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Cassia and cinnamon both come from the bark of a tree that is a member of the laurel family. To produce cinnamon, the tree's bark is harvested, dried and fermented, then its outer layer is removed. As it dries, the inner bark curls into thin strips, or quills. Cassia is botanically known as *Cinnamomum aromaticum* or *Cinnamomum cassia*.

*Cassia Cinnamon: Uses, Side Effects, Interactions, Dosage ...*

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*Cinnamon and cassia. The genus Cinnamomum.*

*What's the Difference Between Cinnamon and Cassia?*

*Ceylon vs. Cassia — Not All Cinnamon Is Created Equal*

Cinnamon and Cassia: The Genus *Cinnamomum* (Medicinal and Aromatic Plants - Industrial Profiles Book 36) eBook: P. N. Ravindran, K Nirmal-Babu, M Shylaja: Amazon.co.uk: Kindle Store

Most people in the United States don't know that the "cinnamon" they are purchasing from the store is usually "cassia" or that there is even a difference. While they are related in both species and genus (*Cinnamomum*), they are not from the same plant nor do they have the same health and nutritional benefits.

*Cinnamon and Cassia: The Genus Cinnamomum | P. N ...*

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Cinnamon and Cassia, the "Spices of Life", together constitute one of the most widely used group of spices. A comprehensive volume, *Cinnamon and Cassia: Genus Cinnamomum* explores in detail Sri-lankan cinnamon, Chinese cassia, Indonesian cassia, Indian cassia, camphor, and also the important related and useful spices of *Cinnamomum*.

This volume covers species of the genus *Cinnamomum*, in particular, cinnamon (*C. verum* syn. *C.*

*zeylanicum*), cassia (Chinese cassia, *C. cassia* syn. *C. aromaticum*; Indonesian cassia, *C. burmannii*; and Indian cassia, largely *C. tamala*), and camphor (*C. camphora*), and will be of interest to students and research scientists, growers, and those involved in the marketing, processing or trade in these... *Cinnamon and Cassia: The Genus Cinnamomum - 1st Edition ...*

*Cinnamomum - Wikipedia*

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Some common name of cinnamon plants (e.g. *Cinnammonium cassia* or Chinese cinnamon) of the family Lauracea are not represented in *Cassia* as a genus. Numerous species belonging to the genus *Cassia* have recently grouped under the closely related genus, *Senna* (e.g. *Cassia tora* renamed as *S. tora*). Due to the close similarities in morphological and chemical composition of plants under these two genera, there might be some overlap in the claimed use or traditional medicines.

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*Cassia - an overview | ScienceDirect Topics*

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#### *Cinnamomum - Wikipedia*

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