

CAROB TREE

BY COVA AND PEPI



SCIENTIFIC NAME	CERATONIA SILICUA
COMMON NAME	CAROB TREE
HEIGHT	UP TO 10 METERS
FLOWERING	SUMMER PINK AND PURPLE FLOWERS AND WHITE THERE ARE MALE AND FEMALE TREES
LEAF	PERENNIAL OF GREEN COLOUR
FRUIT	ELONGATED POD CONTAINING DARK BROWN LEGUMES CALLED CAROBS
CARE	IT TOLERATES HEAT BETTER THAN COLD AND IT IS HARMED BY VERY MET SOILS

This kind of tree is of Eastern Mediterranean origin and it has a short trunk but its branches are long and populated, being therefore an excellent shade in little rainy places.

One interesting thing about The Carob Tree could be that The Arabs cultivated it in sacred gardens as a remedy against epilepsy.

On the other side The Bible tells that The Prodigal Son only ate carobs when he returned to his father's home. Also almost everywhere is called "The Bread of ST John" since legend says that the Baptist took no other food than the fruit of this tree. When they asked him why, he replied that this tree being lunar marched in its evolution to become solar, of which was a symbol Baptism and Redemption.

It's really curious as well to know that Richard I, in his crusades, was exposed to starve to death with his army if they hadn't been fed with carobs.

Carob is the fruit of the carob tree. It looks like a pod with seeds inside. Carob flour is a healthy and nutritious food. It's rich in carbohydrates, proteins and low in fat. It also has vitamins, iron, calcium and potassium.

It's gluten-free, so it's suitable for people with celiac disease or intolerance.

Among its benefits we can highlight helping control weight and high blood pressure, as well as reduce blood cholesterol levels.

It's used as a substitute for cocoa in multiples recipes such as biscuits, cakes, cookies or drinks.