

Krokos Kozanis





Krokos Kozanis is protected designation of origin (PDO) saffron known for its particularly high quality colour and strong flavour.

Krokos, the gold of the Greek land as it is called, is one of the most beloved and valuable spices of ancient cultures for its aroma, color, medicinal and aphrodisiac properties.

Cleopatra used it in her cosmetics, the ancient Phoenicians in their offerings to the goddess Astarte, Homer mentions it in his texts, and we find it even in the Old Testament.



The locals plant the yolk every summer, and when it arrives in the fall, they hand-cut the precious spots of the beautiful flower and carefully dry it to make the deep red yarn. It takes about 50,000 spots to produce 100 g red Krokos. It belongs to the best quality saffron in the world.



It contains vitamin B12, lycopene, zeaxanthin, α -beta carotene as well as vitamin C, iron, potassium and magnesium.

In addition, the yolk has been found to act against certain types of cancer including neuroblastoma, breast cancer and colon adenocarcinoma.

Health benefits

It relieves stomach ache. It soothes the kidney pains in small doses, stimulates the appetite and in particular facilitates digestion. It also reduces gastrulation, hysteresis, convulsions, pertussis and nerve colic. It improves the skin from acne with its external use.

It has antidepressant, anti-aging and anti-cancer properties. Enhances brain function and memory. It lowers cholesterol and exhibits antithrombotic activity. It lowers blood pressure. It has beneficial effects on people suffering from dementia or Alzheimer's.



Health benefits



It helps with asthma attacks, premenstrual syndrome, nausea, digestive disorders, teething disorders. It has aphrodisiac properties. It has been known since antiquity that it is associated with love and fertility.



References:

https://ec.europa.eu/info/food-farming-fisheries/food-safety-and-quality/certification/quality-labels/eu-quality-food-and-drink/krokos-kozanis-pdo_en



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