

From Farm to Fork: Cinnamon by Emma-Mae Villeneuve

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One of my favorite breakfast foods is pancakes. Pancakes go back a little while in my family. My grand-ma passed away before I could try her pancakes, but my parents told me that they were really good. My dad is the one who makes us pancakes at home. He told me that my grand-ma never measured her ingredients so the first few times he made pancakes they weren't that good and he had to keep making them until he liked them.

In the recipe for making pancakes there are lots of ingredients, and one of them is cinnamon. Many people don't know the process of making cinnamon so I took the challenge and decided to learn about it. Cinnamon is probably the most popular baking spice. Cinnamon comes from a small evergreen tree. There are two types of cinnamon. Ceylon cinnamon, also known as true cinnamon comes from South Asia. It is very expensive and rare, but cassia tree cinnamon (which is the one I will be talking about) is not rare and it is one that you will most likely find on the grocery store shelves. It is cheaper and has a stronger odor and flavor than Ceylon cinnamon. The spice is harvested from the inner bark of the tree.

When a cinnamon tree is around two years old, it is cut back to a size of a stump and covered with soil. New branches grow out of the sides of the stump and these are used to make the cinnamon. They are stripped of their bark and the peels are set out to dry in the sun where they curl naturally. They are either sold like this or ground down into powder. It is then packaged and sent to stores.

This is how I get cinnamon in my pancakes.