



Azienda
Agricola
Serconi



The saffron: history

What is Saffron?

Saffron is a spice which is made from the desiccating, roasting and pulverizing of the stigmas of a flower named "Crocus Sativus". This autumn-flowering crocus normally blooms between the first half of October and the end of November. The flower buds are picked manually every morning during the blossoming period which lasts 15 to 20 days. Also by hand, is the extraction from the flower of three precious red stigmas which are later desiccated in the sun or under a source of heat. The picking must be done daily because any budded flowers will wither within a short time. On average 140 to 150 flowers are required to make one gram of dried Saffron.

How it is used:

Saffron is a very versatile spice and may be used to prepare both sweet and salty foods from starters to deserts. This colourful and cheerful ingredient contributes in the making of many dishes and adds a penetrating aroma and pleasant taste. It may be used both in powder like form or stigma pieces. A required powder like form can be obtained by simply taking the stigmas, wrapping them in waxed paper and placing them in the oven or near a heat source and baking them until lightly browned. Next, pulverize the baked stigmas by crushing them repeatedly with the back of a spoon or a rolling-pin until a powder is obtained.

Saffron is healthy:

Saffron is:

- a fantastic antioxidant thanks to its crocetin, crocin and picrocrocin, carotenoids contained in its stigmas and which have the ability to latch onto free radicals and neutralizing them. It is also useful in protecting the cells and increasing defence mechanisms in the body. It is rich in Vitamins B1 and B2, both essential for human growth and the correct functioning of the human metabolism.
- an effective digestive thanks to its aroma, pigments and many active ingredients. It helps increase the secretion of bile as well as gastric secretions which enable a better digestion. Many digestive liquors contain saffron.
- a terrific **antioxidant**. It contains properties which help detoxication and act as an anti-inflammatory eliminating toxins. It also is said to lower cholesterol levels and triglycerides contained in blood.
- an effective anti-stress agent. It contains anti-depressant effects. It is very invigorating on the nervous system and also has sedative properties.
- an excellent aphrodisiac, acting on the adrenal gland and stimulating the production of hormones such as adrenalin and cortisol.

Saffron and Creativity:

Saffron can be used in many original ways. It can help in the simple creation of items like potpourri, candles, colognes, coloured paper, ink, and precious soaps with sweet and unmistakable scents.

