



CLOVES

By, Shivani Sharma (6th Grade)

Cloves are one of the many spices indigenous to Asian countries like Indonesia, India, Pakistan, and even areas of East Africa. It is native to the Maluku islands in Indonesia, once a Dutch colony.

Cloves form the base in several different Asian cuisines and is not only used as a spice and condiment, but also as a medicine for many illnesses and conditions. They have great nutrition and some nutrients in cloves include calcium, iron magnesium, phosphorus, potassium, vitamin B6, Vitamin B12, Vitamin D and K etc.

Cloves are known:

1. To have antibacterial properties (for example. When chewed, they kill the bacteria that can cause halitosis or bad breath)
2. To improve digestion, reduce gas, stomach discomfort and nausea
3. To have anti-cancer properties
4. They can control blood sugar and therefore can reduce type 2 Diabetes
5. To help boost the immune system
6. Clove oil can act as a bug repellent (**Caution:** clove oil by itself is toxic in high concentrations but is very effective when diluted with other oils)