



# NUTMEG

## Not Just Rice & Peas

Celebrating Windrush in Devon

### Interesting facts

Nutmeg trees can reach a height of about 20 metres (65 feet). They yield fruit eight years after sowing, reach their prime in 25 years, and bear fruit for 60 years or longer.

Due to its high commercial value to European traders when it was introduced to the West Indies, nutmeg was used as a powerful fiscal tool and political player. The Dutch attempted to limit nutmeg production to create a monopoly and keep prices at astronomical rates.

### Nutmeg's origin

Nutmeg trees are evergreens native to the Moluccas (Spice Islands) and other tropical islands of the East Indies. The nutmeg tree produces two special spices: nutmeg is the kernel of the seed when ground, whilst mace is the grated red-to-orange covering surrounding the seed.

### How it arrived in the Caribbean

The nutmeg was introduced to Grenada in the middle 1800s by local planters returning from Indonesia, where they had been taken to help expand cocoa production.

Today, premium nutmeg comes from Grenada in the Caribbean and Indonesia.

### How it's cooked and prepared

Grated nutmeg is used to flavour everything from cakes, desserts, cream sauces and eggs. It can be rubbed into meat or sprinkled over vegetables such as squash, carrots, cauliflower, spinach, and potatoes. It is also sometimes grated over coffee and hot chocolate.



grated nutmeg



nutmeg in coffee



grated nutmeg on cake



nutmeg in porridge