



## **BISHOP'S WEED OR AJOWAN CARAWAY**

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Ajowan Caraway (commonly known as ajwain in Indian cuisine or Bishop's weed) is a very small fruit (about half the size of a cumin seed, commonly confused as the seed) grown in India and Iran.

It has a very strong and pungent flavor and when added to foods, it dominates the flavor. Generally added as a seasoning to soups and curry bases, it is also added to dough to make regular and flatbreads.

It has a long shelf life and can be stored in cool dry places. It's primary use in cooking is to reduce stomach discomfort and production of gas and indigestion. It is added to foods to ease the digestion of that food. It can also be used as a poultice when crushed.

Other health benefits are it is rich source of fiber, minerals, vitamins, and anti-oxidants. It contains the chemical thymol which is used to treat coughs and colds.