



Spice for January, 2026: **Cardamom**



The Etna Library's



Spice of the Month Program

Cardamom is a spice made from the seeds of several plants in the genera *Elettaria* and *Amomum* in the family *Zingiberaceae*. It is native to the Indian subcontinent and Indonesia.

Cardamom has a strong taste, with an aromatic, resinous fragrance. Black cardamom has a more smoky – though not bitter – aroma, with a coolness some consider similar to mint.

Cardamom is a common ingredient in Indian cooking. It is also often used in baking in the Nordic countries, in particular in Sweden, Norway, and Finland, where it is used in traditional treats such as the Scandinavian Yule bread Julekake,

Cardamom has been used in flavorings and food over centuries. During the Middle Ages, cardamom dominated the trade industry.. It is now ranked the third most expensive spice following saffron and vanilla

<https://en.wikipedia.org/wiki/Cardamom>



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Vanilla Cardamom Oatmeal



Prep Time: 5 min
Cook Time: 15 min
Servings: 2

Ingredients:

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup water
- 1/2 cup rolled oats
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1 tablespoon pure maple syrup or to taste
- Pinch salt
- 1/2 teaspoon vanilla extract
- Fruit nuts, and extra milk for topping

Directions:

1. Add water and almond milk to a small pot over medium-high heat; bring to a boil.
2. Once boiling, stir in oats, cinnamon, cardamom, maple syrup and salt. Reduce heat to medium-low and simmer for 3 minutes. Stir in vanilla extract.
3. Turn off heat, cover and let sit for 5 minutes.
4. Divide oatmeal evenly into two bowls. Add desired toppings of choice and dig in!

Recipe Source:

<https://www.thehealthytoast.com/vanilla-cardamom-oatmeal>



Enjoy!