Papaya

Parts Used: Fruit, leaves, flowers, latex, and seeds.

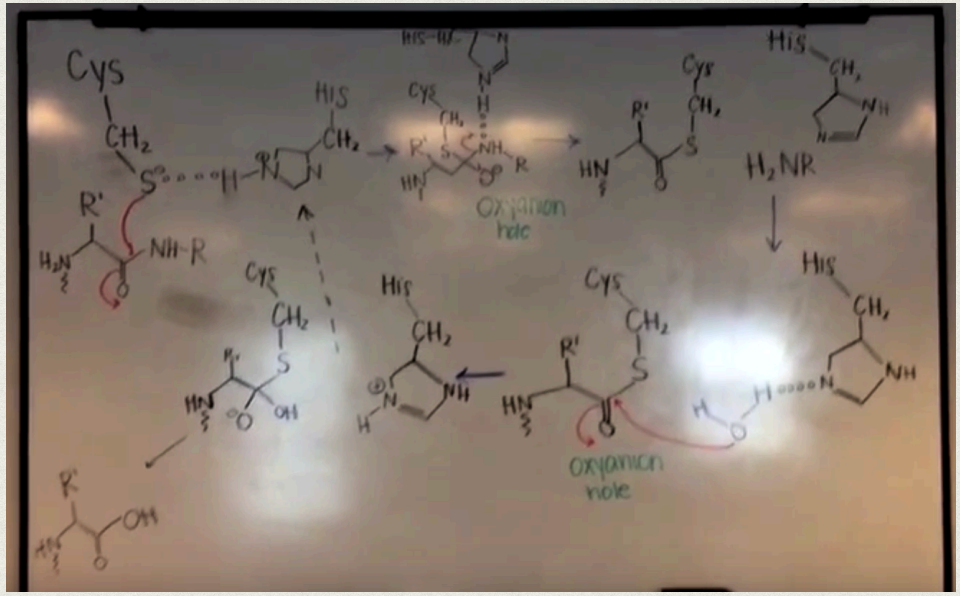
Medicinal Constituent: Vitamins A, C, E, B5, B6, B12 and K. Zeaxanthin, potassium, choline, beta-carotene, selenium, and magnesium. Bioflavonoids and enzyme (papain), fiber, and sugars.

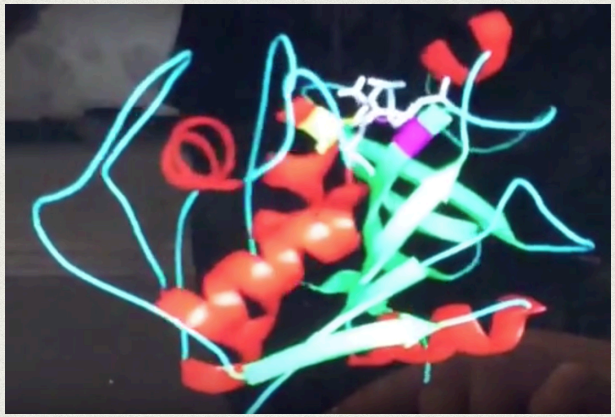
Anti-allergy, antibacterial, antioxidant, and detoxifying.

Note: see Table 2 for papaya enzyme.

TABLE-2 PAPAYA (PAPAIN)

The Chemical Structure of Papain and How it Works in our body





https://www.youtube.com/watch?v=tOzougkY9jM&index=4&list=PLEyjqEDYgSEcLVDYaQw6k_kFD6b5MsAy5

Papaya

Therapeutic Properties: Macular degeneration, asthma, digestion, heart disease, inflammation, hair and skin health, worms, colon cancer, abortificient, and Dengue fever.

Minimizes the exposure to allergens (eggs, fish, shellfish, nuts and dairy), by strengthening and detoxifying the immune system.

Forms: Pills, capsules, wine, or consume fresh (fruit, seeds, leaves, roots, tea).

Cinnamon

Cinnamomum cassia

Lauraceae

- **Plant Type:** Evergreen tree. A spice is produced from the inner bark of the Chinese or Ceylon cinnamon tree. Cassia cinnamon tree is native to China.

- **Historical Background:** Has been used for centuries by Chinese medical practitioners to treat a wide range of conditions.

Cinnamon

Parts Used: Bark, twigs, seeds, flowers, and leaves to make essential oil.

Medicinal Constituents: Volatile oils and cinnamaldehyde to counteract bacteria, fungi, and viruses.

Cinnamon

Therapeutic Properties: An anti-inflammatory, antioxidant, antiseptic, antibacterial, and antimicrobial. Supports weight loss, improves brain health, and circulation. It is used to treat anorexia, common cold, menstrual problems, and diarrhea, as well as diabetes, obesity, and high cholesterol.

May reduce ADHD and anxiety/ frustration.

* see table -1

Forms: Powder, sticks of the bark, capsules, and oil (twigs and leaves contain one to two percent essential oils).

TABLE-1 HOW TO CHOOSE CINNAMON

Ceylon cinnamon	Cassia cinnamon
More expensive, as the price may spike 10 times more than Cassia cinnamon	Commonly available and very cheap
Tan brown color	Reddish, dark brown color
Thin and paper-like textured bark that forms multiple layers when rolled up	Uneven and thick bark that forms only a few layers when rolled up
Fragile and easily broken	Tough, difficult and if not, impossible to grind to a powder
Delicate and sweet scent with subtle notes of clove	Pungent and full-bodied taste

7 Key Differences Between Ceylon Cinnamon and Cassia Cinnamon

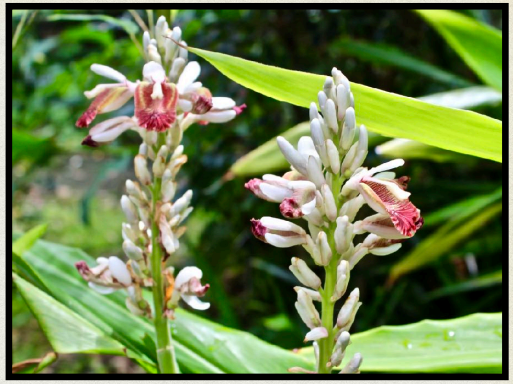
Ceylon Cinnamon	Cassia/Chinese Cinnamon
A highly valued culinary and medicinal spice. Price can be up to 10 times more than the Cassia/Chinese cinnamon.	Commonly available and very cheap. You get a bag of the sticks for less than a dollar.
Contains a small, negligible amount of coumarin, a naturally occurring blood-thinning substance. Recommended for regular use, eg for correcting blood sugar level.	Contains a high level of coumarin content which can be harmful for the liver and kidney when consumed daily or regularly. Not a concern for occasional use. (Note: Saigon Cinnamon, a type of cinnamon from Vietnam that shares a similar appearance with Cassia, also contains a relatively high level of Coumarin.)
Tan brown in colour.	Reddish dark brown.
Thin and paper-like textured bark that forms multiple layers when rolled up.	Uneven thick bark that forms only a few layers when rolled up.
Fragile, easily broken.	Tough, difficult (if not impossible) to grind to powder with an electric home kitchen grinder.
Delicate, sweet with subtle notes of clove. Creates an excellent flavor profile for pastries, cakes and desserts.	Pungent, full-bodied taste. Suitable for Chinese braised meat recipes.
Mostly originated from Sri Lanka and used in most part of Europe.	Primarily sourced from China and supplied to the USA and Asia.

Ginger

Zingiber officinale
Zingiberaceae

- **Plant Type:** Herbaceous perennial native to Asia.

- **Historical Background:** Long history in China, Taiwan, and India; introduced to medieval Europe 2,000 years ago as a spice, food, and medicine.



Ginger

Parts used: Rhizome/roots.

Medicinal constituents: Dozens of substances-volatile oils, gingerol, and more. Ginger root contain 0.25 to 3.3 percent volatile oil.

Ginger

Therapeutic Properties: Anti-inflammatory, circulatory stimulant to reduce high blood pressure, digestive remedy to reduce motion sickness, indigestion, etc. Anticoagulant: salicylate.

Detoxifies: fresh ginger juice with vinegar can be used as an antidote in fish or crabmeat poisoning.

Note: Pregnant women should avoid eating ginger.

Forms: Capsules, essential oil, tea (dried or fresh), dry, powder, or fresh.

APPENDIX-I

Common Name	Scientific Name	Family Name	Location in SDBG
Turmeric	*Curcuma longa*	Zingiberaceae	**Herb Garden**
Corn	*Corn*	Corn	**Hamiltom Children Garden**
Fo-Ti	*Polygonum multiflorum*	Polygonaceae	**Herb Garden**
Za Baobab	*Adansonia za*	Bombaceae	**Old World Garden**
Saw Palmetto	*Serenoa repens*	Arecaceae	**Passed Lawn House**
Papaya	*Carica papaya*	Caricaceae	**Subtropical Garden**
Blue Elderberry	*Sambucus nigra*	Caprifoliaceae	**California Garden**
California Sagebrush	*Artemisia californica*	Asteraceae	**Herb Garden**
Black Sage	*Salvia mellifera*	Lamiacaceae	**Herb Garden**
Feverfew	*Tanacetum parthenium*	Asteraceae	**Herb Garden**
Cinnamon (Chinese)	*Cinnamomum cassia*	Lauraceae	**Herb Garden**
Yerba Santa	*Eriodictyon crassifolium*	Boraginaceae	**Herb Garden**

APPENDIX-II

Common Name	Scientific Name	Family Name	Location in the Garden
African Bulbine	*Bulbine frutescens*	Asphodelaceae	**Herb Garden**
Stinging Nettle	*Urtica dioica*	Urticaceae	**Herb Garden**
Ginger	*Zingiber officinale*	Zingiberaceae	**Herb Garden**
California Sagebrush	*Artemisia california*	Asteraceae	**Herb Garden**

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