

1: Crocus sativus - Wikipedia

Crocus sativus, commonly known as *saffron crocus*, or *autumn crocus*, is a species of flowering plant of the *Crocus* genus in the Iridaceae www.enganchecubano.com is best known for producing the spice saffron from the filaments that grow inside the flower.

See shipping tab for details Our Guarantee We guarantee your complete satisfaction or your money back. About 3 weeks later, I was surprised to see Catherine from Cincinnati, Ohio I collected 75 saffron stigmas from the 25 crocus bulbs I planted last fall. Read more A viewer from Boise, Idaho I ordered a lot of bulbs and gave half to a friend for his birthday. I followed the directions Product Details Product Details Grow your own saffron to use in cooking! We rarely think of bulbs as edible, but this showy fall-blooming *Crocus* is the source of saffron, the quintessential seasoning for paella and other dishes from the Mediterranean and Asia. Each lilac-purple flower produces three red stigmas, which have been used for flavoring and coloring food since Roman times. For instructions on harvesting saffron, click here. Perhaps because the sun is so low in the sky after the autumn equinox, the blooms of fall *Crocus* positively glow in the landscape. We ship fall *Crocus* in September. The bulbs must be planted right away so they may go about the business of rooting and preparing to flower, a process that generally takes 4–6 weeks. Fall *Crocus* grow best in a sunny, protected site. For more information on *Crocus* care, click Growing Guide. For some, this means a large, bareroot crown. Others cannot travel bareroot or transplant best if grown in containers. We ship these perennials and annuals in 1 pint pots, except as noted. We must point out that many perennials will not bloom the first year after planting, but will the following year, amply rewarding your patience. We ship bulbs as dormant, bare bulbs, sometimes with some wood shavings or moss. Shrubs, Roses, vines, and other woody plants may be shipped bareroot or in pots. The size of the pot is noted in the quick facts for each item. Estimated dates for shipping are indicated in the Shipping Details box for each item. Please refer to the Shipping Details box to determine the earliest shipping time. Unless you specify otherwise, fertilizers, tools, and other non-plant items are shipped with your plants or bulbs. Please supply a street address for delivery. If your order is damaged or fails to meet your expectations, we will cheerfully replace or refund it. Please include your order number or customer number when contacting us.

2: Spanish Saffron, Crocus Sativus, Whats Cooking America

Saffron corms like a well drained soil. Heavy clay soil must be avoided. The ideal type of ground is a neutral clay-calcareous or silty soil (PH 6 to 8). For small areas like a vegetable garden or simple borders, one can easily improve the soil by adding sand, peat or compost.

Email Saffron is the stigma of the crocus flower, which originally came from Asia Minor. Spanish saffron is prized for its high quality and commands twice the price of saffron produced in Iran. Saffron has always been considered very valuable. In fact, at one point it was even used as currency. It forms part of the culinary culture of different regions in the world: In India saffron is an important ingredient in many recipes of rice, sweets, and ice-creams. In Saudi Arabia, a real Arabic coffee should have saffron and cardamom. In the North of Italy, saffron is essential in the preparation of its famous Risotto. In Sweden it is a tradition to bake saffron bread on the day of St. In Spain saffron is an indispensable ingredient in such famous dishes as Paella. That is because each flower provides only three red stigmas. Why is saffron so expensive? It is because of the labor needed to produce saffron – it is so labor intensive! Each flower, which blooms for one week of the year, produces about three stigmas, which must be picked by hand. The best saffron is harvested seasonally and carefully dried in the sun or over a low fire. Saffron is best when fresh and loses its potency over time. The tiny red threads of saffron must be handpicked from the center of the crocus flower. They leave behind the yellow stamens which have no taste. This spice comes either powdered or in threads the whole stigmas. Less-expensive saffron powder is often made from poor quality saffron or old saffron. Saffron is the stigma of the crocus flower, which originally came from Asia Minor before the birth of Christ, where it has been cultivated since ancient times: Ancient Romans used to perfume their baths with saffron. In the , German dealers who were caught adulterating saffron were burned at the stake. Arabs used saffron in medicine for its anesthetic properties. It was the Arabs who introduced the cultivation of saffron in Spain in the X century. Evidence of different kinds assure that saffron was an irreplaceable ingredient in the hispanic-arabic cooking of that age. Pure saffron is made up of tiny, bright-red threads. The redder the saffron, the higher the quality. The tips of the threads should be a slightly lighter orange-red color. This will show that it is not cheap saffron that has been tinted red to look expensive. Spanish saffron is divided into grades. Names to look for are coupe, superior, La Mancha, or Rio. Coupe is the top of the line and it has the least flavorless yellow stem and the highest amount of crocin, one of the key essential oils in saffron. Beware of bunk saffron. Saffron will always be expensive. If you see a packet of a couple ounces of saffron for just a few dollars, just put it back. Real saffron is VERY expensive and you only need a tiny bit when cooking. Do not fall for cheap saffron, as you will always get what you pay for! Preparing Saffron for use in cooking: Pre-soaking also allows the color to disperse throughout the food. Preferred Method – For every teaspoon of saffron, add 3 teaspoons of liquid; using a spoon make sure that the saffron threads get properly soaked do not crush the threads. Let the saffron soak for a minimum of two hours. The mixture can be left soaking for as long as twelve hours, but two hours will give you the proper results. Quick Method – If you are in a hurry or have forgotten to soak the saffron, add 5 teaspoons of liquid for every teaspoon of saffron; let soak for 20 minutes. Using the back of a spoon or in your ceramic mortar, mash the threads so that a thick paste is formed. You can then add the paste to the dish when required. Toasting Method – Carefully and slowly toast threads in a heavy skillet over low heat watch carefully and do not allow to burn – burned saffron threads are irretrievable and unusable. Then grind threads into a powder and use as directed in the recipe. When determining how much saffron to use in cooking, remember that the saffron flavor will be stronger the second day. In general, just use a pinch in soups and stews that serve 4 to 6 people. Saffron is especially good when used in cooking seafood dishes such as bouillabaisse and paella. It is also used in risotto and other rice dishes. Try adding some to your next beef stew or tomato-based sauce. To make a wonderful marinade for fish, add saffron threads, garlic, and thyme to vinegar. Saffron is also used in bread and cake cooking. Use your imagination and be creative when using saffron in your cooking. If your recipe includes liquid water, broth, or wine , use a little of it and pour over the saffron. Turmeric may be substituted for the color properties, not the flavor. Do not use wooden utensils

when mixing saffron. Wood utensils tend to absorb saffron easily. Powdered saffron loses its flavor more rapidly and can easily be adulterated with less-expensive powders like turmeric. Buying cheaper saffron will not save money in the long run, since more will be needed for the same flavor impact. I personally do not recommend that you purchase powdered saffron. Saffron is very sensitive to light and moisture. If stored properly, it will last for years. Saffron absorbs other flavors and odors very easily. If you choose to transfer the saffron to a new container, make sure that the container is very clean and odor-free before using.

3: Saffron crocus - FineGardening

15 JUMBO Saffron Crocus Corms/Bulbs ~ FALL blooming ~ RARE SPICE ~ crocus sativus Saffron Bulbs Crocus Sativus Flowers Corms Original Turkey Bulbs Plant 25 Bulbs Fresh Saffron Bulbs 16 Pcs - Get Beautifull Flowers and Your Own Spice (dispatch in June from our organic garden) Crocus Sativus Corms.

Not only are they pretty to look at, they also produce the pricey saffron spice, popular in many culinary dishes. Unlike their Spring-blooming cousins, Crocus Sativus are planted in the late Summer to early Fall and actually produce blooms in the Fall. Saffron Crocus corms are shipped out in the late Summer months. We recommend planting them as soon as possible once you receive them. Choose a planting area that receives full sun and has well-draining, loamy soil. Soil can be amended with sand, peat or compost to assist in the drainage. Plant corms about inches deep and about inches apart. Flowers generally come up within weeks after planting, but can sometimes wait until the following Fall to appear. Grassy-like leaves will appear and will eventually die back as winter weather approaches. We suggest marking your planting site for these corms, as they tend to vanish until the next Fall when they come back with leaves and blooms. Overwintering Saffron in Cooler Climates: Saffron corms will overwinter in Zones , but we recommend lifting the corms in Zones 5 and cooler and bringing them indoors for the winter. After the first frosts, but before the ground is completely frozen, gently dig out the corms and place them in a container, like a crate or a plastic tub. Cover the corms with a peat moss or sand and store in a cool 40 to 50 degrees F , dry, dark area. Plant them outside again after the threat of frost has passed in your area in the Spring, be sure not to water them until they start growing again in the Fall. The saffron spice is actually from the 3 orangey-red stigmas in the center of each flower. Stigmas can also be pulled directly from the flower. Lay flowers in a working area away from a breeze and use small scissors or tweezers to take the 3 stigmas off of each flower. Once collected, these stigmas can be dried, but be sure not to expose them to high heat. Put them in a food dehydrator on the lowest setting, or on a screen in a warm, dry area. Store saffron in an airtight container and it will usually hold its flavor for about two years. You May Also Like.

4: Saffron - Wikipedia

If you've never planted them before, you'll find the regular 'fall-flowering crocus', including C. sativus,, the saffron crocus, much like spring bloomers (about inches tall). Colchicums are different, since every bulb (they're larger than the regular crocus bulbs) produces a whole bouquet of flowers.

When crocetin is esterified with two water-soluble gentiobioses, which are sugars, a product results that is itself water-soluble. C₁₆H₂₆O₇; systematic name: Picrocrocin is a truncated version of the carotenoid zeaxanthin that is produced via oxidative cleavage, and is the glycoside of the terpene aldehyde safranal. It must, therefore, be stored away in air-tight containers to minimise contact with atmospheric oxygen. Saffron is somewhat more resistant to heat. Grades and ISO categories[edit] Red threads and yellow styles from Iran High quality red threads from Austrian saffron Kashmiri saffron package Saffron is not all of the same quality and strength. Strength is related to several factors including the amount of style picked along with the red stigma. Age of the saffron is also a factor. More style included means the saffron is less strong gram for gram, because the colour and flavour are concentrated in the red stigmas. Saffron from Iran, Spain and Kashmir is classified into various grades according to the relative amounts of red stigma and yellow styles it contains. Grades of Iranian saffron are: The word "mancha" in the Spanish classification can have two meanings: Spanish growers fought hard for Protected Status because they felt that imports of Iranian saffron re-packaged in Spain and sold as "Spanish Mancha saffron" were undermining the genuine La Mancha brand. Similar was the case in Kashmir where imported Iranian saffron is mixed with local saffron and sold as "Kashmir brand" at a higher price. Artisan producers in Europe and New Zealand have offset their higher labour charges for saffron harvesting by targeting quality, only offering extremely high grade saffron. This lack of information makes it hard for customers to make informed choices when comparing prices and buying saffron. Under ISO, determination of non-stigma content "floral waste content" and other extraneous matter such as inorganic material "ash" are also key. Grading standards are set by the International Organization for Standardization, a federation of national standards bodies. ISO deals exclusively with saffron and establishes three categories: Safranal is treated slightly differently and rather than there being threshold levels for each category, samples must give a reading of 20–50 for all categories. These data are measured through spectrophotometry reports at certified testing laboratories worldwide. Higher absorbances imply greater levels of crocin, picrocrocin and safranal, and thus a greater colouring potential and therefore strength per gram. The absorbance reading of crocin is known as the "colouring strength" of that saffron. Market prices for saffron types follow directly from these ISO categories. Pushal and mancha would probably be assigned to category II. On many saffron packaging labels, neither the ISO category nor the colouring strength the measurement of crocin content is displayed. However, many growers, traders, and consumers reject such lab test numbers. Some people prefer a more holistic method of sampling batches of threads for taste, aroma, pliability, and other traits in a fashion similar to that practised by experienced wine tasters. In particular, consumers can work out value for money based on price per unit of colouring strength rather than price per gram, given the wide possible range of colouring strengths that different kinds of saffron can have. Adulteration[edit] Despite attempts at quality control and standardisation, an extensive history of saffron adulteration, particularly among the cheapest grades, continues into modern times. Other methods included dousing saffron fibres with viscid substances like honey or vegetable oil to increase their weight. Powdered saffron is more prone to adulteration, with turmeric, paprika, and other powders used as diluting fillers. Adulteration can also consist of selling mislabelled mixes of different saffron grades. Thus, high-grade Kashmiri saffron is often sold and mixed with cheaper Iranian imports; these mixes are then marketed as pure Kashmiri saffron, a development that has cost Kashmiri growers much of their income. The spice is reportedly counterfeited with horse hair, corn silk, or shredded paper. Tartrazine or sunset yellow have been used to colour counterfeit powdered saffron. Varieties not varieties in the botanical sense from Spain, including the tradenames "Spanish Superior" and "Creme", are generally mellower in colour, flavour, and aroma; they are graded by government-imposed standards. Italian varieties are slightly more potent than Spanish. The most intense varieties tend to be Iranian. Various

SAFFRON (CROCUS SATIVUS) pdf

"boutique" crops are available from New Zealand, France, Switzerland, England, the United States, and other countries—some of them organically grown. In the US, Pennsylvania Dutch saffron—known for its "earthy" notes—is marketed in small quantities. It was first introduced to Italy by a Dominican monk from Inquisition-era Spain. Repeated droughts, blights, and crop failures in Kashmir combine with an Indian export ban, contribute to its prohibitive overseas prices.

5: Growing and Harvesting Saffron Crocus

Grow your own saffron to use in cooking! We rarely think of bulbs as edible, but this showy fall-blooming Crocus is the source of saffron, the quintessential seasoning for paella and other dishes from the Mediterranean and Asia.

The bright red-orange threads you get when you buy saffron are actually the stigmas, or female portion, of the Saffron Crocus flowers. It takes hundreds of flowers to produce a commercially useful amount, which explains why saffron is so expensive. For the home gardener, however, two dozen Saffron Crocus will supply enough of the precious spice in the first year for a few memorable dishes. After 4 to 6 years, you should divide and replant the corms do it right after the foliage has faded. Division prevents overcrowding, which can lead to a decrease in flowering. Planting Saffron Crocus Corms: Saffron Crocus do best in full sun and well-drained soil that is moderately rich in organic matter. Ideally, the site should be relatively dry in summer, when the corms are dormant. Plant the corms 4in deep and 4in apart. If gophers, mice, or voles are a problem in your garden, plant the corms in containers or line the bed with hardware cloth or a similar wire mesh. Flowers generally come up weeks after planting, although occasionally they wait until the 2nd fall to appear. Bloom lasts about 3 weeks. The grass-like leaves may emerge either with the flowers or soon after they appear. Sometimes they wait until the following spring. In either case, the leaves persist for weeks, then wither and vanish, leaving no trace of the corms below until the flowers appear again in fall. Overwintering Corms in Cold Climates: Saffron Crocus can be grown in areas with colder winters than Zone 6, but the corms must be lifted and brought indoors for the winter. After the first few frosts, but before the ground has frozen solid, carefully dig out the corms, place them in a wooden crate or plastic tub, and completely cover with dry peat moss or sand. Another way of growing Saffron Crocus in cold-winter areas is to plant the corms 2 in. After the plants die back in the fall, move the pots into the basement and store them dry for the winter. Set the pots back out the following spring. Harvesting and Using Saffron: Three stigmas are borne in the center of each purple, cup-shaped bloom. The best time to harvest the stigmas is mid-morning on a sunny day when the flowers have fully opened and are still fresh. Carefully pluck the stigmas from the flowers with your fingers, then dry them in a warm place to preserve them for cooking. Store in a closed container. To use saffron, steep the threads in hot liquid water, broth, or milk, depending on the recipe for about 20 minutes. Add both the threads and the steeping liquid early in the cooking or baking process, and the threads will continue to release their color and flavor.

6: Crocus Sativus - The spice Saffron

Saffron comes from the saffron crocus bulb (Crocus sativus), which is an autumn blooming crocus. The spice is actually the red stigmas of this crocus flower. The spice is actually the red stigmas of this crocus flower.

Box , Tehran, Iran. This article has been cited by other articles in PMC. The dried stigmas of the plant *Crocus sativus* Iridaceae are processed to produce saffron as a well-known spice which has some other importance in pharmaceuticals, cosmetics, perfumery, and textile dye-producing industries. Recently, reports about the pharmacological activity of this plant increase its importance in the world. Therefore, the quality conservation of saffron needs to certify in the international trade market following international ISO or the Food and Drug Administration FDA criteria and standards. In this paper, the recent or sometimes less documented reports on phytochemistry, pharmacology, and standard methods for quality evaluation of saffron, as a medicinal food spice, from field cultivation to market are reviewed. This plant is the most expensive cultivated herb in the world. It has been documented that saffron was used as a food or spicy plant product for culinary purposes in Achaemenian Imperial court. The outstanding feature of the colored flowers of saffron is three stigmas mm long , drooped over the petals. The flower has also three yellow stamens, which do not contain the active compounds and usually are not collected. Each bulb produces one to seven flowers. It seems that the cultivated species has originated as a natural hybrid so that it has been selected for its long stigmas and maintained ever since. The flower of *C.* It takes about 36, flowers to yield just 1 pound of stigmas. Saffron was used in various opioid preparations for pain relief th centuries. The studies reported that saffron was more effective than placebo and at least equivalent to therapeutic doses of imipramine and fluoxetine. No significant differences were found in adverse effects in any of the studies. Hypoxia at the vascular wall was also reduced. Besides the above-mentioned activity, improvement of ethanol-impaired memory of mice, effects on learning behavior and neuronal cell death, and management of psoriasis were reported from *C.* Phytochemical researches have revealed that the color is mainly due to the degraded carotenoid compounds, crocin 1 and crocetin 2 the flavor comes from the carotenoid oxidation products, mainly safranal 3 and the bitter comes from glucoside picrocrocin 4 Pfander and Schurtenberger suggested a proposal for biogenesis of the color and odor active compounds which may be derived by bio-oxidative cleavage of zeaxanthin 5 [23] The major principle of *C.*

7: Crocus sativus: Saffron Crocus | White Flower Farm

The Red Gold. Saffron is the world's most expensive spice and in the industry also called "Red Gold". Saffron is obtained from the stigmas of the Crocus Sativus flower.

Leaves dry out in May. Soil and location Saffron corms like a well drained soil. Heavy clay soil must be avoided. The ideal type of ground is a neutral clay-calcareous or silty soil PH 6 to 8. For small areas like a vegetable garden or simple borders, one can easily improve the soil by adding sand, peat or compost. The saffron bed must be in a sunny place, notably in autumn during the flowering stage. Soil preparation In order to prepare the ground, you can either turn the soil over or plough deeply about 20 cm and add some compost or manure. In the case of nitrogenous fertilizer, it is better to spread on the surface after planting. Keep the ground weed free until planting from June to September and make loosen the soil before planting the corms. Setting out the saffron bed Saffron corms can either be planted directly into the ground borders, gardens, fields etc or in pots or window boxes inside or out. Put the corms into the ground at a 10 to 15 cm depth leaving a 10 cm gap between them. Watering is not necessary. In case of severe drought in September, watering them once will usually be enough. Corms multiply from one year to the next, from one corm one can get 5 corms after 3 years. Precautions Precautions against predators Wood mice and voles are particularly fond of corms in winter as well as in summer. Destroying their tunnels regularly allows one to limit their number. Rabbits, which are particularly keen on leaves and flowers can only be stopped with a secure fence. Avoiding diseases Three fungal infections can harm saffron: Fusarium - attacks the corm and leaves an orange-coloured band on the limit of the healthy parts. Violet root rot - produces a damp rot. Consequently, one should dig up corms and replant them in another field. It is better not to use the same field again for 10 years. Harvest Flowers generally appear in October slightly later in the first year and last for a month. Two methods of harvesting are possible. If one only has a small number of flowers, one can leave the flower and just extract the 3 red filaments from the pistil with some tweezers. This operation is called trimming In the case of large quantities of flowers, one should pick the flowers as soon as they have bloomed and then extract the red pistils comfortably sitting around a table. Trimming the flowers must be done soon after they are harvested to make the task easier. The yellow stamens and purple petals have no use. Drying Filaments have to be dried out to be preserved for use. Drying can be done by putting the pistils on a sieve in a well ventilated place between 40 to 60 degrees Celsius, for 15 minutes well ventilated food dryer, in an oven with the door slightly open, under the sun outside. When dried, filaments are very light and breakable. Fresh saffron, even dried is tasteless. It is recommended that it is placed in an airtight tin away from the light for at least a month before consumption. Saffron keeps its taste for two years. Yield About flowers are needed to make one gram of dried saffron. The next two years, corms will give about 2 flowers each. You can either pay by cheque in euros and payable in France only , direct bank transfer in euros exclusively or the following secured online payments: PayPal account or credit card.

8: Saffron Crocus Sativus Bulbs | Buy Saffron Crocus Bulbs in Bulk at www.enganchecubano.com

The effect of saffron, Crocus sativus stigma, extract and its constituents, safranal and crocin on sexual behaviors in normal male rats. Phytomedicine. ;15() View abstract.

9: An overview on saffron, phytochemicals, and medicinal properties

Saffron Crocus (Crocus Sativus) is a very interesting Fall flowering specie. This variety will give plenty of blooms the first year throwing the expensive saffron spices used for many culinary dishes.

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