

# Saffron C Tc Dng G

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saffron crocus flower. Each flower produces only a few threads. To make a single pound of spice, you need 50,000 flowers—enough flowers to fill a football field—so one daily pinch of saffron could cost up to a dollar a day. Raising Our ... [The Benefits of Saffron for Treating Age-Related Macular ...](#) Mar 10, 2025 · Eight threads of saffron a day can improve visual acuity in older adults with mild or moderate age-related macular degeneration. [The Subtle Saffron: Growing and Using - Dave's Garden](#) Feb 4, 2008 · Saffron, the most expensive spice in the world, is easily grown in the home garden. YOU CAN grow it yourself! Crocus sativus is a member of the iris family.

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