

KNOW YOUR KITCHEN

VIRTUAL EXHIBITION
BY
DEPARTMENT OF BOTANY,
PRESIDENT SCIENCE COLLEGE

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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



Common name: Pepper

Scientific name: *Piper nigrum* L.

Family: Piperaceae

Uses:

https://www.healthline.com/nutrition/blackpepper-benefits

Image: https://www.etsy.com/ca/listing/681208064/black-pepper-piper-nigrum-tellicherry



Common name: Ginger

Scientific name: Zingiber officinale Rosc.

> Family: Zingiberaceae

Uses: https://pharmeasy.in/blog/ginger-uses-benefits-side-effects/

Image: https://www.thestatesman.com/lifestyle/health/ginger-noted-herb-warming-properties-mercury-plunges-1502726167.html



Common name: Turmeric

Scientific name: *Curcuma longa* L.

Family: Zingiberaceae

Uses:

https://www.medicalnewstoday.com/articles/306 981#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/cuminbenefits#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/fenneland-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/324 334#uses

Image: https://www.naturesvelvet.in/blogs/blog-posts/8-amazing-benefits-of-fenugreek-1



Common name: Ajowan

Scientific name: *Trachyspermum ammi* L.

> Family: Apiaceae

Uses: https://pharmeasy.in/blog/super-nutritious-ajwain-and-its-health-benefits/

Image: https://pharmeasy.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/cinna mon-health-benefits/index.html

Image: https://www.masterclass.com/articles/what-is-cinnamon-how-to-cook-with-cinnamon-spice



Common name: Tulsi

Scientific name: Ocimum sanctum L.

> Family: Labiateae

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

Image: https://timesofindia.indiatimes.com/life-style/health-fitness/photo-stories/shocking-



Common name: Pudina

Scientific name: Mentha piperita L.

> Family: Lamiaceae

Uses: https://pharmeasy.in/blog/benefits- of-mint-leaves/

Image: https://www.gardeningknowhow.com/edible/herbs/mint/growing-peppermint-plant.htm



Common name: Ajwain patta

Scientific name: Coleus aeromatics L.

Family: Lamiaceae

Uses:

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

Image: https://food.ndtv.com/food-drinks/ajwain-leaves-culinary-and-medicinal-uses-of-these-flavourful-leaves-2004110



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



Common name: Palak/ Spinach

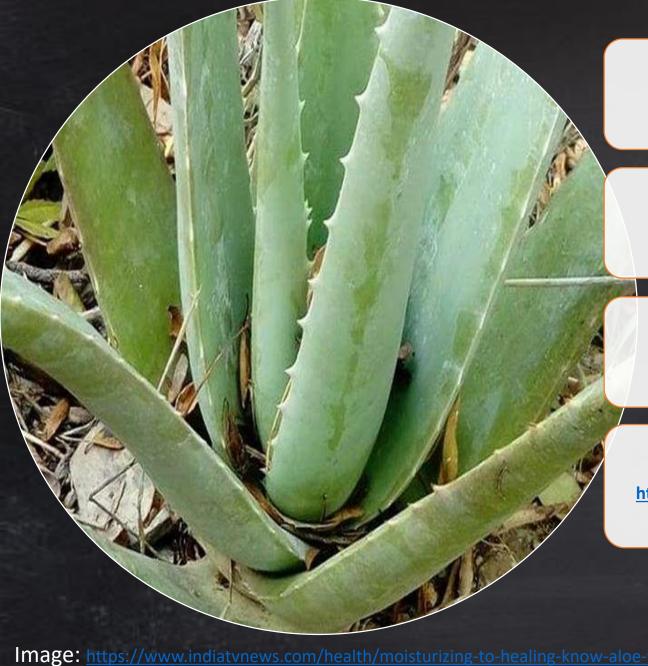
Scientific name: Spinacia oleracea L.

Family: Amaranthaceae

Uses:

https://www.rxlist.com/spinach/supplements.ht m

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



Common name: Kunvarpathu

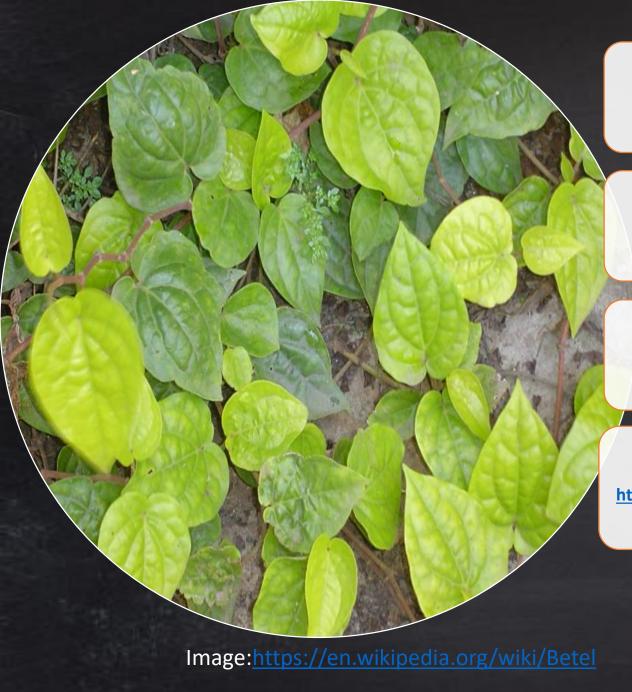
Scientific name: *Aloe vera* L.

Family: Liliaceae

Uses:

https://www.healthline.com/health/how-touse-aloe-vera-plant

Image: https://www.indiatvnews.com/health/moisturizing-to-healing-know-aloe-vera-s-5-health-benefits-659799



Common name: Nagarvel Pan

Scientific name: *Piper betel* L.

Family: Piperaceae

Uses:

http://tropical.theferns.info/viewtropical.php?id =Piper+betle





Common name: Methi

Scientific name:

Trigonella phoenum-graecum L.

Family:

Fabaceae

Uses:

https://www.medicalnewstoday.com/articles/32 4334

Image: https://in.pinterest.com/pin/446700856772699134/





Common name: Isabgul

Scientific name:

Plantago ovata L.

Family:

Plantaginaceae

Uses:

https://www.healthline.com/health/psyllium**health-benefits**

