

Safflower Oil:

Safflower (*Carthamus tinctorius*) is a herbaceous plant that grows annually with vibrant yellow, orange and red flowers. Each branch will usually have from one to five flower heads containing 15 to 20 seeds per head. The plants are 30-150 centimeters tall with many sharp spines on its leaves. It thrives in dry climates and it is widely grown for its many uses. The plant is native to India, Iran, and North Africa, and it can also be found in other parts of the world, including areas on North America. Traditionally, the crop was grown for its seeds, and used for colouring and flavouring foods, in medicines, and making red (carthamin) and yellow dyes. Li Dajue and Hans-Henning Mündel reported that the chemical analysis of ancient Egyptian textile revealed that safflower was used by the civilization as a dye. Gadlands of safflower florets and packets of safflowers adorned the tomb of mummies, such as the tomb of Tutankhamen. The ancient Indian,



Middle Eastern, European and African cultures often used this plant to flavour foods, colour foods and textiles and as a medicinal herb. The orange-red flowers of safflower sometimes serve as a substitute for saffron, since they give a (rather pale) colour to the food. Although dried safflower flowers might appear occasionally in Mediterranean herb mixes, and have some use as a poor saffron imitate in Middle Eastern cooking, they are rarely used as a spice in their own right.

Yet they are quite common in the cuisine of the Caucasus state Azerbaijan, where they help to improve the colour of broths, soups and stews, without being expected to contribute any flavour.

Safflower oil is an oil expressed from the seeds of the safflower plant. The oil began to grow in popularity in the 1960s, and is widely available in many markets and health food stores. In addition to being used in food production, safflower oil also appears as a medium for painting, and as a component in a wide variety of commercial products. In addition to the colour yellow, orange and red colour varieties of the safflower, there are



two main types of safflower varieties in terms of oil. One varieties contains oleic acid, which has high concentrations of monounsaturated fatty acids. The other contains linoleic acids, which are high in polyunsaturated fatty acids. Safflower oil that contain oleic acid has less saturated fats and higher monounsaturated fats than olive oil. Safflower oils high in oleic acid is used as a heat-stable cooking oil, while the ones high in linoleic acid is used as a cold oil. Monounsaturated safflower oil is very shelf-stable, although it should be stored in a cool dry place out of the light to prevent it from going rancid. It is odourless and colourless, with a very high smoking point which means that it can be used for deep frying and other high-heat cooking methods. Polyunsaturated safflower oil, which is also colourless and tasteless, needs to be handled much more carefully, because it goes rancid very easily. It should not be subjected to heat, and some people even recommend storing it in the fridge.

Safflower oil can improve the symptoms of coronary heart disease; diabetes mellitus type 2; lower high blood pressure and has helped improve arteriosclerosis. One cup of safflower oil contains 74.2 mg of vitamin E and 31.2 gr of Omega-6 fatty acids and no cholesterol. When massaged into the scalp, safflower oil improves the blood flow to the roots of the hair, depositing more nutrients improving the appearance of the hair. Safflower oil can also helps reduce diaper rash and can help nursing mothers prevent cracked nipples (when externally applied). It is a safe and healthy alternative to baby oil, which is a non-editable petroleum product. Safflower oil can help irregular menstrual periods, increasing the sheeding process within the uterus. Pregnant women should avoid safflower oil.

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Green Tosca's Safflower Oil contains high polyunsaturated fats, making it useful as dietary supplements in many foods including pet foods. It is best used for frying, dips and in mayonnaise. The oil remains liquid when chilled making it favoured for salad dressings. Being rich in linoleic acid and low viscosity making it suitable for skin and hair conditioning, and also is beneficial to ease painful inflamed joints, sprains and bruises. When used as massage oil, **Green Tosca** Safflower Oil helps circulatory problems.

Oil Safflower Oil comes in 375ml & 500ml in glass bottle; and 10L bag in box.

Note: Changes in temperatures may cause some natural waxes/gums to solidify and settle. This does happen at times and found only with *genuine natural cold pressed oils*. A refined and deodorized oil have these "impurities" removed.