

CINNAMON (ק. גַּמְוֹן) (Kinamon) / Kanela

"In the palace of the Song of Songs, this bark sings of love. Its scent, both sweet and potent, was offered as incense and stirred into wine."

Scent Profile: Warm, sweet, woody

Medieval Context: Cinnamon was imported from South Asia and was used in both cooking and ritual contexts. It is one of the key spices mentioned in biblical incense recipes (Exodus 30:23) and appears in the poetic garden imagery of the *Song of Songs*. Sephardic kitchens used it in meat stews, wines, and sweets, contributing to the distinct flavor profile of medieval Iberian Jewish cuisine.

Symbolic Association: Sacred text, ritual memory, and romantic imagination. Appearing in *Song of Songs* and *Exodus* as a sacred spice used in anointing oils. Maimonides considered it warming and comforting for the heart and head. It was used in both incense and healing tonics.

(Song of Songs 4:14):

נָרְדָּ וְזַרְעֹתָיִם קִנְמֹן וְנֹחַל מִיִּלְבָּנוֹן מִרְאֵת הַלֵּל וְתַעֲנַן
עֵץ קִנְמֹן לֵרֵאשִׁית אֶשְׁרֵי יְבֶשֶׁת מַיִם:

Nard and saffron,
Fragrant reed and cinnamon,
With all aromatic woods,
Myrrh and aloes—
All the choice perfumes.

Shir HaShirim / Song of Songs 4:14