



Menthulu (Fenugreek Seeds)



Hindi Name: Methi

Botanical Name: *Trigonella foenum-graecum* L

Family name: Fabaceae

Commercial part: Fruit

Fenugreek is a native to India and southern Europe. For centuries it has grown wild in India, the Mediterranean and North Africa. where it is mainly cultivated. A limited crop grows in France. It was used by the ancient Egyptians to combat fever and grown in classical times as cattle fodder.

Commercially, it is used in the preparation of mango chutneys and as a base for imitation maple syrup. In India it is used medicinally, and as a yellow dyestuff. It is also an oriental cattle fodder and is planted as a soil renovator. In the West, fenugreek's therapeutic use is now largely confined to the treatment of animals, though historically, it has been used in human medicine. The name derives from the Latin 'Greek hay' illustrating its classical use as fodder.

Spice Description

Fenugreek is the small stony seeds from the pod of a bean-like plant. The seeds are hard, yellowish brown and angular. Some are oblong, some rhombic, other virtually cubic, with a side of about 3mm (1/8"). A deep furrow all but splits them in two. They are available whole and dried, or as a dull yellow powder, ground from the roasted seeds.

Bouquet: Warm and penetrating, becoming more pronounced when the seeds are roasted.

Ground, they give off a 'spicy' smell, pungent, like an inferior curry powder which would probably contain too much fenugreek.

Flavour: Powerful, aromatic and bittersweet, like burnt sugar. There is a bitter aftertaste, similar to celery or lovage.

Plant Description and Cultivation

An erect hairy annual of the bean family, reaching 30-60 cm (1-2 ft.). The long slender stems bear tripartite, toothed, grey-green obovate leaves, 20-25 mm (3/4-1 in) long. The root is a mass of fingery structures. The sessile axillary flowers are white or pale yellow. The thin, sword-shaped pods are 10-15 cm (4-6 in), with a curved beak-like tip, each carrying 10-20 seeds. The plant radiates a spicy odour which persists on the hands after touching. Wild and cultivated varieties exist. Mild Mediterranean climates are most suitable. Plants mature in about four months. The whole plant is uprooted and allowed to dry. The seeds are threshed out and further dried.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order



Fenugreek Seeds in Other languages	
Spanish	alholva, fenogreco
French	fenugrec Sénégré, trigonelle
Italian	fieno greco
German	Bockshornklee, Griechisches Heu
Indian	mayti, methe, methi
Tamil	venthium
Malay	alba
Sinhalese	uluhaal



Properties of Fenugreek

History says that the name Fenugreek or `foenum-graecum` is derived from Latin for `Greek hay`. Basically from foreign origin, Fenugreek seeds have been recovered from the tomb of Tutankhamen. Since then it is grown extensively in the Indian states like Rajasthan, Gujarat, Madhya Pradesh, Uttar Pradesh, Maharashtra and Punjab. It is a cold season crop and is fairly tolerant to frost and very low temperature. Fenugreek can also be grown on black cotton soils. Fenugreek seeds are rich in protein, mineral matters, starch, sugars, mucilage, volatile oil, fixed oil, vitamins, enzymes and essential amino acids. Since long, it has been used for several purposes like as a food additive and as a medicine. Fenugreeks are customary for cultural and religious reasons. Moreover, Fenugreek extract is considered as an important component for maple syrup.

According to ancient beliefs, fenugreek increases digestive process in human bodies. Its seeds are used in curing several diseases like colic flatulence, dysentery, dyspepsia with loss of appetite, diarrhea, chronic cough, dropsy, enlargement of liver and spleen, rickets, gout, diabetes, etc. Even today, fenugreek is used in hair tonic preparations and as a cosmetic. Apart from culinary use Fenugreek is used as medicine since the ancient ages in India. There are various traditional uses of Fenugreek. Fenugreek has abundant usage related to cookery and medicinal properties. Not only in India Fenugreek is used in many other countries as basic and most important ingredient in culinary uses as well as preparing medicines. This plant is also used in Herbal therapies and treatments in many parts of India as well as in abroad.

Wide Usage

In the Indian subcontinent fenugreek seeds are very commonly used in various culinary preparations as well as crucial ingredient of pickles, curry powders, and pastes. Fenugreek seeds are frequently used in the following manner: -

- i Fenugreek seeds are mixed with yogurt in India
- Fenugreek seeds are used as a conditioner for hair in India
- Fenugreek seeds are one of the three ingredients of idli and dosa in India
- Fenugreek seeds are used in the making of khakhra, a type of bread in India
- Fenugreek is frequently used in the production of flavoring for artificial syrups

The taste of toasted fenugreek is additionally based on substituted pyrazines, as is cumin
Fenugreek seeds are used in injera/taita, a type of bread unique to Ethiopian and Eritrean cuisine

Fenugreek seeds are used as a natural herbal medicine in the treatment of diabetes in Ethiopia
Fenugreek seeds are sometimes used as an ingredient in the production of clarified butter in Ethiopia which is similar to Indian ghee

Fenugreek seeds are used in the making of çemen to a hot paste used in pastirma in Turkey and Egypt

Fenugreek seeds are used as a condiment and an ingredient added to the national dish called saltah in Yemen

Fenugreek seeds are used in preparing tea by being boiled then sweetened in Egypt. This is a popular winter drink served in coffee shops

Fenugreek seeds are sprinkled on a semolina cake.

History

Fenugreek has a long history as both a culinary and medicinal herb in the ancient world. It was one of the spices the Egyptians used for embalming, and the Greeks and Romans used it for cattle fodder (hence the Latin foenum graecum meaning Greek hay). It was grown extensively in the imperial gardens of Charlemagne.

Health Benefits of Fenugreek

The active constituents in fenugreek are alkaloids, lysine and L-tryptophan. It also contains steroidal saponins (diosgenin, yamogenin, tigogenin, and neotigogenin) and mucilaginous fiber which are believed to be responsible for many of the beneficial effects fenugreek exhibits.

The chemical compounds found in fenugreek have the ability to aid the digestive process. Consequently, when taken with meals it is believed that fenugreek is able to slow down the rate at which sugars are absorbed into the body, whereby regulating blood sugar levels. Additionally, studies indicate that 4-hydroxyisoleucine (an amino acid) found in fenugreek may induce or promote the production of insulin when blood sugar levels are elevated.

In studies of animals and humans with both Diabetes and High Cholesterol levels, fenugreek appeared not only to regulate blood sugar levels but also lower levels of harmful cholesterol. However, in studies of those who did not have diabetes, a similar effect was not reported.

As mentioned previously fenugreek contains a substantial amount of mucilaginous fiber. The mucilage found in fenugreek does not dissolve but instead swells when mixed with fluids. Since the body cannot digest the mucilage from fenugreek it is believed to be an effective laxative.

As an external application fenugreek may soothe irritated skin and relieve surface aches and pains.

Attributed Medicinal Properties

Fenugreek is a digestive aid. As an emollient it is used in poultices for boils, cysts and other complaints. Reducing the sugar level of the blood, it is used in diabetes in conjunction with insulin. It also lowers blood pressure. Fenugreek relieves congestion, reduces inflammation and fights infection. Fenugreek contains natural expectorant properties ideal for treating sinus and lung congestion, and loosens & removes excess mucus and phlegm. Fenugreek is also an excellent source of selenium, an anti-radiant which helps the body utilize oxygen. Fenugreek is a natural source of iron, silicon, sodium and thiamine. Fenugreek contains mucilagens which are known for soothing and relaxing inflamed tissues. Fenugreek stimulates the production of mucosal fluids helping remove allergens and toxins from the respiratory tract. Acting as an expectorant, Fenugreek alleviates coughing, stimulates perspiration to reduce fevers, and is beneficial for treating allergies, bronchitis and congestion. In the East, beverages are made from the seed to ease stomach trouble. The chemical make-up is curiously similar to cod liver oil, for which a decoction of the seed is sometimes used as a substitute. Many other properties are ascribed to it in India and the East and not surprisingly include aphrodisiac.

Fenugreek seeds contain alkaloids, including trigonelline, gentianine and carpaine compounds. The seeds also contain fiber, 4-hydroxyisoleucine and fenugreekine, a component that may have hypoglycemic activity. The mechanism is thought to delay gastric emptying, slow carbohydrate absorption and inhibit glucose transport.

Fenugreek may also increase the number of insulin receptors in red blood cells and improve glucose utilization in peripheral tissues, thus demonstrating potential anti-diabetes effects both in the pancreas and other sites. The amino acid 4-hydroxyisoleucine, contained in the seeds, may also directly stimulate insulin secretion.

Nutritional Value of Menthulu (Fenugreek Seeds)

Nutrition Facts

Serving Size

1 tbsp (11.1g)

Calories 36

Calories from Fat 6

% Daily Value*

Total Fat 0.7g 1%

Saturated Fat 0.2g 1%

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrates 6.5g 2%

Dietary Fiber 2.7g 11%

Protein 2.6g

Vitamin A 0%

• Vitamin C 1%

Calcium 2%

• Iron 21%



Preparation and Storage

Dried seeds should be lightly roasted before using (don't overdo it though, or they will become bitter). After roasting, they are easily ground. A small amount will complement many other spices, but too much can be overpowering. If the seeds are required as part of a curry paste they can be soaked overnight to swell and soften, and be easily mixed with the other ingredients.

Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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