

Harvest of the Month

Cinnamon



FUN FACTS:

Cinnamon is the inner bark of a cinnamon tree that can grow up to 60 feet tall.

It is one of the oldest spices known and was once considered more valuable than gold.

Benefits of cinnamon include:

- Smelling cinnamon stimulates brain activity.
- It helps improve digestion.
- It is used to treat diabetes by regulating blood sugar.

Use in sweet and salty dishes, and in beverages.

This institution is an equal opportunity provider.

