

Saffron is also used as a fragrance, dyestuff or even in medicine due to its nerve-strengthening effect.

95% of global production comes from Iran.

Saffron is one of the most expensive spices in the world. The reason for this is the consuming harvesting by hand.



Flowering and harvest time is in the fall.

The spice can be used to prepare sweet and salty dishes.

Around 150,000 - 200,000 flowers are needed for 1 kg of saffron. One picker can harvest up to 60-80 grams per day.

Saffron tastes bitter, tart and spicy.