



# KNOW YOUR KITCHEN

VIRTUAL EXHIBITION

BY

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Common name:  
Cardamom (Small)

Scientific name:  
*Elettaria cardamomum* Maton

Family:  
Zingiberaceae

Uses:  
<http://tropical.theferns.info/viewtropical.php?id=Elettaria+cardamomum>

Image: <https://herbs.tips/cardamom>





Common name:  
Pepper

Scientific name:  
*Piper nigrum* L.

Family:  
Piperaceae

Uses:  
<https://www.healthline.com/nutrition/black-pepper-benefits>





Common name:  
Ginger

Scientific name:  
*Zingiber officinale* Rosc.

Family:  
Zingiberaceae

Uses: <https://pharomeasy.in/blog/ginger-uses-benefits-side-effects/>





Common name:  
Turmeric

Scientific name:  
*Curcuma longa* L.

Family:  
Zingiberaceae

Uses:  
<https://www.medicalnewstoday.com/articles/306981#nutrition-of-turmeric>

Image: <https://depositphotos.com/54772357/stock-photo-turmeric-curcuma-longa-l.html>





Common name:  
Cumin

Scientific name:  
*Cuminum cyminum* L

Family:  
Apiaceae

Uses:  
<https://www.healthline.com/health/cumin-benefits#benefits>



Image: <https://www.organicfacts.net/health-benefits/seed-and-nut/health-benefits-of-cumin.html>



Common name:  
Fennel

Scientific name:  
*Foeniculum vulgare* Mill.

Family:  
Apiaceae

Uses:  
<https://www.healthline.com/nutrition/fennel-and-fennel-seed-benefits>



Image: <https://www.healthy-halal.co.uk/spices-herbs/fennel-seeds-soonf>



Common name:  
Fenugreek

Scientific name:  
*Trigonella foenum-graecum* L.

Family:  
Fabaceae

Uses:  
<https://www.medicalnewstoday.com/articles/324334#uses>







Common name:

Ajowan

Scientific name:

*Trachyspermum ammi* L.

Family:

Apiaceae

Uses: <https://pharomeasy.in/blog/super-nutritious-ajwain-and-its-health-benefits/>

Image: <https://pharomeasy.in/blog/ajwain-uses-benefits-side-effects-dosage/>





Common name:  
Garlic

Scientific name:  
*Allium sativum* L.

Family:  
Liliaceae

Uses:  
<https://edition.cnn.com/2017/08/24/health/cinnamon-health-benefits/index.html>





Common name:  
Tulsi

Scientific name:  
*Ocimum sanctum* L.

Family:  
Labiataeae

Uses: <https://www.dabur.com/amp/in/en-us/about/science-of-ayurveda/herbal-medicinal-plants/tulsi-benefits-and-medicinal-uses>





Common name:  
Pudina

Scientific name:  
*Mentha piperita* L.

Family:  
Lamiaceae

Uses: <https://pharomeasy.in/blog/benefits-of-mint-leaves/>





Common name:  
Ajwain patta

Scientific name:  
*Coleus aeromatics* L.

Family:  
Lamiaceae

Uses:  
<https://www.planetayurveda.com/library/indian-borage-plectranthus-amboinicus/>





Common name:  
Pan futti

Scientific name:  
*Bryophyllum pinnatum* L.

Family:  
Crassulaceae

Uses: <https://www.newindianexpress.com/cities/delhi/2019/apr/18/this-miracle-plant-is-a-huge-help-against-kidney-stones-1965717.html>

Image: <https://www.pinterest.com.au/pin/82894449380989419/>





Common name:  
Palak/ Spinach

Scientific name:  
*Spinacia oleracea* L.

Family:  
Amaranthaceae

Uses:  
<https://www.rxlist.com/spinach/supplements.htm>

Image: <https://www.livescience.com/51324-spinach-nutrition.html>





Common name:  
Kunvarpathu

Scientific name:  
*Aloe vera* L.

Family:  
Liliaceae

Uses:  
<https://www.healthline.com/health/how-to-use-aloe-vera-plant>







Common name:  
Nagarvel Pan

Scientific name:  
*Piper betel* L.

Family:  
Piperaceae

Uses:  
<http://tropical.theferns.info/viewtropical.php?id=Piper+betel>

Image: <https://en.wikipedia.org/wiki/Betel>





Common name:  
Methi

Scientific name:  
*Trigonella foenum-graecum* L.

Family:  
Fabaceae

Uses:  
<https://www.medicalnewstoday.com/articles/324334>





Common name:  
Lemon/ Limbu

Scientific name:  
*Citrus lemon* L.

Family:  
Rutaceae

Uses:

<https://www.healthline.com/nutrition/6-lemon-health-benefits>

Image: <https://www.britannica.com/plant/lemon>





Economic part –Husk P

Common name:  
Isabgul

Scientific name:  
*Plantago ovata* L.

Family:  
Plantaginaceae

Uses:  
<https://www.healthline.com/health/psyllium-health-benefits>

