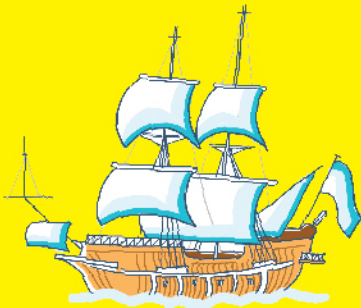
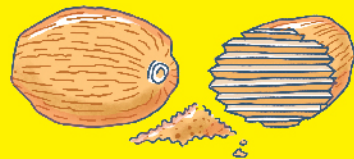




Do you know that some plants in tropical forests have secrets so special that people all over the world cannot live without them? They are called "spices".
 What are their secrets?
 Why are they so important to trade and cultural exchange?
 Let's find out about their secrets!

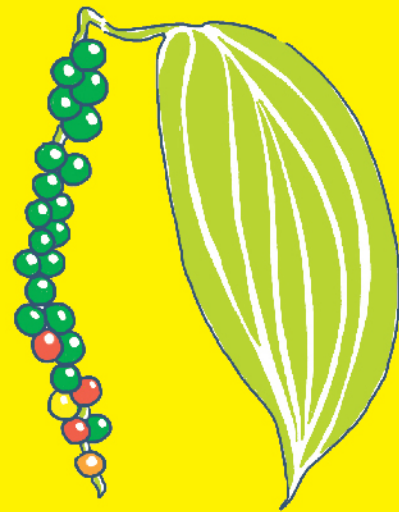


ABOUT THIS BOOK

Young readers will explore and appreciate:

- ♥ The diversity and similarities among people and cultures in Southeast Asia
- ♥ The relationship between people and their environment
- ♥ Interactions between different communities in and outside Southeast Asia.

THIS PUBLICATION IS SUPPORTED BY
 THE REPUBLIC OF KOREA FUNDS-IN-TRUST TO UNESCO.



ISBN 978-92-3-100372-1



Understanding the Shared Histories of Southeast Asia



ACTIVITIES
 AND GAME INSIDE

Secrets of Spice





Secrets of Spice

Co-published by



PUBLISHED BY THE UNITED NATIONS EDUCATIONAL, SCIENTIFIC AND CULTURAL ORGANIZATION (UNESCO)
7, PLACE DE FONTENAY, 75352 PARIS 07 SP, FRANCE
UNESCO OFFICE IN BANGKOK
920 SUKHUMVIT RD, PHRA KHANONG, KHLONG TOEI, BANGKOK 10110, THAILAND
AND
THE VIRIYAH BUSINESS CO., LTD.
3 NONTABURI SOI 22, BANGKRASO, NONTABURI 11000, THAILAND



© UNESCO 2020

ISBN 978-92-3-100372-1



This publication is available in Open Access under the Attribution-ShareAlike 3.0 IGO (CC-BY-SA 3.0 IGO) license (<http://creativecommons.org/licenses/by-sa/3.0/igo/>). By using the content of this publication, the users accept to be bound by the terms of use of the UNESCO Open Access Repository (<http://www.unesco.org/open-access/terms-use-ccbysa-en>).

The designations employed and the presentation of material throughout this publication do not imply the expression of any opinion whatsoever on the part of UNESCO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. The ideas and opinions expressed in this publication are those of the authors; they are not necessarily those of UNESCO and do not commit the Organization.

Authors (Thai version)

Apiwan Adulyapichet

Authors (English version)

Vanessa Achilles, Khatharya Um

Illustrator

Kanchala Navanugraha

Photos

123rf.com

Editors

Suwat Asavachaichan, Montakarn Suvanatap Kittipaisalsilp and Duong Bich Hanh

Managing Editor Suwat Asavachaichan

Assistant Editors Panot Krairojananan, Narumol Suwan-on

Proofreader Nuanchan Thongmak

Design Prerayut Nantajeeworawat

Production Control Tana Wasiksiri



Secrets "of Spice"

Over the centuries, people have discovered the secrets of the tropical plants that we now know as "spices". They flavor food, cure illnesses, color lives and honor gods and ancestors.

Have you heard about spice trade? Do you know that Southeast Asia was the center of spice production and trade? Do you know that some spices were more valuable than gold?

Let's find out about their secrets! It is amazing that people traveled across the world to acquire them and how they influenced the history, ideas and relationship between people in Southeast Asia and the world.

Table of Contents

4

SECRET IN YOUR FAVORITE DISH

18

SECRET OF THE ISLANDS

22

SECRET OF PROSPEROUS CITIES

20

SECRET OF ENRICHING EXCHANGES

24

SECRET OF POWER

6

A HOT AND SPICY SECRET

8

SECRET OF A SWEET FRAGRANCE

SECRET IN THE BARK

10

SECRET TO BELIEFS

26

28

SECRET IN SAYINGS

12

SECRET OF INTENSE AROMA

SPICE TRADE BATTLE GAME

30

33

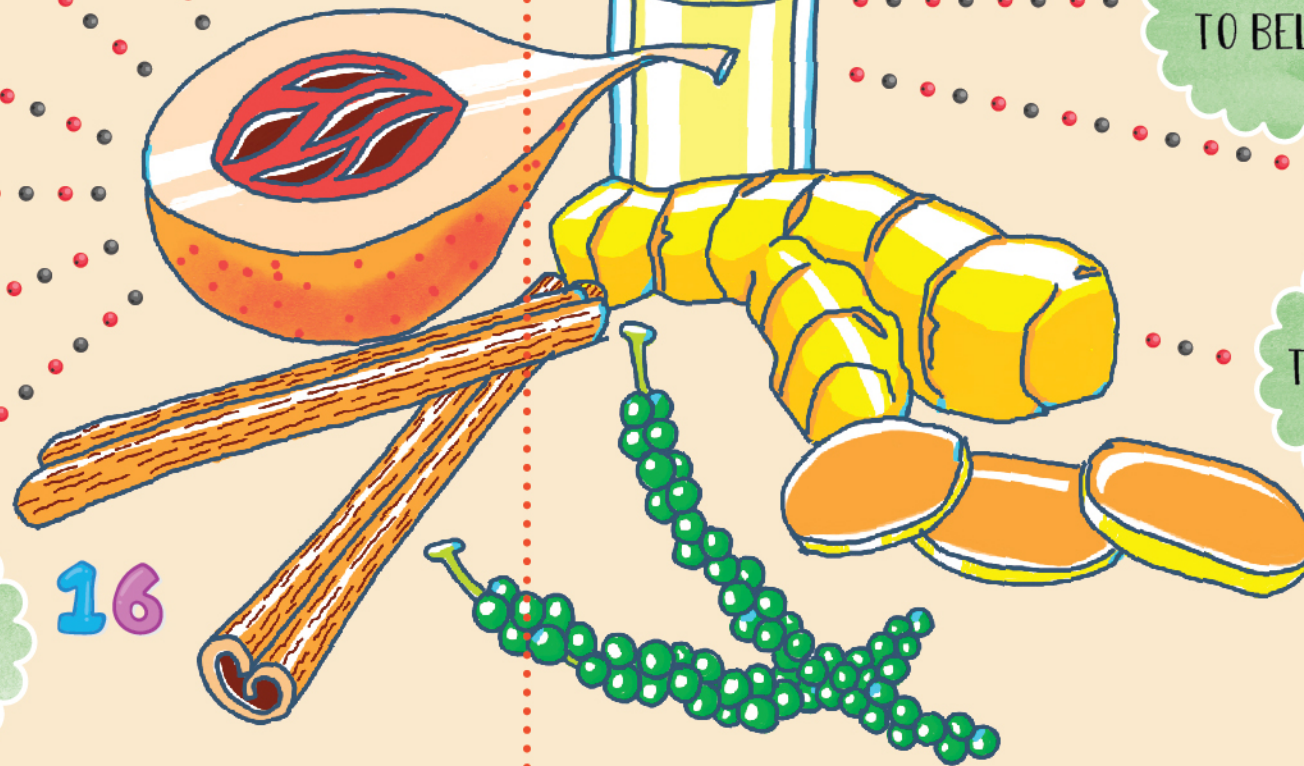
LET'S LEARN NEW WORDS

YELLOW SECRET

14

SECRET OF GOOD HEALTH

16



Secret in your favorite dish

All-time favorite food and yummy sweets throughout the region hold important secrets. Come closer and discover the mysterious ingredients that make these dishes so special.

THAILAND



♥ **Tong muan**
Thanks to me, dishes, snacks and drinks get a sweet, sweet smell. Come meet me on **PAGE 10.**

Lime and pepper dip

We give a delicious smell and tangy taste to your dishes and dips. Do you know why?

SEE **PAGE 6.**

CAMBODIA



♥ Soto betawi

I can flavor your dish and hide unpleasant meat smells. Do you want to know how? Go to **PAGE 8.**

INDONESIA



Smell it!

With the help of your parents, gather different spices available in your kitchen. Which one is your favorite? Close your eyes and take several deep breaths. How do you feel? Try with another spice and compare how the different smells make you feel. (Do not try with peppercorn and chili.)

VIETNAM



♥ Pho

Add us to your soup for a **savory**, intense flavor. We introduce ourselves on **PAGE 12.**

BRUNEI, INDONESIA, MALAYSIA, THAILAND

♥ Chicken satay

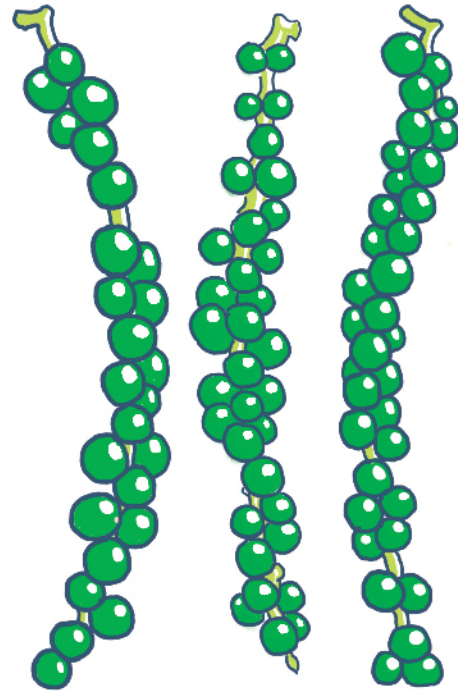
With me, your food will be yummy and colorful. Learn about me on **PAGE 14.**



A hot and spicy secret

We are a very hot and tasty spice. People in India have used us for thousands of years. Now Southeast Asians and people across the world use us too! If you eat us, you might sweat a lot, but somehow it feels good.

We are peppercorns!



Fresh peppers

Fresh green peppercorns can flavor and decorate food, like the gaeng panaeng in Thailand.



Black pepper is a vine in the genus *Piper*. The fruits grow on hanging spikes.

Black peppers are dried with their shell.



Cambodia's Kampot pepper is known all over the world.



Pepper contains an immune boosting substance and keeps us healthy.

Dry peppers

Dried peppercorns can be preserved for a long time.

Do you prefer the taste of green, black or white peppercorns?

Ground peppers

Ground black and white peppercorns flavor congee or soup and other dishes. It tastes and smells so good!



White peppers are peeled and then dried.



Secret of a sweet fragrance

We have a strong and a slightly sweet taste. We are not hot like peppers. We are used in China and India as a medicine and as flavor enhancer. **We are nutmeg and mace!**



The nutmeg seed is covered by a reddish layer, called aril. It can be peeled, and dried, and then used as a spice, called mace.

Nutmeg and mace are parts of the seed of the evergreen *Myristica* trees. The tree produces yellow fruits. The precious seed is inside the fruit.



Mace jam is so delicious that it has widely spread to the Caribbean, a region south of North America.



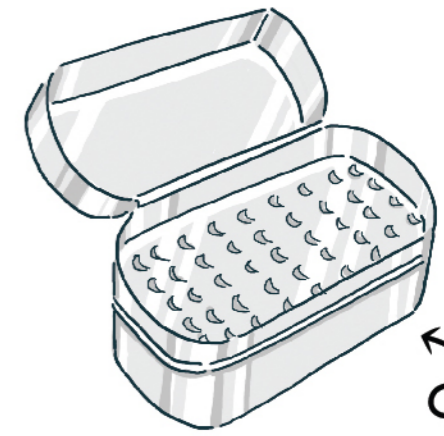
Manisan pala,

a popular sweet in Indonesia, is made from the pulp of the nutmeg fruit.



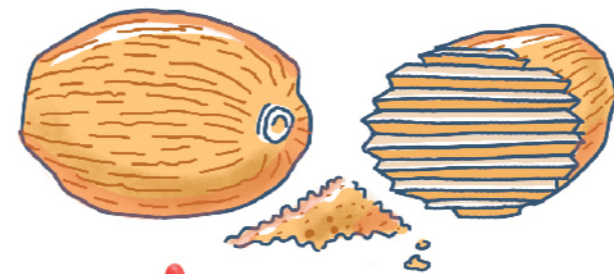
Oil from the nutmeg is used to treat many health issues such as bad breath, digestive problems, and muscle pain. It can also be included in soap and cream.

It can be toxic when taken in large quantities.



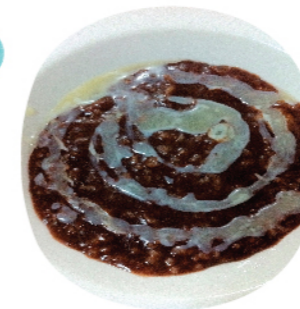
In the 17th and 18th century, wealthy Europeans would carry nutmeg in fancy boxes with a little grater to sprinkle fresh spice in their drinks.

Dry and ground nutmeg is mixed with food and drinks.



Chamorado,

a Filipino chocolate rice porridge, tastes even better with a dash of nutmeg.



In 14th century England, a kilogram of nutmeg cost as much as six sheep or two cows! Think of something valuable to you (your bicycle or your pet animal). Would you exchange your toy or pet for some food?



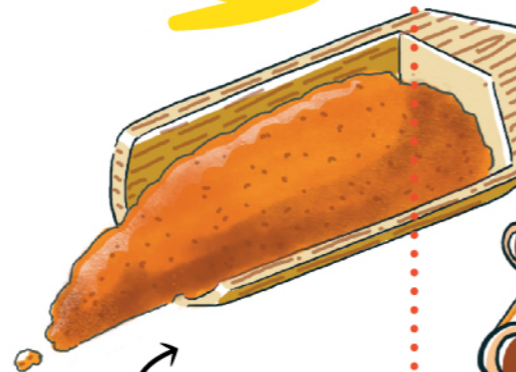
Secret in the bark

I come from the inner bark of a tree in the genus *Cinnamomum*. Nowadays, Indonesia is one of the main producers in the world. I am sold and used all over the world. People love my taste as flavor for their sweet and savory food. **I am the cinnamon!**



The quality of cinnamon varies from one species to another. Can you tell the difference between them?

A number of cinnamon species such as Indonesian cinnamon, Sri Lankan cinnamon, Chinese cinnamon, Vietnamese cinnamon and Thai cinnamon, are cultivated in various countries.



Cinnamon is sold both as sticks, called quills, and as powder.



Several western pastries, from cinnamon rolls to Lebkuchen and other Christmas cookies, use cinnamon.



The cinnamon bark is sometimes used to make small items such as carved boxes.



Sundanese people of Java drink bandrek during the colder months. Each family has their own special recipe with ginger, cinnamon, cloves, coconut or palm sugar and other spices.



ACTIVITY

A fancy and tasty straw

For your next birthday party, give each guest a cinnamon stick decorated with a ribbon or a bead of a different color.

They will recognize their glasses easily. The cinnamon will also flavor their drink. With apple or orange juice, it is delicious.

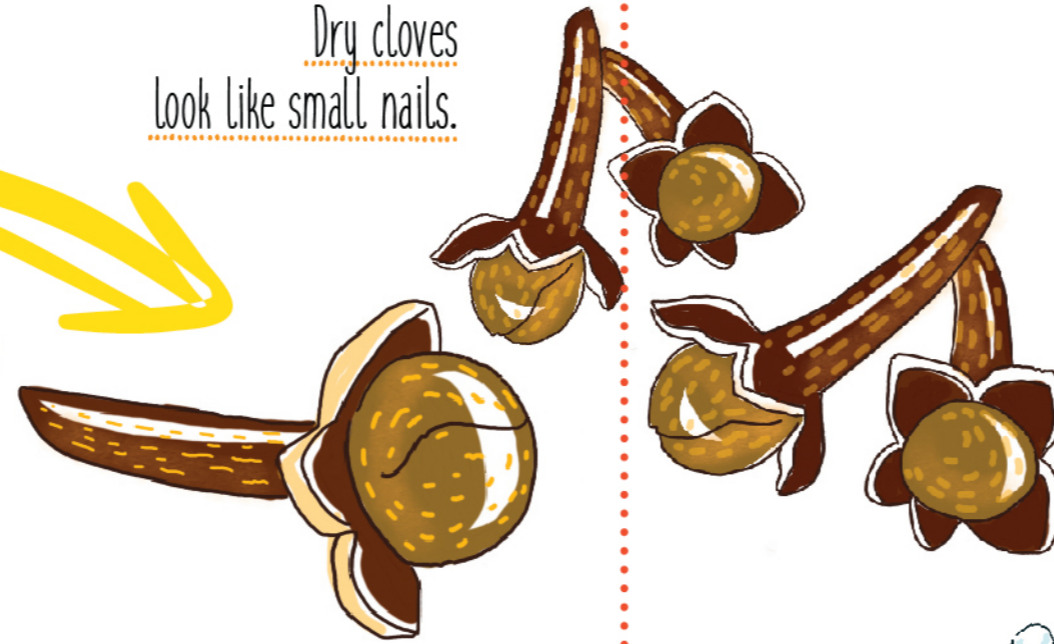
Secret of intense aroma

We have a warm, sweet aromatic taste. People use us in food, such as curries, as well as medicine.

We are cloves!



Dry cloves look like small nails.



The clove tree, or *Syzygium aromaticum*, is from the myrtle family. Cloves are the unopened flowers of the tree. They are harvested all year round when the bud's color changes from green to pink.



Cloves are one of the ingredients in the Thai massaman curry paste.

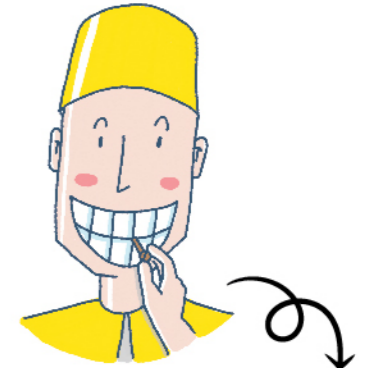


ACTIVITY

Cough remedy

In the past, people boiled dry cloves and drank the tea to cure coughing. Interview a pharmacist or a herbalist to learn how to prepare a safe anti-cough medicine from local herbs and spices.

Cloves have **antiseptic** properties. They are useful to get rid of bacteria in the mouth. Today, as in the past, cloves are often used as an ingredient in toothpaste.



People in Southeast Asia chewed the buds to freshen their breath.



Traditional **inhalants** contain cloves, camphor, and other ingredients that ease breathing, and reduce nausea and headaches.



A balm of the Balinese people in Indonesia is made of a mixture of clove oil and other herbs. It is a remedy for sprains, headaches and insect bites.

Yellow secret

People in Southeast Asia love my flavor as much as my color and my healing properties. I turn their life, food and cosmetics into a vivid yellow.

I am the turmeric!



The **rhizomes** are harvested once a year. They are used fresh or dried.



Turmeric and ginger are distant relatives. Turmeric is in the genus *Curcuma* which contains many species such as wild turmeric and zedoary. The popular one is the turmeric.

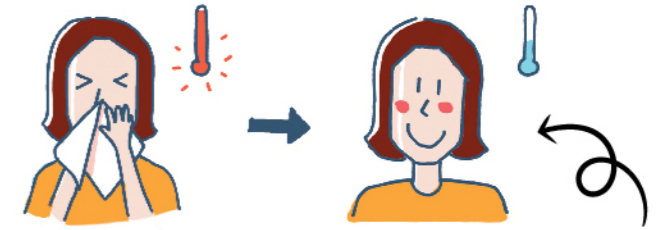
Nasi kuning is a popular dish in Brunei, Indonesia, Malaysia and southern Thailand. Turmeric gives a bright color and a fragrant taste to the rice.



Turmeric milk, also called golden milk or hal di doodh, is commonly drunk by South Asians to help boost immune system against sickness.



Some people turn the powder into a paste and apply it to treat skin problems.



Turmeric is commonly used in medicine in China, India and Southeast Asia. It is believed to have anti-cold and **anti-inflammatory** properties.

Cut a turmeric into thin slices. Sun-dry them for two days. Then pestle or grind them into powder.



ACTIVITY

Let's yellow everything!

Be creative! What else could we dye with turmeric powder? Experiment on various materials such as egg shells, yarn, bags, sand, feathers or anything else you find in your surroundings.

Turmeric-dyed clothes



Secret of good health

The medical traditions of Southeast Asia are largely influenced by Indian and Chinese practices. Many people use spices and herbs to cure sickness. Even nowadays, in rural areas, people often rely on medicinal plants when they do not have time or money to visit the doctors. Let's explore how spices have been used traditionally.

Indian Ayurvedic treatment

Pepper

Sore throat, coughing

Cinnamon

Fever, diarrhea



Ancient Chinese medicine

Clove

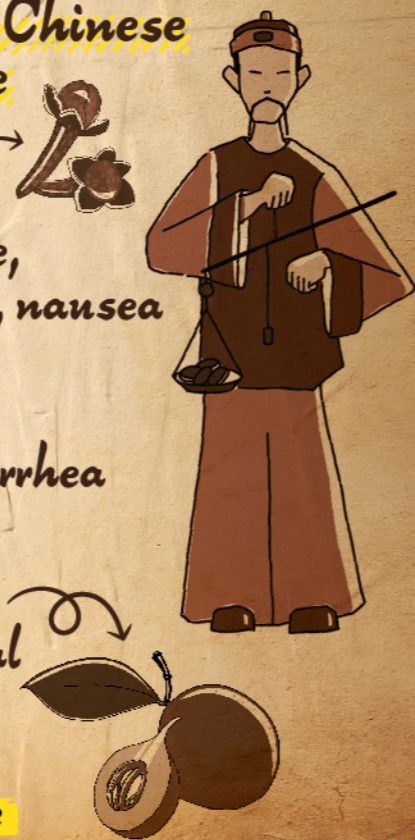
Toothache, dizziness, nausea

Cinnamon

Fever, diarrhea

Nutmeg

Abdominal pain, diarrhea, flatulence



Thai traditional medicines

Chilli

Phlegm, fever

Turmeric

Diarrhea

Clove

Toothache



In your community, do you use medicines containing spices? Who has knowledge of these natural remedies?



Indonesian recipe for jamu kunyit

Turmeric, tamarind, coconut sugar

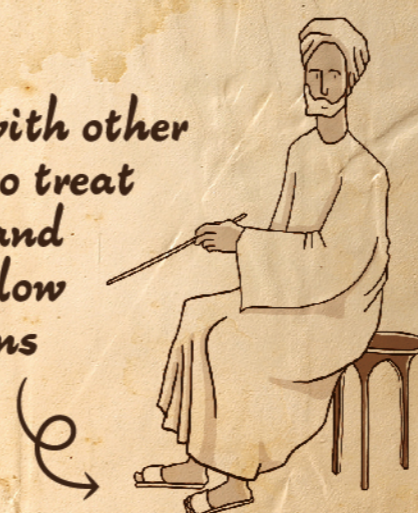
A drink used by new mothers to restore their strengths after giving birth



Ancient Muslim recipe

Ginger

Used with other herbs to treat heart and blood flow problems



Even though they are natural, plants and spices need to be used in a certain manner to avoid unwanted effects. Just like you would follow a doctor's prescription for a modern drug, always consult a knowledgeable person before you try a natural remedy.

Secret of the islands

Several spices, like clove, cinnamon, nutmeg, mace, pepper are born in Southeast Asia. Many historians call the coastal and island areas in Java sea as "Malay world", known best for high-quality spice products. You can find spices in different parts of this area. For example, the Moluccas or Maluku Archipelago have been nicknamed the "Spice Islands" for their abundant variety of spices.



Native to India, **pepper** is cultivated in most countries in Southeast Asia. Viet Nam is one of the world's largest producer and exporter.

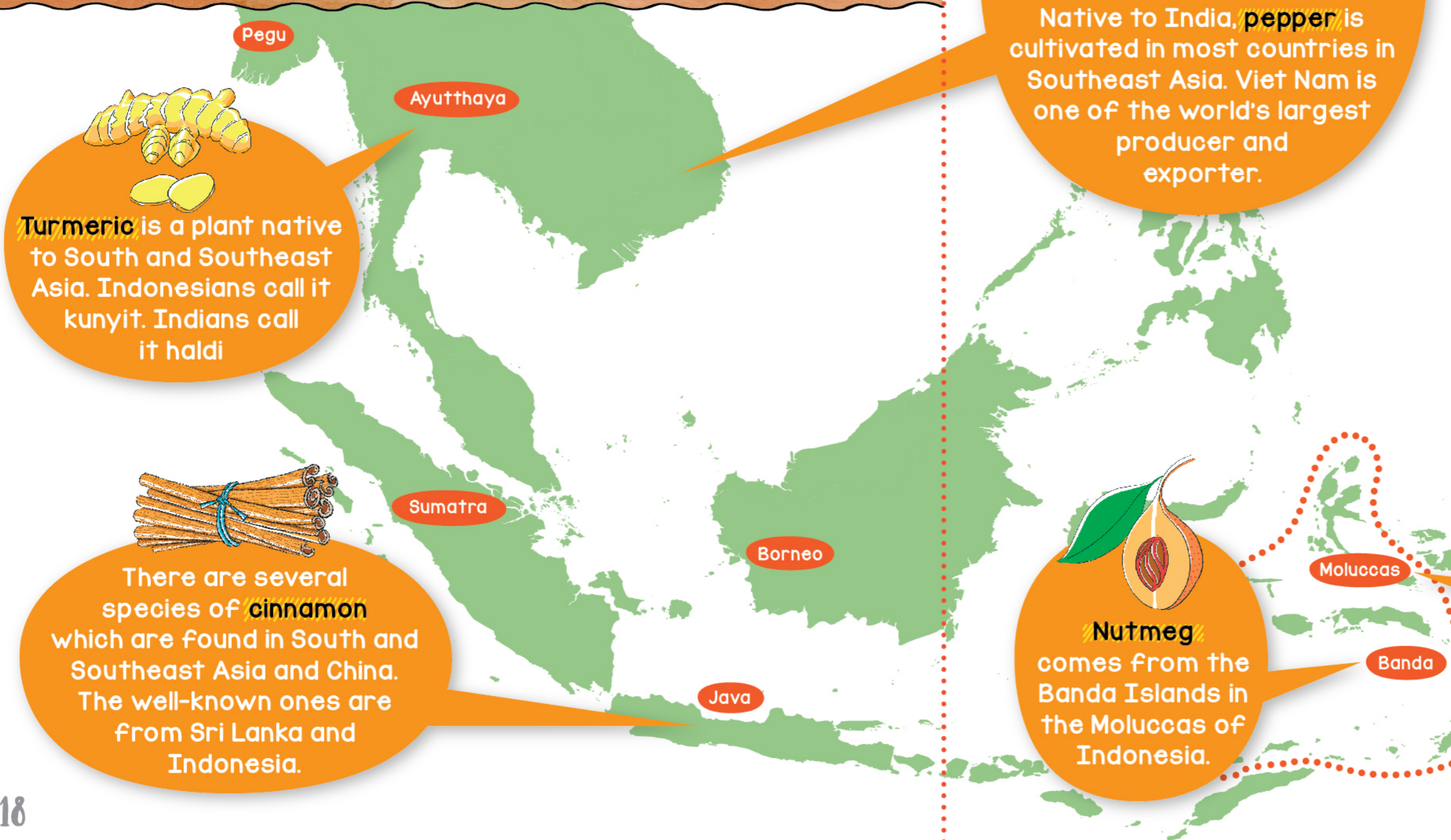


The Malay world of commerce

Southeast Asians in the Java sea were very engaged in the spice production and trade. They saw areas where they could plant spices as the treasure to their lives.

A well-kept secret

For centuries, foreign travelers and merchants kept the location of spice plantations secret. This way, other merchants could not become their competitors.



Turmeric is a plant native to South and Southeast Asia. Indonesians call it kunyit. Indians call it haldi

There are several species of **cinnamon** which are found in South and Southeast Asia and China. The well-known ones are from Sri Lanka and Indonesia.

Nutmeg comes from the Banda Islands in the Moluccas of Indonesia.

Malays claimed that "God made Timor for sandalwood and Banda for **mace**, and Moluccas for **cloves**."



Arab traders brought cloves from Asia to Europe in the fourth century.

Secret of enriching exchanges

Spices were very useful, very rare and in **demand**. Therefore, they were very expensive. Over the centuries, these luxury items have attracted many Chinese, Arab and European traders to Southeast Asia. Explorers discovered routes and sailed their ships to buy spices. The "Spice Routes" were born.



In their colonies in Southeast Asia, the British brought Indians to help build towns along the trade routes.

Cash crops

In the 15th century, Chinese Admiral Zheng He led seven expeditions to bring back spices from Southeast Asia to the Chinese court. People in Sumatra started cultivating black pepper on a large scale to supply the Chinese market.



People and spices traveled the world with **trade** ships. So did rats! It is said that rats sneaked into these ships, and that is why they are now found all over the world.

Spice Routes enabled cultural exchanges. Let's find out how our culture was enriched by the spice trade. Can you think of words or foods inherited from other countries? In your community, are there old historic sites built by foreigners?

Secret of prosperous cities

Chinese, Indian, Arab, European and Southeast Asian traders met in ports to sell and buy spices. Some port cities, such as Melaka (or Malacca), Makassar (in Sulawesi) and Banten (in Java), became large **multicultural** centers. This period marks the start of the "Age of Commerce" and of **urbanization**.

Port cities' new architecture

Cities' architecture changed with westerners erecting European-style buildings.



Powerful rulers

The rulers of the port cities received **taxes** from the spice trade. They became richer, more powerful and gained control over larger territories.

St. Paul's Church was built in Melaka in 1521 by the Portuguese. It is the oldest church building in Southeast Asia.



Ayutthaya in the 17th century

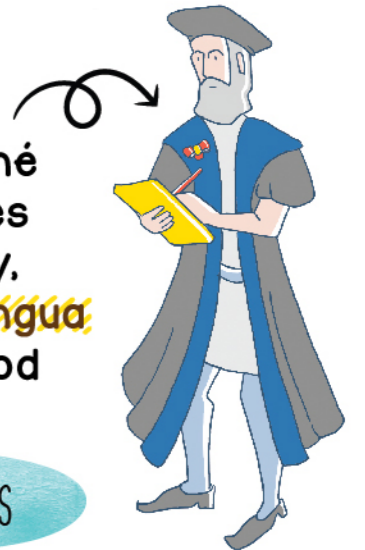


Would you be a good merchant?

A good merchant should be able to thank customers in their own language. Using an online dictionary, learn to say "thank you" in as many Southeast Asian languages as possible.

A linguistic mosaic

The Portuguese traveler Tomé Pires wrote that 84 languages were spoken in Melaka. Luckily, Malay was often used as a **lingua franca**, a language understood by all.



New regional exchanges

Malay world port cities focused on spice cultivation and trade. They could not produce enough food for their populations. The ports of mainland Southeast Asia, such as Ayutthaya (Siam), Pegu (Burma), Hà nội and Huế (Viet Nam), and Phnom Penh (Cambodia) sold them rice and food and also became rich and powerful.

Secret of power

From the 16th to 19th century, Europeans consumed more and more spices. Powerful nations traveled the seas to find more products and enrich themselves.

The Portuguese, the Dutch, and later the English and the French used military force to take control of spice plantations and trade routes.

For 200 to 300 years, colonizing nations fought over these territories to maintain their power.

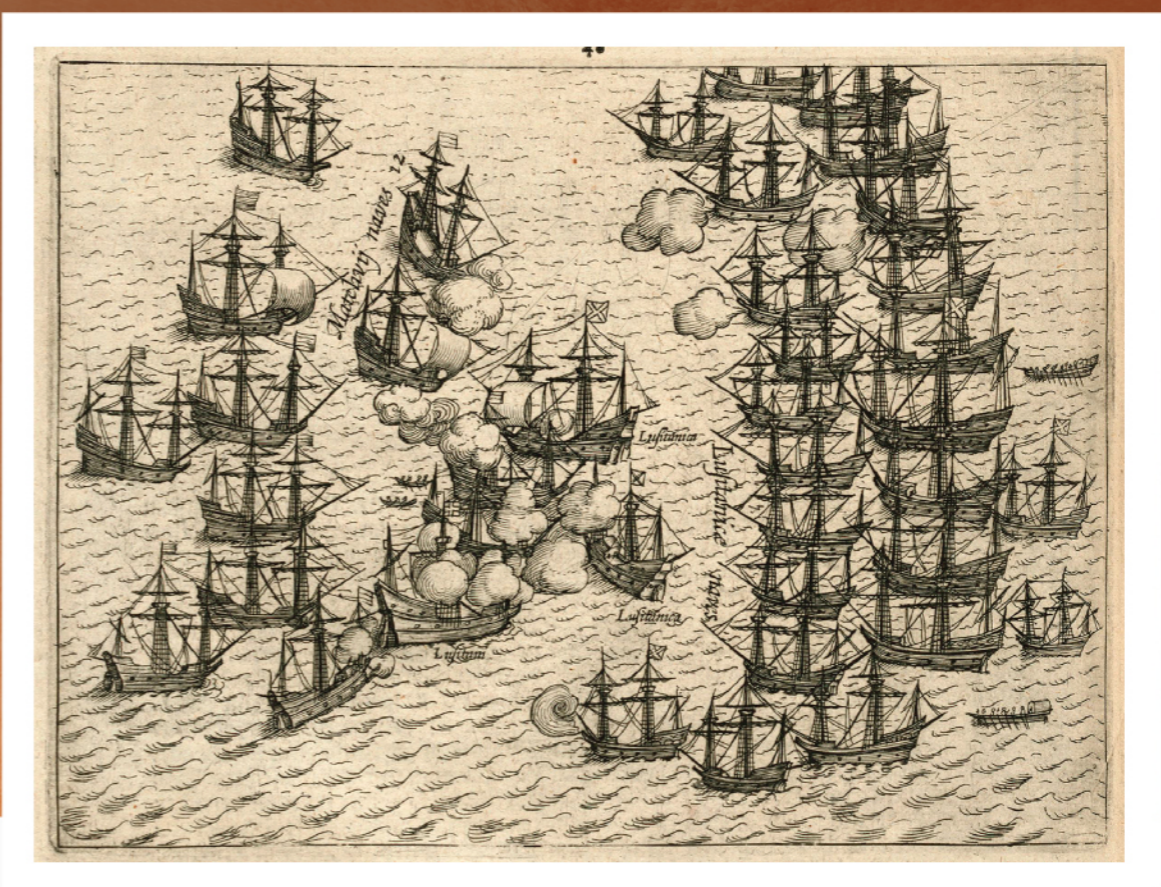
In the 20th century, spices remain important commodities. Newly independent countries have used the export of spice to support their economy, even though other commodities such as silk and cotton are now becoming more important.

The British East India Company was established. It had a trade **monopoly** on **commodities**, including spices, in the Indian and Pacific oceans.

1600

Dutch traders established the Dutch East India Company (VOC).

1602



Battle for Malacca between the Dutch VOC fleet and the Portuguese, 1606

England seized the Moluccas.

1796-1802



1511

The Portuguese seized Melaka, one of the most important port cities in the region.

1512

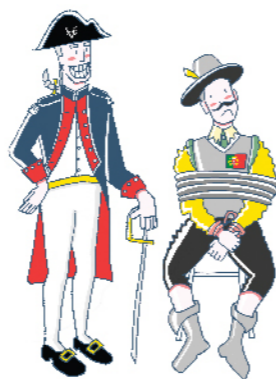
The Portuguese seized the Moluccas and took control of the nutmeg trade.

1536

The Portuguese invaded Sri Lanka and **monopolized** the cinnamon trade.

1636

The Dutch seized Sri Lanka from the Portuguese.



1641

The Dutch conquered the Moluccas and took over Melaka from the Portuguese.

1650

The Dutch had virtual control of the spice trade.



1824

England overcame the Dutch and took control of Melaka.



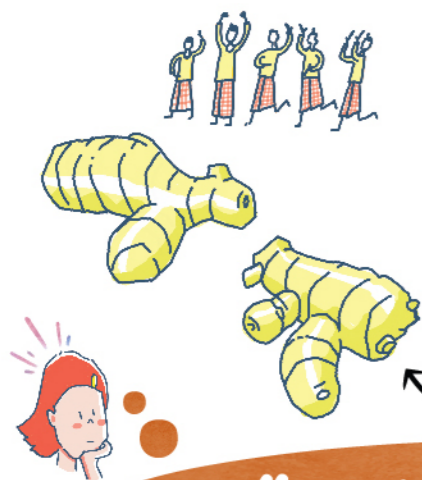
1959

In the newly independent Indonesia, northern Sumatra started growing black pepper for export.

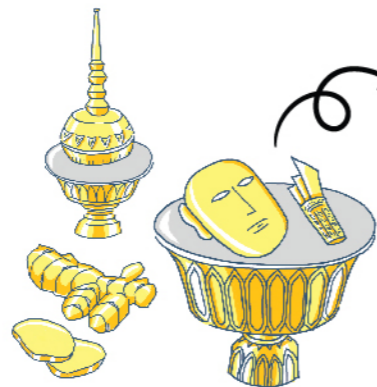
Secret to beliefs



Southeast Asians have used spices in rituals since ancient times. Spices, especially cloves and cinnamon, are believed to confer sacredness to the ceremonies. Their powers have been described in the Indian epic *Mahabharata* 3,000 years ago!



In Cambodia, Samre' people use ginger for rituals during communal feasts.



Turmeric water is used to wash the feet of the deceased during royal funerals in Thailand.

“Temples and monasteries welcomed gifts of sandalwood, cloves, and nutmegs and often held large stocks. Gifts were also made to individual priest, exchanged between kings and princes and taken as tribute.”

Mahabharata

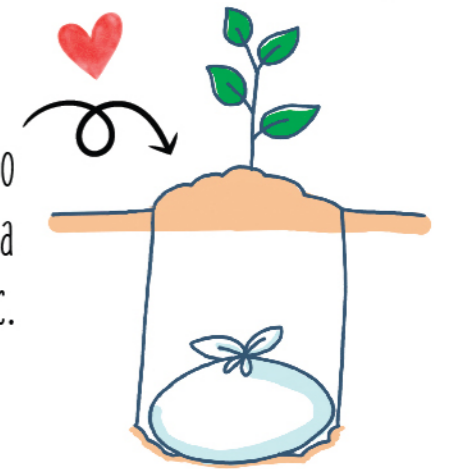


Let's investigate

Pick one ceremony or ritual that you are familiar with and investigate how spices may be used in that process. Remember that elders are important sources of knowledge!



Thai people hold a ceremony for one-month-old babies. They shave their heads and paint their eyebrows with cloves and butterfly pea to grow beautiful eyebrows.



People in the south of Borneo bury the umbilical cord of a newborn baby with turmeric.

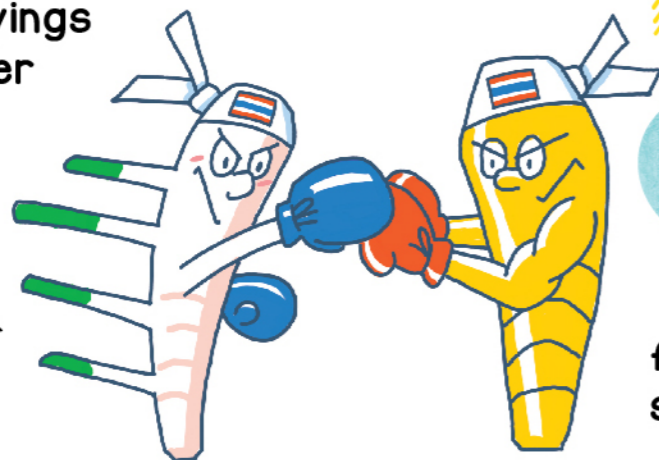


In Malaysia and Indonesia, rice mixed with turmeric is used in auspicious ceremonies and to chase away bad omens.

Secret in sayings

Southeast Asians consider spices as essential ingredients in their lives.

So, many wise sayings and proverbs refer to the spices to describe people's personalities or actions.



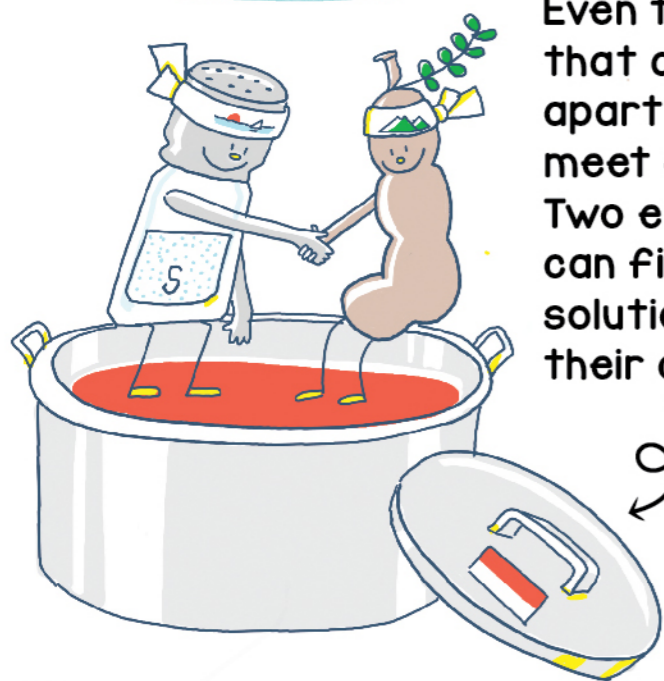
Thailand

"Both ginger and galangal are strong."

When two people fight or argue, both sides are not ready to give up.

Indonesia

"Tamarind on the mountain, salt in the sea meet in the one pot."

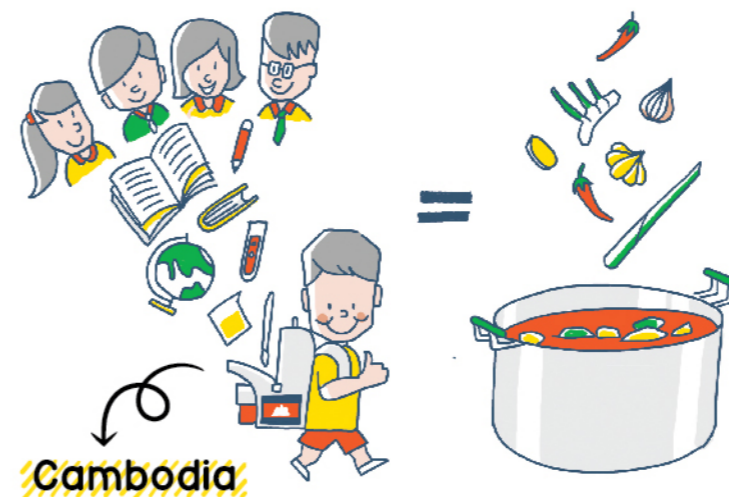


Even things that are far apart can meet as one. Two enemies can find a solution to their conflict.



"Reaching chilli and ginger."

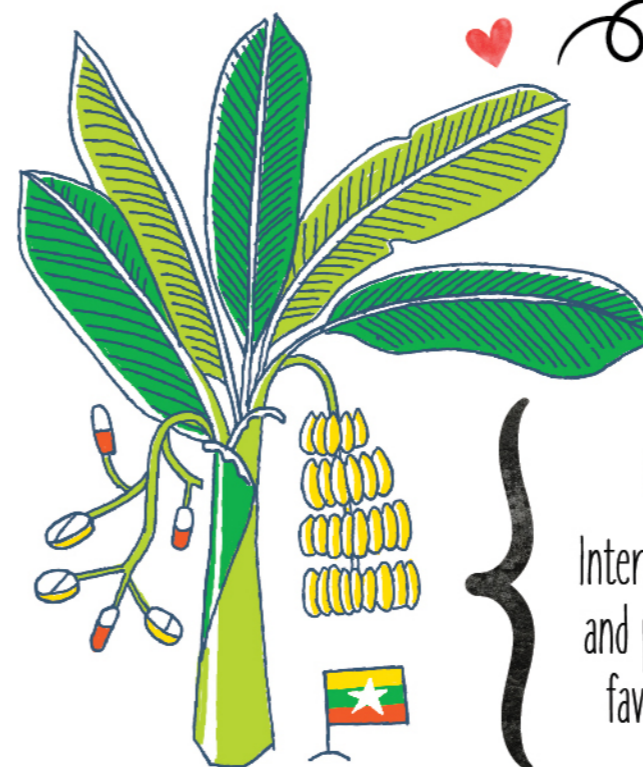
Actions or words can be aggressive and strong, like the taste of chilli and ginger together.



Cambodia

"A curry full of herbs is delicious, a child with many teachers turns out well."

A child will learn well by listening to many teachers.



Myanmar

"All trees are medicine."

We need to respect nature because all parts of plants can be useful.

Make your own proverb

Interview your family members to gather more sayings and proverbs on spices. You can also think about your favorite spice and invent your own saying about it.

Malaysia

"Whoever eats chili gets burned."

People who commit certain acts should know the consequences.



ACTIVITY

Spice trade battle game

18 CARDS FOR 2 PLAYERS

Trade cards

Vessel
Port
Spice

Weapon cards

Money
Gun
Tax

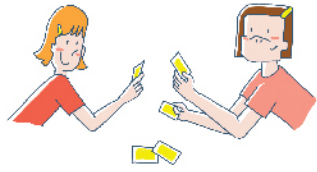
AIM OF THE GAME

Players earn points by collecting 3 cards from the same trading family (vessel, port and spice). The player, who first reaches 50 points, wins.

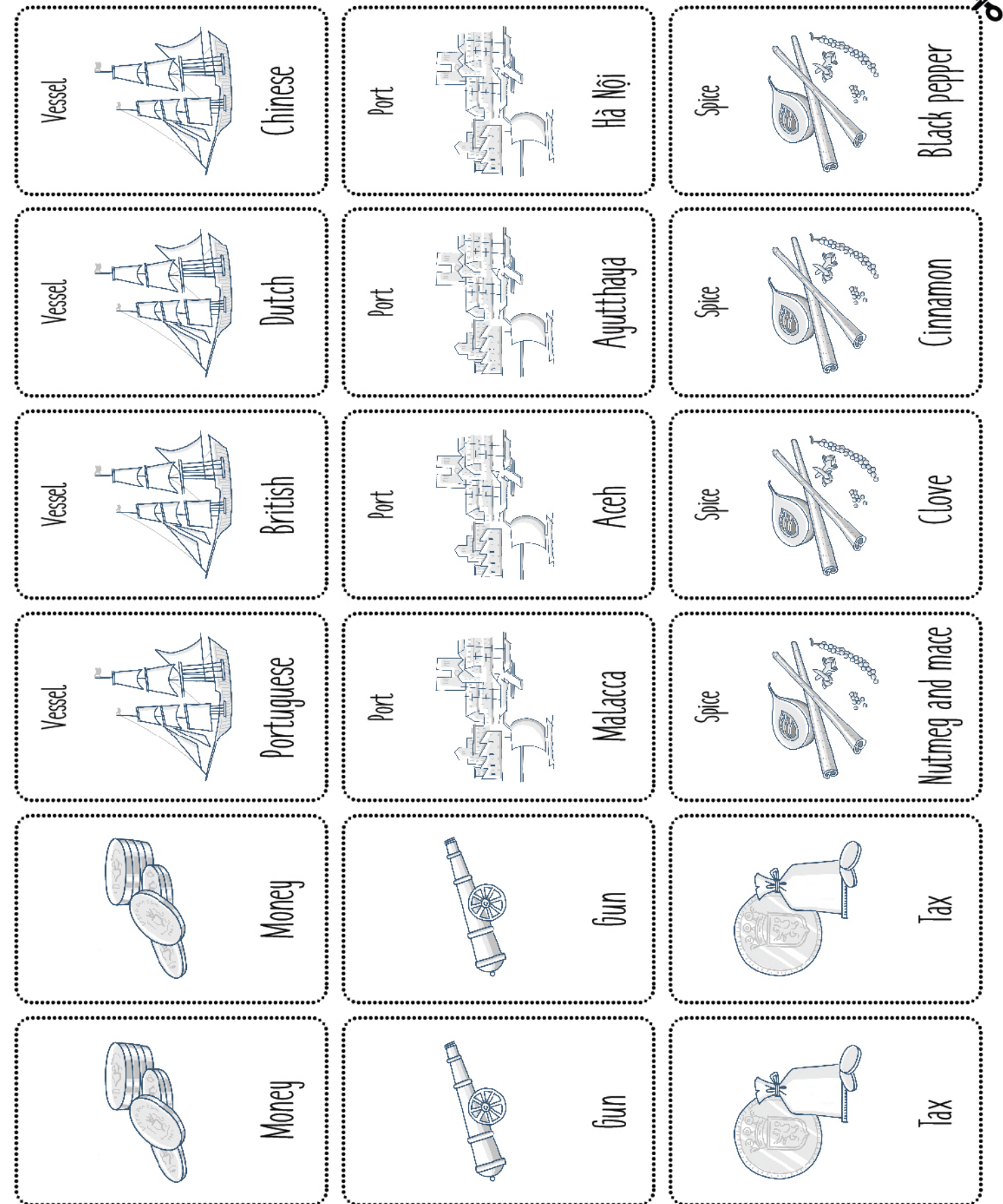
COUNTING POINTS

3 vessel cards = +20 points
3 port cards = +20 points
3 spice cards = +30 points

How to play



- Each player receives a set of weapon cards (money, gun and tax). These cards are for duels: money beats gun, gun beats tax and tax beats money.
- Players shuffle all 12 trade cards and place the deck on the table.
- Each player draws 2 trade cards and shows them to the opponent.
- The aim of the game is to gather 3 cards from the same trading family.
- Players start playing by dueling with their weapon cards. Each player draws a weapon card and shows it to the opponent.
- If both players draw the same card, they play a new duel until there is a winner.
- If a player wins with the money card, she or he draws a card from the deck and place it with her or his other trade cards.
- If a player wins with the gun card, she or he wins one of the opponent's trading card.
- If a player wins with the tax card, she or he selects a trade card from the opponent and places it at the bottom of the deck.
- Players start a new turn by dueling again with their weapon cards.
- Once a player has collected 3 trade cards from the same family, she or he removes these cards from the game and earn the corresponding points.
- If a player loses all the trade cards, the top card of the deck is auctioned. Players duel with their weapon cards to win this trade card. Players auction cards until they both have at least one trade card. Then, they resume the game with the normal rules.





Let's learn new words

Anti-inflammatory: Used to reduce inflammation e.g. swelling, pain, fever

Antiseptic: a substance that cleans germs

Auspicious: favorable

Ayurveda / Ayurvedic: traditional Hindu system of healing

Bark: external cover of a tree

Bud: a new unopened flower

Cash crop: a crop grown for profit

Commodity: a product that is traded

Deceased: dead person

Demand: the amount of product that people are ready and able to buy

Flatulence: gas in the digestive system

Flavor: taste

Ground: to be reduced to powder

Ingredient: something that enters into a mixture

Inhalant: a substance that is breathed in

Lingua franca: a common language used by speakers of different languages

Monopoly: the exclusive possession or control of the supply or trade

Multicultural: representing or including elements from several different cultures

Prescription: the instructions prepared by a doctor or pharmacist on how to use a medicine

Rhizome: part of a plant found underground and looking like a root

Savory: with a pleasant taste or smell; also refers to salty rather than sweet dishes

Tax: a sum of money paid by the population to a government in exchange for services or protection

Toxic: having the effect of a poison

Trade: the act of buying, selling or exchanging commodities

Umbilical cord: the cord connecting the mother to the baby in her womb

Urbanization: the act of becoming a city