

Herbal Spotlight - Cinnamon

Backstory

Cinnamon, derived from the bark of *Cinnamomum* trees, has a rich history that spans cultures and civilizations. This aromatic spice has been cherished for its distinctive flavor and medicinal properties for centuries. Its warm and sweet aroma makes it a popular addition to both sweet and savory dishes, and it holds a special place in traditional medicine systems for its potential health benefits.

Benefits

Cinnamon contains a compound called cinnamaldehyde, which is responsible for its unique flavor and many of its health-promoting properties. Studies suggest that cinnamon may have anti-inflammatory, antioxidant, and antimicrobial effects. Cinnamon “contains a lot of manganese, iron, dietary fiber, and calcium.” (Cinnamon and Chronic Diseases Mitra Hariri, Reza Ghiasvand <https://pubmed.ncbi.nlm.nih.gov/20924865/>).

One of the most well-known benefits of cinnamon is its potential to help regulate blood sugar levels. It may improve insulin sensitivity, making it a valuable consideration for individuals with diabetes or those at risk of developing the condition. Scientific research has shown that “the available in vitro and animal in vivo evidence suggests that cinnamon has anti-inflammatory, antimicrobial, antioxidant, antitumor, cardiovascular, cholesterol-lowering, and immunomodulatory effects. In vitro studies have demonstrated that cinnamon may act as an insulin mimetic, to potentiate insulin activity or to stimulate cellular glucose metabolism.” (Cinnamon and health Joerg Gruenwald, Janine Freder, Nicole Armbruester <https://pubmed.ncbi.nlm.nih.gov/27771918/>

Cinnamon also has the potential to support heart health. It may help lower bad cholesterol levels and triglycerides, which are risk factors for heart disease. Some research indicates that cinnamon could contribute to better blood circulation and reduced blood pressure as well.

Beyond these effects, cinnamon might play a role in improving cognitive function and brain health. It's thought to have neuroprotective properties that could help combat age-related cognitive decline.

If supplementing with Cinnamon, follow recommended serving sizes and consult a medical professional prior.

Recipes

Cinnamon can be used in a wide variety of culinary creations, both sweet and savory.

Cinnamon-Spiced Oatmeal: Sprinkle ground cinnamon over your morning bowl of oatmeal for a comforting and aromatic start to the day.

Cinnamon Roasted Vegetables: Toss sweet potatoes, carrots, or butternut squash with olive oil and a sprinkle of cinnamon before roasting for a unique twist on roasted veggies.

Cinnamon Rice Pilaf: Add a cinnamon stick to your rice while cooking to infuse it with a warm and enticing flavor.

Cinnamon-Infused Tea: Steep a cinnamon stick in hot water to create a soothing and aromatic herbal tea to be paired with a spoonful of honey and a squeeze of lemon.

Sustainable Sourcing

Monterey Bay Herb Co is proud to work with a sourcing partner that is fully vertically integrated with producing, processing, exporting, and distributing high quality organic cinnamon. In addition to Organic, our Cinnamon is Rainforest Alliance certified, ensuring sustainability of habitat and species preservation.

We support a farming cooperative that is made up of small holder farmers in rural communities. Our sourcing partner provides training to maintain Organic and Rainforest Alliance farming practices. One of the benefits of a cooperative is that farmers are guaranteed the sale of what they grow. The cooperative provides seedlings to farmers for free in exchange for the growth and harvest of future Cinnamon trees. The cooperative also provides seedlings of ylang ylang, vanilla, and patchouli for intercropping. This promotes biodiversity and agricultural regeneration.

Our Cinnamon is processed in facilities that maintain high quality food safety practices, including an in house laboratory that rigorously tests for quality.

Monterey Bay Herb Co strives to be the best sourcing partner for small businesses who harness botanicals to create wellness in our world. Our strict sourcing sustainability standards ensure that we can offer high quality ingredients that are consistently in stock and our relationships with our sourcing partners guarantee you competitive prices.