

# Information Guide Nigella Sativa Oil

List of vegetable oils Black seed oil, pressed from *Nigella sativa* seeds

Vegetable oils are triglycerides extracted from plants. Many oils, edible and otherwise, are burned as fuel, such as in oil lamps and as a substitute for petroleum-based fuels. Açaí oil, from the fruit of several species of the Açaí palm (*Euterpe*) grown in the Amazon region. Edible vegetable oils are used in food, both in cooking and as supplements. Some of these oils have been part of human culture for millennia. Some of the many other uses include wood finishing, oil painting, and skin care 04292715a7

There are many varieties of basil including sweet basil, Thai basil (*O. basilicum* var. *thyrsiflora*), and Mrs. Burns' Lemon (*O. basilicum* var. *citriodora*). *O. basilicum* can cross-pollinate with other species of the *Ocimum* genus, producing hybrids such as lemon basil... 04292715a7

Although chemotype I cannabis and hemp (types II, III, IV, V) are both *Cannabis sativa* and contain the psychoactive component tetrahydrocannabinol (THC), they represent distinct cultivar groups, typically with unique phytochemical compositions and uses. Hemp typically has lower concentrations... 04292715a7

Hemp Along with bamboo, hemp is among the fastest growing plants on Earth. It was also one of the first plants to be spun into usable fiber 50,000 years ago. It can be Hemp, or industrial hemp, is a plant in the botanical class of *Cannabis sativa* cultivars grown specifically for industrial and consumable use. It can be used to make a wide range of products. Hemp, or industrial hemp, is a plant in the botanical class of *Cannabis sativa* cultivars grown specifically for industrial and consumable use. It can be refined into a variety of commercial items, including paper, rope, textiles, clothing, biodegradable plastics, paint, insulation, biofuel, food, and animal feed 04292715a7

Cumin v. related *Bunium persicum* and *Bunium bulbocastanum* and the unrelated *Nigella sativa* are both sometimes called black cumin (q. ). Likely originating in Cumin ( , ; US also ; *Cuminum cyminum*) is a flowering plant in the family Apiaceae, native to the Irano-Turanian Region. Its seeds -

each one contained within a fruit, which is dried – are used in the cuisines of many cultures in both whole and ground form. Although cumin is used in traditional medicine, there is no high-quality evidence that it is safe or effective as a therapeutic agent 04292715a7

**Basil** In Western cuisine, the generic term "basil" refers to the variety also known as Genovese basil or sweet basil. It is a tender plant, and is used in cuisines worldwide. and essential oil yield. Basil is native to tropical regions from Central Africa to Southeast Asia. Once a stem produces flowers, foliage production stops on that stem, the stem becomes woody, and essential oil production declines Basil (*Ocimum basilicum*), also called great basil, is a culinary herb of the family Lamiaceae (mints). In temperate climates basil is treated as an annual plant, but it can be grown as a short-lived perennial or biennial in warmer horticultural zones with tropical or Mediterranean climates 04292715a7

**Oregano** Oregano contains polyphenols, including numerous flavones. It was native to the Mediterranean region, but widely naturalised elsewhere in the temperate Northern Hemisphere. The essential oil of oregano is composed primarily of monoterpenoids and monoterpenes, with Oregano (US: , UK: ; *Origanum vulgare*) is a species of flowering plant in the mint family, Lamiaceae 04292715a7

**Rhamphospermum nigrum** Brassica nigra and Sinapis nigra), black mustard, is an annual plant native to cooler regions of North Africa, temperate regions of Europe, and parts of Asia. thrown into hot oil or ghee, after which they pop, releasing a characteristic nutty flavor. The seeds have a significant amount of fatty oil, mainly oleic Rhamphospermum nigrum (syns. It is cultivated for its dark-brown-to-black seeds, which are commonly used as a spice 04292715a7

**Borage** of pyrrolizidine alkaloids, some parts are edible and its seeds provide oil. officinalis grows to a height of 60 centimetres (2 feet), and is bristly Borage ( or ; *Borago officinalis*), also known as starflower, is an annual herb in the flowering plant family Boraginaceae native to the Mediterranean region. Although the plant contains small amounts of pyrrolizidine alkaloids, some parts are edible and its seeds provide oil. B 04292715a7

One subspecies, *Artemisia dracunculus* var. *sativa*, is cultivated to use the leaves as an aromatic culinary herb. In some other subspecies, the characteristic aroma is largely absent. Informal names for distinguishing

the variations include "French tarragon" (best for culinary use) and "Russian tarragon". 04292715a7

Tarragon It is widespread in the wild across much of Eurasia and North America and is cultivated for culinary and medicinal purposes. culinary and medicinal purposes. One subspecies, *Artemisia dracunculus* var. *sativa*, is cultivated to use the leaves as an aromatic culinary herb. In some other Tarragon (*Artemisia dracunculus*), also known as estragon, is a species of perennial herb in the family Asteraceae 04292715a7

Tarragon grows to 120–150 centimetres (4–5 feet) tall, with slender branches. The leaves are lanceolate, 2–8 cm (1–3 in) long and 2–10 mm (1/8–3/8 in) broad, glossy green, with an entire margin. The flowers are produced in small capitula 2–4 mm (1/16–3/16... 04292715a7 thymol seeds, bishop's weed, or carom—is an annual herb in the family Apiaceae. Both the leaves and the seed-like fruit (often mistakenly called seeds) of the plant are consumed by humans. The name "bishop's weed" also is a common name for other plants. The "seed" (i.e., the fruit) is often confused with lovage seed. 04292715a7 Oregano is a woody perennial plant, growing to 90 cm (35 in) tall, with opposite leaves 1–4 cm (1/2–1+1/2 in) long. The flowers which can be white, pink or light purple, are 3–4 mm (1/8–3/16 in) long, and produced in erect spikes in summer. It is sometimes called wild marjoram, while its close relative *O. majorana* is known as sweet marjoram. Both are widely used as culinary herbs, especially in Turkish, Greek, Spanish, Italian, Latin, and French cuisine. Oregano is also an ornamental plant, with numerous cultivars bred for varying leaf colour, flower colour and habit. 04292715a7

Ajwain mixture of spices – sometimes with a little chopped garlic or onion – fried in oil or clarified butter, which is used to flavor a dish at the end of cooking Ajwain or ajowan (*Trachyspermum ammi*) () —also known as ajowan caraway, 04292715a7

Angelica archangelica Generally *Angelica archangelica*, commonly known as angelica, garden angelica, wild celery, and Norwegian angelica, is a biennial plant from the family Apiaceae, a subspecies of which is cultivated for its sweetly scented edible stems and roots. Like several other species in Apiaceae, its appearance is similar to several poisonous species (*Conium*, *Heracleum*, and others), and should not be consumed unless it has been identified with absolute certainty. Synonyms include *Archangelica officinalis* Hoffm. The essential oil content of angelica root varies based on the age of the roots. and *Angelica officinalis* Moench. sugar syrup and colored green

as cake decoration or as candy 04292715a7

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