stress and depression among pregnant mother.

### Chapter 7 : Mussels with Saffron and Tomatoes - Circle of Eaters

*Saffron nutrition facts. Saffron is one of the highly prized spices known since antiquity for its color, flavor and medicinal properties. It is the dried "stigma" or threads of the flower of the Crocus sativus plant.*

### Chapter 8 : What is Saffron Good For? - calendrierdelascience.com

*Saffron extract shows promise as a means of controlling compulsive eating, according to a small study published in Nutrition Research in For the study, healthy women who were mildly overweight took either a saffron-containing supplement or a placebo every day for eight weeks.*

### Chapter 9 : saffron â€“ Eating the Chocolate Alphabet

*Protection against cold: Saffron is a stimulant tonic and very effective to treat cold and fever; saffron mixed in milk and applied over the forehead quickly relieves cold. Health benefits of saffron: Saffron is a stimulant tonic and very effective to treat cold 7.*