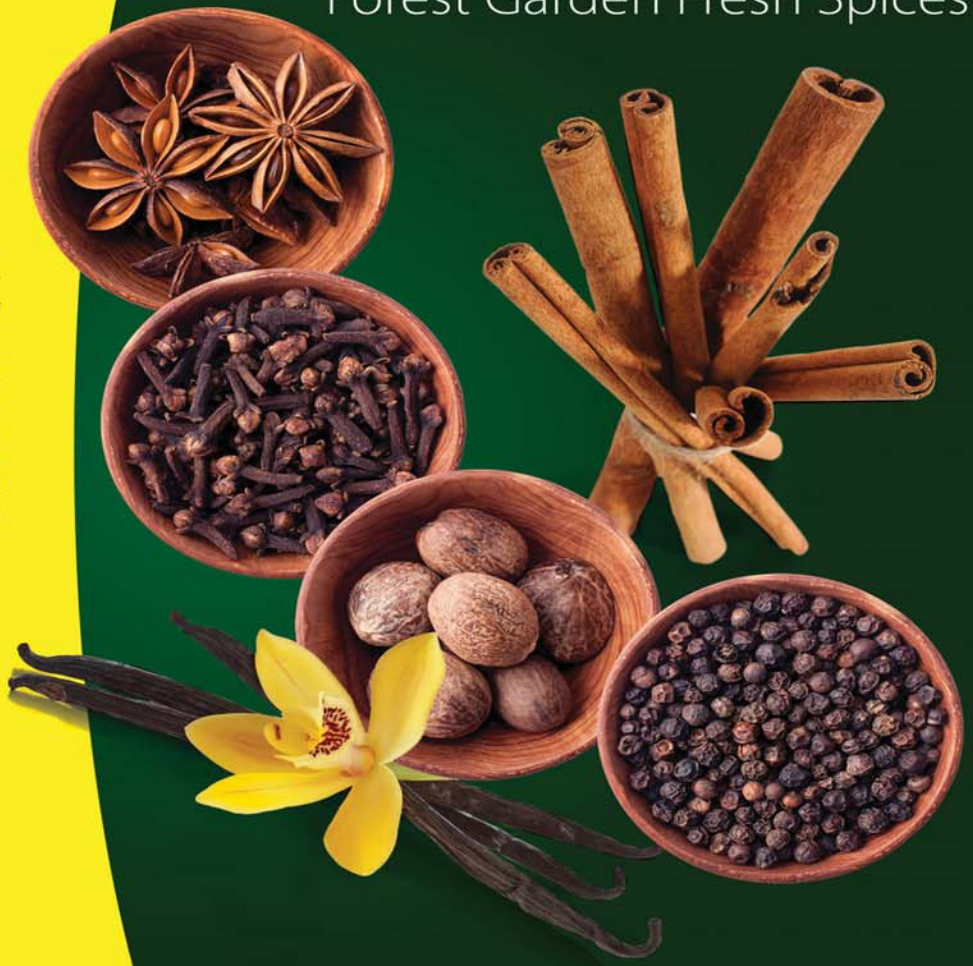




# Forest Garden Fresh Spices

Sri Lanka has long been renowned for its spices. In the 15th and 16th centuries, traders from all over the world brought their native cuisines to the island, resulting in a rich diversity of cooking styles and techniques. Sri Lankans use spices liberally in their dishes and typically do not follow an exact recipe. Sri Lankan cuisine is known to be among the world's spiciest, due to the high use of different varieties of spices and chillies. Sri Lanka has earned more than US\$ 189 million exporting spices and allied products. It is planned to reach US\$ one billion by 2020. Value added exports mainly essential oils have increased by 157%, cinnamon by 81% and overall spices by 32% in value.

At EAG, we know how important it is to offer quality spices, as it is used daily in many households across the world. We offer a wide range of premium quality Cinnamon Black Pepper, White Pepper, cloves; Nutmeg, Mace, Cardamoms, Vanilla and more for our customers cooking pleasure.



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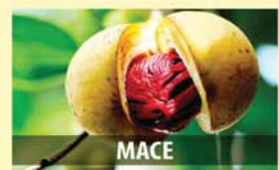
*Briefly*

## HISTORY OF SRI LANKAN SPICES



**NUTMEG**

The Nutmeg tree is important for the two spices derived from its fruit, Nutmeg and Mace. Nutmeg is the seed of the tree and gives a gentle fragrance of mint and bergamot. Nutmeg in cooking adds a sharp flavour of Hazelnut and Bitter Lemon. It is used in small quantities to add an exotic flavour to many dishes.



**MACE**

Mace is the dried, lacy, bright red covering of the Nutmeg seed which must be removed by hand or knife. It takes many Nutmeg trees to produce even a small amount. This makes Mace naturally more valuable than Nutmeg. Mace is preferred over Nutmeg for its delicate flavour and saffron-like colour.



**CINNAMON**

Today, as in the past, the best Cinnamon bark in the world comes from Sri Lanka and is of the finest quality, yielding a high fragrant aroma and a sweet warm taste. Sri Lankan Cinnamon is produced using only the thin inner bark. It has a finer texture and a taste that is considered more subtle than Cassia.



**PEPPER**

Black pepper is produced from the still-green/unripe berries of the Pepper plant which are cooked briefly in hot water and then dried. Pepper gets its spicy heat mostly from the outer fruit and the seed. Sri Lankan Black Pepper is prized for its high piperine content which gives it a strong and rich flavour.



**CLOVE**

Buds of the evergreen Clove plant of Sri Lanka are carefully selected and picked by hand. With its smoky, peppery taste, it's an important ingredient used to enrich many traditional dishes in both eastern and western cuisines. Clove oil also possesses known anti-bacterial, anti-fungal and analgesic properties.