



FEBRUARY 2025 NUTMEG



Welcome to the AAPLD Spice Club!

Each month, we'll provide a free "take-and-make" spice kit featuring a unique spice, herb, or blend. Each kit includes a small packet with enough for two recipes and two simple recipe suggestions. After creating your dish at home, we'd love for you to share your photos, feedback, and tips at info@aapld.org.

A new spice will be featured each month from February to November, with kits available starting the first Monday at the Adult Services desk at both library branches (Harnish and Eastgate). Supplies are limited, so we kindly ask each household to take only one kit.

Nutmeg is a warm, aromatic spice derived from the seed of the nutmeg tree (*Myristica fragrans*), native to the Maluku Islands (now part of Indonesia). It has been valued for centuries for its flavor, aroma, and medicinal properties.

Flavor Profile: warm, sweet, and slightly nutty flavor with a hint of spiciness.

Culinary Uses: baking (pies, cookies, cakes) and beverages (eggnog, mulled wine), savory dishes (soups, stews, curries, and sauces). Pairs well with cinnamon, cloves, and ginger.

Health Benefits:

Digestive Aid: May help reduce bloating and indigestion.

Anti-inflammatory: Contains compounds that may reduce inflammation.

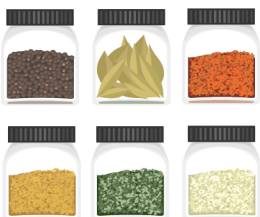
Sleep Aid: Used in traditional remedies to promote relaxation and sleep.

Rich in Antioxidants: Protects the body from free radical damage.

Note: Nutmeg should be consumed in moderation, as large amounts can be toxic.

Fun Facts: Nutmeg was so valuable in the 16th century that wars were fought over its trade. The Dutch, Portuguese, and British all sought to dominate the lucrative nutmeg trade, leading to conflicts such as the Anglo-Dutch Wars.

The nutmeg tree also produces **mace**, a spice made from the red covering of the seed.



ALLERGEN WARNING AAPLD is not responsible for any reactions or sensitivities to spice. Please be aware that the spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.



CREAMED SPINACH PASTA

Ingredients

Pasta

- 8oz pasta *of your choice*

Spinach sauce

- 1 Tbsp olive oil or extra virgin olive oil, *plus more to serve*
- 2-3 garlic cloves, *finely minced*
- 9oz baby spinach, *washed*
- ¼ tsp fine salt, *plus more to taste*
- 5oz cream cheese
- 1oz freshly grated parmesan cheese, *plus more to serve*
- ¼ tsp ground nutmeg
- black pepper, *to taste*

Instructions

- Cook your **pasta** *al dente* following the package directions. Drain but reserve 1/2 cup of cooking water.
- In a large skillet, heat olive oil over medium heat.
- Add garlic and cook for 1-2 minutes until fragrant.
- Add spinach in batches, season with salt, and cook until wilted.
- Stir in cream cheese and 1/3 cup pasta water, then add parmesan and nutmeg. Stir until the sauce is smooth.
- Drain pasta, add to the skillet, and toss. Serve with extra virgin olive oil, black pepper, and grated parmesan.

Recipe and image Source:

theclevermeal.com/pasta-with-spinach-easy-quick/

SKILLET APPLES



Ingredients

- 1/4 cup butter
- 8 apples, cored and chopped
- 1/2 cup brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg

Instructions

- Melt butter in a large, heavy skillet over medium heat.
- Add apples, brown sugar, cinnamon, and nutmeg.
- Sauté in hot butter until tender and golden, 10 to 15 minutes.

Recipe and image Source:

<https://www.allrecipes.com/recipe/236250/skillet-apples-with-cinnamon/>