



RESEARCH ARTICLE

ORIGIN, TAXONOMY, BOTANICAL DESCRIPTION, GENETICS AND CYTOGENETICS, GENETIC DIVERCITY, HOTICUTURE AND CULTIVATION OF ALLSPICE

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ABSTRACT

Allspice belongs to the Family: Myrtaceae, Genus: *Pimenta* and Species: *Pimenta dioica* L. Common names are Allspice, Jamaica Pepper, Pimento, Malagueta, Piment Jamaïque, Pimenta, Pimienta Gorda, Dulce, English Spice, Tabasca, Toda Especial, Tote Epice. Lindley, Allspice tree, Jamaican pepper tree, Pimento tree. Allspice comes from Jamaica, Guatemala and Honduras. Synonyms for *Pimenta dioica* (L.) Merrill are *Eugenia pimenta* DC.; *Myrtus dioica* L.; *Myrtus pimenta* L.; *Pimenta officinalis* (Allspice, 2026). Hindi–Kabab Cheene, Bengali – Saada Golmuruch, Gujrati – Kabab cheeni, Punjabi – Kabab cheeni. Urdu – Kabab Cheeni. Common name: Allspice, Jamaica Pepper, Myrtle Pepper, Pimenta, Pimento. There is a common misconception that Allspice is a blend of different spices such as cinnamon, cloves, and nutmeg. Allspice is not a mixed spice blend and is in fact none of those other spices. Allspice is a fruit that is picked before it is ripe from an evergreen tree called the *Pimenta dioica*. The fruit looks much like a peppercorn. In the 15th century pepper was considered to be a very valuable spice. When the Spanish arrived in the Americas, they found this evergreen tree and thought the berries on the *Pimenta dioica* were pepper. It caused much confusion and disappointment to those hoping to trade this valuable commodity. Over time, in order to avoid the confusion, spice traders started calling this spice Allspice. The name came from the fact that the flavor tasted like a combination of cinnamon, cloves, and nutmeg – “all the spices”.

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INTRODUCTION

Allspice belongs to the Family: Myrtaceae, Genus: *Pimenta* and Species: *Pimenta dioica* L. (Pooja Rawat, 2020; Wikipedia, 2026; Wikipedia, 2026a; Allspice, 2026f; Pslbg, 2026). Common names for Allspice, Jamaica Pepper, Pimento, Malagueta, Piment Jamaïque, Pimenta, Pimienta Gorda, Dulce, English Spice, Tabasca, Toda Especial, Tote Epice. Lindley, Allspice tree, Jamaican pepper tree, Pimento tree. Allspice comes from Jamaica, Guatemala and Honduras (Spiceadvice, 2026). Synonyms for *Pimenta dioica* (L.) Merrill are *Eugenia pimenta* DC.; *Myrtus dioica* L.; *Myrtus pimenta* L.; *Pimenta officinalis* (Allspice, 2026). (Pooja Rawat, 2020). It is Native to Bahamas, Belize, Cayman Is., Costa Rica, Cuba, Dominican Republic, Guatemala, Honduras, Jamaica, Mexico Gulf, Mexico Southeast, Mexico Southwest, Nicaragua (Myrtus, 2026). Hindi–Kabab Cheene, Bengali – Saada Golmuruch, Gujrati – Kabab cheeni, Punjabi – Kabab cheeni. Urdu – Kabab Cheeni (All Spice, 2026e). Common name: Allspice, Jamaica Pepper, Myrtle Pepper, Pimenta, Pimento (Pslbg, 2026).

Foreign Name of Spices: Arabic: Bahar, Danish: Allehande Dutch: Jamaica pepper, piment English: Jamaica pepper, myrtle pepper, pimento, newspice Estonian: Harilik pimwnsipuu, Vurts Finnish: Maustepippuri French: Piment. Piment Jamaïque, Poivre aromatique, toute-epice, poivre de la Jamaïque German: Piment Neugewurz, Nelkenpeffer, Jamaicapfeffer, Englisches Gewurz Hungarian: Jamaikai szegfubors, Szegfubors, Pimento, Amomummag Icelandic: Allrahanda Italian: Pimento, pepe di Giamaica Norwegian: Allehande Polish: Ziele angielskie Portuguese: Pimenta da Jamaica Russian: Yamaiskiy pjerets Spanish: Pimienta de Jamaica, Pimienta gorda Swedish: Kryddpeppar Turkish: Yeni bahar (Allspice, 2026b). Allspice became known in Europe long after it was first discovered by an expedition of Columbus; because of the shape (similar to pepper corns), the new grains were termed pepper (whether by mistake or to gain more publicity I do not know). Still, they are called pepper in many languages, mostly with an attribute indicating their Caribbean origin or their aromatic scent. Examples for the former include Maghreb Arabic *fulful mixik*, Mexican pepper, Greek *piperi Iamaikis*, Basque *Jamaikako piperbeltz* and Russian *Yamajskiy perets*, Jamaica pepper; names of the latter type are represented by Swedish *kryddpeppar* condiment pepper, Latvian *smaržīgie pipari* flavour pepper, French *poivre aromatique* aromatic pepper and Arabic *fulful tabil*, spicy pepper. A

related group of names is German *Nelkenpfeffer*, Russian *perets gvozdichnyj*, Hungarian *szegfűbors* and Czech *hřebíčkový pepř*, all of which mean clove pepper. See long pepper for the derivation of the name pepper. Some languages have names for allspice meaning sweet pepper, e. g., South American Spanish *pimienta dulce*; cf. also Arabic *filfil ifranji halu*, sweet European pepper and Chinese *gan jiao*, sweet Sichuan pepper. Such names, however, can be easily confused with similar designations referring to paprika; Chinese is particularly confusing because paprika is called *tian jiao* which also means sweet Sichuan pepper. The most distinctive feature of AllSpices is its berries. These berries, which are the primary reason for the plant's culinary and medicinal uses, are harvested when they are green and unripe. They turn reddish-brown and develop a wrinkled appearance as they dry. The dried berries resemble large peppercorns and emit a complex aroma that combines the flavors of cloves, cinnamon, and nutmeg, hence the name "allspice" (Paradise, 2026). There is a common misconception that Allspice is a blend of different spices such as cinnamon, cloves, and nutmeg. Allspice is not a mixed spice blend and is in fact none of those other spices. Allspice is a fruit that is picked before it is ripe from an evergreen tree called the *Pimenta dioica*. The fruit looks much like a peppercorn (Allspice, 2019h). In the 15th century pepper was considered to be a very valuable spice. When the Spanish arrived in the Americas, they found this evergreen tree and thought the berries on the *Pimenta dioica* were pepper. It caused much confusion and disappointment to those hoping to trade this valuable commodity. Over time, in order to avoid the confusion, spice traders started calling this spice Allspice. The name came from the fact that the flavor tasted like a combination of cinnamon, cloves, and nutmeg – “all the spices” (Allspice, 2019h).

Language	Vernacular name
Arabic	<i>Bahar, Bhar hub wa na'im</i>
Danish	<i>Allehande</i>
Dutch	<i>Jamaica pepper, piment</i>
English	<i>Jamaica pepper, myrtle pepper, pimento, newspice</i>
Estonian	<i>Harilik pimendipuu, Vurts</i>
Finnish	<i>Maustepippuri</i>
French	<i>Piment, piment Jamaïque, poivre aromatique, toute-épice, poivre de la Jamaïque</i>
German	<i>Piment Neugewurz, Allgewurz, Nelkenpfeffer, Jamaica Pfeffer, Englisch Gewurz</i>
Hungarian	<i>Jamaikai szegfubors, Szegfubors, Pimento, Amomummag</i>
Icelandic	<i>Allrahanda</i>
Italian	<i>Pimento, pepe di Giamaica</i>
Norwegian	<i>Allehande</i>
Polish	<i>Ziele angielskie</i>
Portuguese	<i>Pimenta da Jamaica</i>
Russian	<i>Yamaiskiy pjerets</i>
Spanish	<i>Pimienta de Jamaica, pimienta gorda</i>
Swedish	<i>Kryddpeppar</i>
Turkish	<i>Yeni bahar</i>

Spices have been basically having importances in the culinary craft of seasoning nourishments since vestige. Aside from enhancing and flavouring, they are also utilized in indigenous meds, aromatherapy, pharmaceuticals, Nutraceuticals, additives, drinks, characteristic hues, scents, dental arrangements, beautifying agents and botanicals as a pesticide and subsequently, assume a critical job in the economy of the creating nation. These properties are because of an assorted cluster of synthetics incorporated by these flavours. As a rule, these phytochemicals capacity to pull in helpful and repulse destructive life forms fills in as photoprotectant and react to ecological changes. Flavors and fixings have been expended since the prehis-toric times to improve the flavor and taste of the cooked food. Spices are fragrant, sharp, flavoring operators by and large used in little amounts. Jamaica is likewise the world's biggest maker of allspice and Jamaican allspice is eminent for being of outstanding quality since it contains a more significant level of basic oils, which give it more flavour that grows in other Caribbean. Jamaica on world map Some features of the tree are Leaves are straightforward, inverse, whole, elongated - circular, 6-20 cm long, accentuate with pellucid glands which emit the smell of the spies when squashed. However, it is also found in Central America (Mexico, Guatemala, Cuba, Honduras, and Costa Rica) and the neighbouring Caribbean islands, although its original home is under debate. Currently, Jamaica produces 70% of the world's production of *P. dioica*, and the remaining 30% is produced by Brazil, Mexico, Honduras, Guatemala, and Belize combined. Ripe berries, due to their oleoresin content, are commercially important in the pharmaceutical, cosmetic, and food industries. They are of high quality due to their flavour, size, and appearance, giving them a good price in the market. The main importing countries are the UK, Germany, Finland, Sweden, USA, and Canada. Its leaf oil is mainly exported to the UK and USA (Pooja Rawat, 2020) Allspice describes the spice obtained from berries of *Pimenta dioica*, which are picked when green and then sun dried. It is called allspice due to its unique aroma that mimics a blend of cinnamon, cloves, ginger, and nutmeg, which is aromatic and pungent. An essential ingredient in Caribbean folk medicine, from where it originates, allspice is not only used in foods and drinks as a spice and condiment, but also as an ingredient in perfume, soaps, cosmetics, deodorants, scented candles and also to make toothpaste and pesticides. Allspice, via its bioactive constituents, possesses antioxidant, anti-diabetic, lipid lowering, chemopreventive (anti-cancer), anti-ypotensive, anti-platelet aggregation, analgesic and anti-microbial properties. It is also suggested that it might be of use in the management of menopausal symptoms. To date much of the research carried out, predominantly in North America (the US) and also Asia (China and Japan) with pockets of work from Europe, is *in vitro* and *inmn vivo* (animal) based. There is little peer reviewed literature on allspice's safety (Allspice, 2021g).

The sweet, pungent smell of plants on this hot and humid day in Cambridge takes me back to a hot September afternoon in Deep East Texas, walking around my university's gardens. I remember Carolina Allspice from a past plant walk; I close my eyes, breathe in, and can smell the almost cinnamon-like bark now crushed lifeless in my hands. Is there a connection between Carolina allspice and Jamaican allspice? Well, readers, unlike the plant that Jamaican allspice (*Pimenta dioica*) comes from, Carolina allspice (*Calycanthus floridus*) is a deciduous shrub, and the berries are poisonous when eaten. The power of association piqued my curiosity. Will you join me on this deep dive into Jamaican allspice? (Gillian Ehrman, 2023). The first written record of allspice occurred in Columbus's journal from his voyage to the Americas in 1492. He was on a mission to find the illustrious peppercorn vine, *Piper nigrum*, a rare and expensive commodity back in the day. Thinking he had struck gold, Columbus was greatly disappointed when he returned to Spain with the far less valuable allspice. The Spanish gave these pepper-like berries the botanical name *Pimenta*, the Spanish word for "pepper." But enough about Christopher Columbus, let's answer some questions about the allspice tree. What is, in fact, this spice called 'allspice' and how does it grow? (Gillian Ehrman, 2023). Allspice is the dried, unripe fruit of *Pimenta dioica*, a tropical evergreen native to Jamaica, Cuba, Guatemala, Honduras, and Southern Mexico. Here at Curio Spice Co. we source our allspice berries from Guatemala and occasionally Jamaica. The bark is a smooth gray/silver color and intensely aromatic. The sensation of the allspice tree's bark is similar to the spectacular smell of the bark of Carolina allspice. This is the only similarity between both plants. It is part of the Myrtle family. Clove, guava, and eucalyptus are other notable members of this plant family. Allspice trees are dioecious, meaning the male and female reproductive organs are on separate trees. The female flowers provide the fruit. When allspice trees bloom with their clusters of tiny white flowers, the warm, clove-like perfume in the air is one of the most beautiful aromas imaginable. The first harvest begins when the female tree reaches eight years old and can continue bearing fruit for about 100 years (Gillian Ehrman, 2023). The fruit is picked before ripening, when the berries have their full aroma due to the volatile oil's eugenol, methyl eugenol, and beta-caryophyllene. The berries are then sun-dried or machine dried. Fresh Allspice berries have no culinary use, even in their native lands. The allspice berry is dark brown when cured and dried with a slightly reddish hue. When ground allspice berries release distinctive aromatic notes of clove, cinnamon, and nutmeg (Gillian Ehrman, 2023). Jamaica's native Arawak and Taino peoples used the berries to flavor and preserve meat, which they smoked over wooden-framed barbecues. Maroon cuisine, such as jerk-spiced meat, amalgamates three distinct cooking styles from Spanish, Taino, and freed West African slaves. An essential ingredient in this cuisine is allspice, thyme, scotch bonnet chilies, and ginger. Jerk is a representation of the Jamaican people's triumph of the militant tendency over an oppressive ruling class. This fusion of cultures through jerk is an example of how food has brought people together for centuries. Our friend, Tamika Francis from Food & Folklore, pays homage to global food traditions (Gillian Ehrman, 2023). Allspice is used in both sweet and savory applications, its uses span from cake and cookies to seafood and red meat. It is famously an ingredient in Scandinavian marinated raw herring and delightfully complements pickles, pâtés, and smoked meats. The volatile oil eugenol found in allspice is found in cloves and is surprisingly found in basil too. As it is summertime, I suggest you all go to your herb garden, rip off a piece of basil, and crush it with your fingers. Do you smell that clove-like aroma? Nature is full of surprises for the curious that are willing to search! No wonder why allspice pairs so well with tomatoes. I have included one of my all-time favorite Curio recipes for mushroom pâté. Unsurprisingly the secret ingredient is...allspice. Also included are links to some fantastic products and blends from Curio which contain allspice, I highly suggest checking them out (Gillian Ehrman, 2023). Allspice, sometimes called Jamaica pepper or pimento, comes from the allspice tree, a tropical evergreen in the myrtle family that is native to the West Indies and Central America. It features prominently in Caribbean cuisines as well as Middle Eastern and traditional Latin American recipes. It was first imported into Europe in the 1600s and, as a result, became a common ingredient in spice blends for European seasonal pastries like German lebkuchen and gingerbread (Lori Rice, 2024).

If your kitchen is usually stocked with a variety of herbs and spices, allspice may be one that you don't typically get lots of use out of. While most people associate it with recipes like pumpkin pie, there are lots of other ways to utilize this nutrient-rich spice too, such as in seasonings, marinades, meatballs and mulled wine. The name is actually misleading, because allspice isn't in fact a blend of several spices. Below we look at what exactly allspice is, the two forms you'll find it in (whole and ground), plus the benefits of adding it to both sweet and savory recipes (Jillian Levy, 2025). Allspice is a cooking spice that has a unique, sweet and "warm" flavor. You may sometimes see it referred to as pimento berry oil or Jamaican pepper. It's not a spice blend but actually one spice made from the ground brown berries of the tropical *Pimenta dioica* plant, which is native to Jamaica, the West Indies and Central America. Why is it called allspice? It supposedly earned its name from European settlers in the 17th century because it resembles the taste of a combination of clove, cinnamon and nutmeg. Still today it's commonly combined with these spices in recipes, such as gingerbread cookies and apple pie. It's also one of the most prominent spices used to make jerk seasoning and pumpkin pie spice. In terms of how it tastes, many people find it to be most similar to clove. Both spices contain the compound called eugenol, which has a signature warm aroma and flavor. Allspice also contains cineole caryophyllene, which is described as tasting woody and fresh (Jillian Levy, 2025). Allspice (also called Jamaica pepper, Kurundu, Myrtle pepper, pimento, allspice berries, or newspice) is a spice which is the dried unripe fruit of the *Pimenta dioica* plant, a tree native to the West Indies, southern Mexico and Central America. The tree *Pimenta dioica* is from the myrtle family (Myrtaceae), and it is very valued for its berries. The allspice was named because the flavor of the berry is like a mixture of cloves, cinnamon, and nutmeg. It is used very much in baking, mostly for making mincemeat and mixed pickling spice. It was discovered first by the early Spanish explorers, who mistook it for a type of pepper. https://simple.wikipedia.org/wiki/Allspice#cite_note-4Allspice is the only spice grown in the Western Hemisphere. But after that, the wild trees were cut down to get the berries and only a few allspice are left. There are many plantations in Mexico and Central America, too. However, the best allspice comes from Jamaica where the weather and soil are best for the berries. dioica tree. This remarkable spice is celebrated for its unique combination of flavors, which resemble cinnamon, nutmeg, and cloves all rolled into one. The round, dark tan to brown berries offer a unique aromatic twist that makes them a great substitute for other spices or a bold standalone addition to dishes, baked goods, or pickled products. Whether you're a seasoned chef or an aspiring home cook, understanding how to use allspice can elevate your culinary creativity to new heights. For example, adding allspice to baked sweet potatoes topped with burnt marshmallows is a simple way to

incorporate the spice into your cooking. The allspice complements the dish and adds a layer of flavor complexity that tantalizes the taste buds. Allspice is also commonly used in a wide range of American, European, and Caribbean recipes. Traditionally, allspice is used—along with other spices—in ciders, Jamaican jerk seasoning, pies, pickling spice mixes, and meat rubs (Shawn Gavin, 2025). Contrary to its name, allspice is not a mix of different spices. It is the dried, unripe berry of the *Pimenta dioica* tree, a species native to the Caribbean and Central America. The name "allspice" was coined by English explorers who thought the spice tasted like a blend of cinnamon, nutmeg, and cloves. This unique spice is available in two forms: whole berries and ground powder. Whole allspice berries are slightly larger than peppercorns—roughly one-third the size of a marble and can be used to infuse flavor into liquids like soups, stews, and brines. Ground allspice, on the other hand, is a finely ground powder made from these berries and is commonly used in baking, dry rubs, and spice blends (Shawn Gavin, 2025).

Allspice, also known as Jamaica pepper, myrtle pepper, pimenta, or pimento, is the dried unripe berry of *Pimenta dioica*, a midcanopy tree native to the Greater Antilles, southern Mexico, and Central America, now cultivated in many warm parts of the world. https://en.wikipedia.org/wiki/Allspice#cite_note-4 The name *allspice* was coined as early as 1621 by the English, who valued it as a spice that combined the flavours of cinnamon, nutmeg, and clove. Contrary to common misconception, it is not a mixture of spices (Wikipedia, 2026). Allspices, commonly known as allspice, is an aromatic evergreen tree native to the Caribbean region, particularly Jamaica. It belongs to the family Myrtaceae and is renowned for its flavourful (Paradise, 2026). Allspice is a medium-sized tree that can reach a height of about 10-18 meters (30-60 feet) in its natural habitat. The tree has dense foliage, glossy dark green leaves, and small white flowers that grow in clusters (Paradise, 2026). Allspice is a versatile spice used in both sweet and savory recipes. What sets it apart from other aromatic spices is its multi-dimensional flavor, which includes hints of cinnamon, nutmeg, and cloves. It pairs well with fall and winter flavors and is often used for baking, marinades, and spice blends. Its warm and aromatic flavor adds interest to dishes, making it a staple in many cuisines around the world (Kayla Nelson, 2026). Despite its name, allspice is not a blend of multiple spices, but rather a single spice derived from the dried berries of the *Pimenta dioica* tree, native to Central America and the Caribbean. These berries are harvested when they are green and unripe and then dried in the sun until they turn brown. These berries bear a striking resemblance to peppercorns, but the taste is much different. Allspice is a staple in many cuisines around the world. It is particularly popular in Caribbean and Latin American cooking, where it plays a key role in dishes such as jerk chicken and mole sauce. In Middle Eastern cuisine, allspice is a common ingredient in spice blends like baharat and ras el hanout, which are used to season meats, rice, and stews. It's also a common ingredient in baked goods like gingerbread and spice cakes (Kayla Nelson, 2026). The pimento is a spice with a thousand names. It is often called the Jamaican Pepper, or Clove Pepper. Its scientific name is *Pimenta Dioica*, but it was called - and is often known as - Allspice by the English in the 1600s because, as the name suggests, it seemed to contain the aromas of other spices such as cinnamon, nutmeg, and cloves. Due to its resemblance to the latter spice, pimento is also known as clove pepper. On this page, we will discuss how to use pimento in cooking or at the bar - it is an ingredient in many cocktails if you didn't know - we will talk about its properties and where to buy pimento online (Terzaluna, 2026). The pimento is the dried fruit of the *pimenta dioica*, a tree of the myrtle family (hence also called *myrtle pepper*). This incredible spice is also known as "four spices" because its flavor resembles four different ones: nutmeg, cinnamon, cloves, and pepper. It comes from the regions of Central America, Southern Mexico, and the Greater Antilles, but over time, it has been cultivated in many other areas of the world that share similar climates with its places of origin. The Maya already used it in various contexts, even including it in the mummification process; after Christopher Columbus's arrival, who showed curiosity for this spice, its trade with Europe began, but without much success. It is still today an underutilized ingredient, perhaps because it is very aromatic and has not found a place in our cuisine (Terzaluna, 2026). Allspice or 'Kabab Chini' is the dried berry of the Jamaican pepper tree, also known as pimento tree. At first glance, one might easily confuse the allspice berry with a peppercorn. Christopher Columbus discovered allspice in the Caribbean while he was seeking pepper. As he had never actually seen real pepper, he thought allspice was it. The name allspice comes from the fact that the flavor tastes like a combination of nutmeg, cinnamon and cloves (All Spice, 2026e). You may have had allspice over the holidays in your ham glaze or your gingerbread cookies, but did you know you can find it in the Hartley and Heather Richardson Tropical Biome at the Leaf? Allspice is an evergreen tree that produces small, aromatic berries that are dried and used as spice. It is also known as *Pimenta dioica* and is from the Myrtaceae family. The tree is native to the Caribbean, Central America, and Mexico. The name "allspice" comes from the berries' flavour and smell, a combination of cinnamon, cloves, nutmeg, and black pepper. The leaves on an allspice tree smell delicious too! After several years of maturation, the allspice tree may start producing green berries. Once the berries turn reddish-brown, they are mature and ready for harvesting (All Spice, 2026e). This plant is dioecious, meaning it has specific male and female trees, so female trees require a male pollinator to produce fruit. Because we have only one allspice tree at The Leaf, it will not grow berries. (All Spice, 2026e). Allspice (Botanical name: *Pimenta dioica*) is a tropical evergreen tree native to the Caribbean, Central America, and parts of southern Mexico. It gets its name because its dried berries taste like a combination of cinnamon, nutmeg, and cloves. Allspice is widely used in cooking, perfumery, and traditional medicine, making it a truly versatile plant (Allspice, 2026c). Allspice, (*Pimenta dioica*), tropical evergreen tree of the myrtle family (Myrtaceae) and its berries known as Jamaican Pepper, Sarwasuganthi and Newspice, the source of a highly aromatic and pungent flavored spice. The plant is native to the West Indies and Central America. Allspice was so named because the flavour of the dried berry resembles a combination of cloves, cinnamon, and nutmeg. It is widely used in baking and is usually present in mincemeat and mixed pickling spice. The berries of the allspice tree are not the only useful part of it. The fresh leaves can give an infused flavor to dishes (like a bay leaf). The wood is used to smoke meat and sausages (Allspice, 2026d). The allspice tree (*Pimenta dioica*) is commonly referred to as Jamaican pepper, myrtle pepper, pimenta, pimento, pimenta gorda, Jamaican allspice, Mexican allspice, and Guatemalan allspice. It was first cultivated by the Maya and Aztec peoples in Central America, circa 2600 BC and 1250 AD, respectively. The name allspice came about because the flavor of the dried berries is similar to cloves, cinnamon, and nutmeg. There is only one species of allspice in the world. *Pimenta dioica* is a tropical, ornamental, evergreen shrub in the myrtle family that grows up to 59 feet tall. The tree's bark is white-grey and peels in sheets like that of birch trees. The root system is deep and spreads wide. Allspice leaves are dark green,

oblong, and leathery, with high aromatic content. In mid-summer, the trees grow small white flowers on pyramidal stems that produce pea-sized green berries. Allspice trees are either male or female, and growers should encourage cross-pollination to produce berries. The clustered berries are removed when still green for access to the delicious allspice flavor. They are then sun-dried on concrete until dark red and ground into allspice. It takes roughly three to five months for berries to form after the trees are pollinated (Sarah Jay, 2026). Allspice, derived from the dried unripe berries of *Pimenta dioica*, is an aromatic spice native to the Greater Antilles, southern Mexico and parts of Central America. The tree, a member of the Myrtaceae family, thrives in tropical forests and has long been integral to regional cultures, cuisines and trade networks. The spice earned its English name in the early seventeenth century, as its flavour was thought to evoke a combination of cinnamon, nutmeg and clove. Despite the implication of its name, allspice is not a blend of spices but a single botanical product (Allspice, 2026f). Allspice, also known as Jamaica pepper, myrtle pepper, pimenta, or pimento, is the dried unripe berry of *Pimenta dioica*, a midcanopy tree native to the Greater Antilles, southern Mexico, and Central America, now cultivated in many warm parts of the world. The name *allspice* was coined as early as 1621 by the English, who valued it as a spice that combined the flavours of cinnamon, nutmeg, and clove. Contrary to common misconception, it is not a mixture of spices. Several unrelated fragrant shrubs are called "Carolina allspice" (*Calycanthus floridus*), "Japanese allspice" (*Chimonanthus praecox*), or "wild allspice" (*Lindera benzoin*) (Wikipedia, 2026a). Allspice is the dried fruit of the *Pimenta dioica* plant. The fruits are picked when green and unripe, and are traditionally dried in the sun. When dry, they are brown and resemble large, smooth peppercorns. Fresh leaves are similar in texture to bay leaves and similarly used in cooking. Leaves and wood are often used for smoking meats where allspice is a local crop. Care must be taken during drying to ensure that the volatile oils in the fruit, such as eugenol, remain in the end products rather than being driven out by the drying process (Wikipedia, 2026a). Origin, taxonomy, and distribution *Pimenta dioica* (L.) Merr. (Merrill, 1947), commonly known as allspice, is a tree producing fruits which are dried and used as spice in culinary. Allspice belongs to the family Myrtaceae, and is known in French as le piment de la *Jamaïque piment*, in Spanish as *pimenta gorda*, and in Portuguese as *pimenta da Jamaica*. The common name allspice was proposed by John Ray, an English botanist, who identified its flavour as a combination of cloves, cinnamon, and nutmeg. The family Myrtaceae consists of approximately 3,000 species, most of which grow in the tropics. The genus *Pimenta* Lindl. consists of approximately 18 species of aromatic shrubs and trees native to the tropical America (Jarquín-Enríquez *et al.*, 2026). Allspice, (*Pimenta dioica*), tropical evergreen tree of the myrtle family (Myrtaceae) and its berries, the source of a highly aromatic spice. The plant is native to the West Indies and Central America. Allspice was so named because the flavor of the dried berry resembles a combination of cloves, cinnamon, and nutmeg. It is widely used in baking and is usually present in mincemeat and mixed pickling spice. Early Spanish explorers, mistaking it for a type of pepper, called it *pimenta*, hence its botanical name and some of its common names. The first record of its import to Europe is from 1601 (Allspice, 2026f). Origin, taxonomy, and distribution *Pimenta dioica* (L.) Merr. (Merrill, 1947), commonly known as allspice, is a tree producing fruits which are dried and used as spice in culinary. Allspice belongs to the family Myrtaceae, and is known in French as le piment de la *Jamaïque piment*, in Spanish as *pimenta gorda*, and in Portuguese as *pimenta da Jamaica*. The common name allspice was proposed by John Ray, an English botanist, who identified its flavour as a combination of cloves, cinnamon, and nutmeg. The family Myrtaceae consists of approximately 3,000 species, most of which grow in the tropics. The genus *Pimenta* Lindl. consists of approximately 18 species of aromatic shrubs and trees native to the tropical America (Jarquín-Enríquez *et al.*, 2026).

ORIGIN

The family Myrtaceae consists of about 3000 woody species, most of which grow in the tropics. The genus *Pimenta* Lindl. consists of about 18 species of aromatic shrubs and trees native to tropical America. The genus is closely related to *Myrtus* L. and *Eugenia* L. The commercially important *Pimenta* spp. is *Pimenta dioica* (L.) Merr. providing the spice pimento (allspice) and *P. racemosa* (Mill) Moore, bay or bay rum tree providing oil of bay. The basic chromosome number for the genus is $x = 11$ and allspice is a diploid with $2n = 22$. The tree is indigenous to West Indies (Jamaica). The trees are also found in Central America (Mexico, Honduras, Guatemala, Costa Rica and Cuba) and in the neighbouring Caribbean islands, although its original home is in dispute. Christopher Columbus discovered allspice in the Caribbean islands in about 1494. Spanish explorers and later settlers in Jamaica harvested and used the leaves and berries. Reports indicate that, there has been continuous production of berries in Jamaica from about 1509 to the present day. The berries reached London in 1601 as described by Clusius in his *Liber Exoticorum* and the plants were first cultivated in England in a hot house in 1732. Before World War II, allspice was more widely used than today; however, during the war many trees were cut down and there was a shortage of the spice. Although cultivation was taken up after the war, production never fully recovered. Allspice was introduced into West Indian Islands (Grenada, Barbados, Trinidad and Puerto Rico) from its place of origin. Attempts to introduce it into countries in tropical regions, namely, India, Sri Lanka, Fiji, Malaysia, Singapore and Indonesia (Java, Sumatra), have, for various reasons, not succeeded fully. In India, there are a few trees in Maharashtra, Tamil Nadu, Karnataka and Kerala (Rema and Krishnamoorthy, 2004c). *Pimenta dioica*, commonly known as Allspice was used by early Central American civilizations as a flavoring for chocolate. The Spanish explorers of the 17th century gave Allspice the name Pimienta, because of its peppery flavor. As a medicine, Allspice has much the same use, as Cloves and their oils are similar. It works well as a digestive and has an antiseptic and slightly anaesthetic action (Priya Rao *et al.*, 2012). Jamaica, which is also the main exporter. Several other Central American states (e.g, México, Honduras) produce this spice, but their quality is considered inferior. The fruits of *P. racemosa*, a closely related species, are sometimes used to adulterate allspice (Gernot-katzers, 2026).

TAXONOMY

Allspice belongs to the *Myrtaceae* family, commonly known as the myrtle family. It is botanically known as *Pimenta dioica*. The spice is made from the dried, unripe berries of this tropical evergreen tree.

Notable Relatives: The family is famous for highly aromatic plants, including cloves, eucalyptus, guava, and tea tree.

Characteristics: Members of this family typically have evergreen leaves rich in essential oils, which give off strong, distinct fragrances when crushed (AI Overview, 2026). Allspice, also known as Jamaica pepper, myrtle pepper, pimenta, or pimento, is the dried unripe berry of *Pimenta dioica*, a midcanopy tree native to the Greater Antilles, southern Mexico, and Central America, now cultivated in many warm parts of the world. The name *allspice* was coined as early as 1621 by the English, who valued it as a spice that combined the flavours of cinnamon, nutmeg, and clove. Contrary to common misconception, it is not a mixture of spices (Wikipedia, 2026).

BOTANICAL DESCRIPTION

As per the ISO specifications, allspice is described as the dried, fully mature but unripe, whole berry of *P. dioica* (L.) Merrill, 6.5–9.5 mm in diameter, a dark brown colour, the surface somewhat rough and bearing a small annulus formed by the remains of the four sepals of the calyx. Allspice may also be in the pure ground form (Krishnamoorthy and Rema, 2004). Known as pimento outside the United States, allspice is recognized for its flavor, similar to a blend of cloves, cinnamon and nutmeg. With berries the size of large peppercorns, its color is a dark reddish-brown and is available whole or ground. Allspice berries can be added to soups, stews and pickles. A pinch of ground allspice is great for sauces, teas, jams, baked goods and pastries. Stored properly in an airtight jar, whole allspice will maintain its flavor and aroma indefinitely (Jillian Levy, 2025). Dried allspice berries look like large brown peppercorns and their colors are cocoa brown. When the berries are not yet ripe, they are harvested and dried by the sun. They are different in size from between 4 and 7 mm (1/8 - 1/4 in) in diameter and are dark brown. Their skin is very wrinkled, and the outer case has two seeds. Allspice can be eaten ground or whole (Wikipedia, 2026). The allspice tree attains a height of about 9 meters (30 feet). The fruits are picked before they are fully ripe and are then dried in the sun. During drying, the berries turn from green to a dull reddish brown. The nearly globular fruit, about 5 mm (0.2 inch) in diameter, contains two kidney-shaped dark brown seeds. The flavor of allspice is aromatic and pungent. The essential oil content is about 4.5 percent for Jamaica allspice and about 2.5 percent for that of Central America; its principal component is eugenol (Allspice, 2026a). Allspice trees are evergreen medium sized, grow up to a height of 8 to 10 meters and with a slender upright trunk and smooth greyish bark. The male trees produce only few fruits. The male and female trees are similar in appearance and cannot be identified till flowering commences (Allspice, 2026b). The allspice plant is a slow-growing, medium-sized tree that can reach heights of 10 to 15 meters when mature. It features glossy, dark green leaves and produces small white flowers. The tree yields green berries, which are harvested and dried to create the familiar allspice spice. Allspice is dioecious, meaning both male and female trees are needed for fruit production (Allspice, 2026c). Allspice trees are evergreen medium sized, grow up to a height of 8 to 10 meters and with a slender upright trunk and smooth greyish bark. The male trees produce only few fruits. The male and female trees are similar in appearance and cannot be identified till flowering commences (Allspice, 2026g). Allspice, also called Jamaica pepper, pepper, myrtle pepper, pimenta, pimento, English pepper or newspice, is the dried unripe fruit ("berries", used as a spice) of *Pimenta dioica*, a midcanopy tree native to the Greater Antilles, southern Mexico, and Central America, now cultivated in many warm parts of the world. The name 'allspice' was coined as early as 1621 by the English, who thought it combined the flavour of cinnamon, nutmeg, and cloves. Several unrelated fragrant shrubs are called "Carolina allspice" (*Calycanthus floridus*), "Japanese allspice" (*Chimonanthus praecox*), or "wild allspice" (*Lindera benzoin*) (Allspice, 2026f). The allspice tree attains a height of about 9 meters (30 feet). The fruits are picked before they are fully ripe and are then dried in the sun. During drying, the berries turn from green to a dull reddish brown. The nearly globular fruit, about 5 mm (0.2 inch) in diameter, contains two kidney-shaped dark brown seeds. The flavor of allspice is aromatic and pungent. The essential oil content is about 4.5 percent for Jamaica allspice and about 2.5 percent for that of Central America; its principal component is eugenol (Allspice, 2026f). *Pimenta dioica* has appeared in historical literature under numerous synonyms, reflecting early attempts to classify species within the Myrtaceae family. The tree may grow either as a small, scrubby evergreen or as a tall canopy species used to provide shade for understory crops such as coffee. Its leaves resemble those of the bay laurel in shape and texture, and they possess a distinct aroma when crushed. The berries are harvested when green and unripe and, after drying, become smooth, dark brown spheres similar in size to large peppercorns. These fruits contain essential oils in high concentrations, including eugenol, which contributes to the spice's distinctive fragrance and therapeutic properties. The species demonstrates adaptability to a range of tropical environments and has naturalised in places such as Tonga and the Hawaiian islands, particularly on Kauai and Maui. While small plants are vulnerable to frost, mature trees show greater tolerance. Allspice is also suited to container cultivation and can be maintained in greenhouses or indoors in cooler climates (Allspice, 2026f).

Allspice is the dried, unripe berry of *Pimenta dioica*, an evergreen tree in the myrtle family. After drying, the berries are small, dark brown balls just a little larger than peppercorns. Allspice comes from Jamaica, Guatemala and Honduras. Allspice is used in Jamaican jerk seasoning and in Jamaican soups, stews, and curries. It also is used in pickling spice, spiced tea mixes, cakes, cookies, and pies. Food producers use it in ketchup, pickles, and sausages. Allspice is used in Jamaican jerk seasoning and in Jamaican soups, stews, and curries. It also is used in pickling spice, spiced tea mixes, cakes, cookies, and pies. Food producers use it in ketchup, pickles, and sausages (Allspice, 2026g). Whole allspice berries (*Pimenta dioica*), also known as allspice for their natural combination of aromas reminiscent of cinnamon, clove, and nutmeg. With a warm, sweet, and slightly spicy flavor, they add depth and complexity to meats, stews, sauces, desserts, and marinades. Highly valued in Caribbean and gourmet cuisine for their aromatic versatility (Allspice, 2026r). Allspice is the dried, unripe berry of *Pimenta dioica*, an evergreen tree in the myrtle family. After drying, the berries are small, dark brown balls just a little larger than peppercorns. (Spiceadvice, 2026). Tree to 20 m with young branchlets glandular and pubescent. Leaves aromatic, oblong-elliptic, elliptic or elliptic-lanceolate, 5.5–17(–22) cm long, 2–6.5(–8) cm wide, rounded to obtusely acuminate at the apex, ± glabrous beneath. Flowers white, 4-merous, small in many-flowered panicles 5–12 cm long. Fruit subglobose, 5–10 mm diameter, densely covered with convex glands.

		
<p><i>P. dioica</i> mature trees</p>	<p><i>P. dioica</i> mature trees</p>	<p>Seedling</p>
		
<p>6 hours of sunlight in the morning</p>	<p>Matuer plant</p>	<p>Flowenig</p>
		
<p>Flowenig</p>	<p>Flowenig</p>	<p>Flowenig</p>
		
<p>Unripe fruits</p>	<p>Matur fruts</p>	<p>Ripe fruits</p>
		
	<p>Fruits</p>	

Fig. 1. Botanicle Decripton

GENETICS AND CYTOGENECTIS

Recent research reveals that much of the "allspice" cultivated in India is actually the allied species *Pimenta racemosa* (Bay rum tree) rather than true allspice (*Pimenta dioica*). True allspice (*P. dioica*) is a diploid with a chromosome number of $2n = 22$ and a basic chromosome number of $x = 11$ (AI Overview, 2026).

GENETIC DIVERCITY

This study investigates the phylogenetic relationships among diverse collections of Allspice (*Pimenta dioica*) sourced from Tanzania. The chloroplast (cp) ribulose-1, 5-bisphosphate carboxylase (*rbcL*) gene is employed as a Deoxyribonucleic Acid (DNA) barcode for this purpose. Allspice holds significance due to its economic, medicinal, and cultural applications. The phylogenetics study will help to identify the evolutionary relationships and genetic diversity within the Myrtaceae family, aiding in accurate identification and understanding its evolutionary history. The molecular phylogeny involved deoxyribonucleic acid extraction, polymerase chain reaction amplification, and *rbcL* gene sequencing. Cetyltrimethylammonium Bromide (CTAB) method is employed for genomic DNA extraction, while the *rbcL* gene is amplified using specific primers. The phylogenetic tree portrayed Allspice *rbcL* gene's proximity to Myrtaceae family members. This study demonstrates substantial genetic diversity within Tanzanian Allspice collections and among Myrtaceae family constituents. Furthermore, it establishes a basis for future research on Allspice's evolutionary history and population genetics in Tanzania (Naman Raichand *et al.*, 2026). Allspice (*Pimenta dioica* [L.] Merr.), a dioecious evergreen tree of the family Myrtaceae, represents one of the most economically and pharmacologically significant spice crops native to the Neotropical region.

Renowned for its unique aromatic profile that integrates sensory notes reminiscent of clove, cinnamon, and nutmeg, the species has gained increasing global relevance beyond culinary applications. This review synthesizes and critically evaluates contemporary literature on the botany, phytochemistry, pharmacology, cultivation, and industrial applications of *P. dioica*. Taxonomically, the species displays a complex reproductive system characterized by functional dioecy, posing distinct challenges for commercial propagation and orchard productivity. Phytochemical investigations consistently identify eugenol, methyl eugenol, and β -caryophyllene as dominant constituents of the essential oil, accompanied by diverse polyphenols and flavonoids that collectively underpin its multifunctional bioactivity. Pharmacological evidence highlights strong antibacterial, antifungal, antioxidant, anti-inflammatory, and anticancer properties, mediated through mechanisms including membrane destabilization, quorum-sensing inhibition, mitochondrial depolarization, autophagy induction, and modulation of NF- κ B pathways. In parallel, agronomic studies emphasize the importance of optimized propagation techniques, nutrient management, disease surveillance particularly for *Austropuccinia psidii* (myrtle rust) and post-harvest drying systems to ensure high-quality spice and essential oil yields. Industrially, *P. dioica* is emerging as a high-value ingredient in food preservation, active packaging, perfumery, cosmetics, and botanical biopesticide formulations.

Despite its wide-ranging utility, significant knowledge gaps remain regarding genetic improvement, standardization of chemotypes, resistance breeding, and clinical validation of therapeutic benefits. Addressing these gaps through genomics-assisted breeding, metabolomics, and translational medical research is essential for unlocking the full commercial and biomedical potential of this underutilized yet highly promising tropical species (Gaurav Kachave *et al.*, 2026). Allspice is an aromatic, evergreen, profusely-branched tree that usually grows 7-10 m tall but occasionally reaches 20 m. The bole can be up to 30 cm in diameter. Leaves are 7.5-15 cm long, oblong, leathery and aromatic. Leaves are sometimes used in cooking in somewhat the same manner as bay leaves. Creamy white flowers are borne in panicles, bloom from the upper leaf axils in summer. Female flowers give way to small green fruits which mature to reddish-brown. Fruits, up to 6 mm long are picked green, dried in the sun and stored, either powdered or whole, for culinary use. Whole fruits generally have a longer shelf life than powders and can be ground or crushed fresh when needed. The tree was used as a spice in the Caribbean before the arrival of the Europeans. Allspice is a single spice and not a blend of spices, but it smells enough like a blend (hints of cinnamon, nutmeg, black pepper and cloves) for the British, who took Jamaica from the Spanish in 1655, to give it the common name of allspice (Allspice, 2026).

The dried unripe berries of *Pimenta Dioica* [(L)Merr] are termed Allspice. It is also called Jamaican pepper, Pimenta or Newspice. A native plant from the Caribbean island Jamaica, *P. dioica* belongs to the family Myrtaceae. Unlike the common black peppercorns which are fruits from a tropical vine (*Piper nigrum*, L) which is the native of South Asia, Pimenta is a typical Evergreen tree with a height of 22 ft. Occasionally the trees grow upto 43 feet tall with light gray bark and dark green leaves (4–8 cm long). Small whitish flowers grow on the allspice tree in the summer that produces the berries. The berries are picked while still green and dried in the sun. The berries (Allspice) become brown when they're dried and look like large peppercorns. Allspice was originally native to the tropical forests of South and Central America, southern Mexico and the West Indies. Allspice is grown commercially in Mexico, Honduras, Trinidad, Cuba and in Jamaica. Commercial Allspice is also obtained from the fruits of another related species, *Pimenta racemosa* (Myrtaceae, L) mostly found in Central America. However, the fruits are larger and are known to be less aromatic. Jamaica is also the world's largest producer of allspice and Jamaican allspice is renowned for being of exceptional quality because it contains a higher level of essential oils, which give it more flavor than Allspice grown in other Caribbean islands or in Central America. Pimenta trees are dispersed around the world with Allspice spelled in over 50 languages from Arabic to Vietnamese (Lei Zhang and Bal L Lokeshwar, 2026).

The name "Allspice" is indicative of the combination of cinnamon, nutmeg, juniper, and clove essence of the berries. With this all encompassing nomenclature, what is allspice pimenta? Allspice comes from the dried, green berries of *Pimenta dioica*. This member of the myrtle family (Myrtaceae) is found in the Central American countries of Guatemala, Mexico, and Honduras and was presumably brought there by migratory birds. It is indigenous to the Caribbean, specifically Jamaica, and was first identified around 1509 with its name being a derivative of the Spanish word "pimiento," meaning pepper or peppercorn. Historically,

allspice was used to preserve meats, generally wild pig called “boucan” during the 17th century peak of pirating along the Spanish Main, leading to them to being labeled as “boucaneers,” today known as “buccaneers.” *Allspice pimenta* is also known as “pimento” although it is not related to the red pimientos seen stuffed into green olives and swirling around in your martini. Nor is allspice a blend of spices as its name suggests, but rather a flavor of its own derived from the dried berries of the this medium sized myrtle (Amy Grant, 2021).

HOTICULTURE

Cultivation: To encourage cross-pollination, acquire two allspice saplings, one male and one female, from a nursery. In tropical areas in early fall after the first rain, find a spot in your garden with loose, well-draining soil. Ensure the area gets full sunlight for at least 40% of the day, but provide shade in the late afternoon. A clay container will keep the root system healthy. Plant new trees out of cold and wind. If you live in tropical areas, grow trees in the ground. Dig a hole two times wider than each tree’s root ball and just slightly deeper than the nursery pot. Remove them from the nursery pot and place the root system in the hole. Add water, filling the hole slightly, then add well-moistened soil and mound it up around the base of the trees. Spread mulch around the base of your pimenta plant. If you have a source for allspice berries, remove the berry husk and extract the seeds. Soak them in water for 24 hours and plant them in well-moistened soil. They’ll sprout within six weeks. Fertilize each of the trees and either plant them in large containers when they’re mature or plant them in the ground. Follow the same steps for planting young trees in containers as you would for planting them in the ground (Sarah Jay, 2026). The allspice tree, classified as an evergreen shrub, can reach 10–18 m (33–59 ft) in height. Allspice can be a small, scrubby tree, quite similar to the bay laurel in size and form. It can also be a tall canopy tree, sometimes grown to provide shade for coffee trees planted underneath it. It can be grown outdoors in the tropics and subtropics with normal garden soil and watering. Smaller plants can be killed by frost; larger plants are more tolerant. It adapts well to container culture and can be kept as a houseplant or in a greenhouse. Pimenta grows in Tonga and in Hawaii, where it has become naturalized on Kaua‘i and Maui. Jamaica remains the leading source of the plant, although some is grown by other countries in the same region.

Allspice was found only on the island of Jamaica, where birds readily spread the seeds. To protect the pimenta trade, Jamaican growers guarded against export of the plant. Many attempts at growing the pimenta from seeds were reported, but all failed. Eventually, passage through the avian digestive tract, whether due to the acidity or the elevated temperature, was found to be essential for germinating the seeds, and successful germination elsewhere was enabled (Wikipedia, 2026). All Spices thrives in tropical and subtropical regions with well-drained soil and ample sunlight. The tree is primarily propagated through seeds or cuttings. It can take several years to bear fruit, and mature trees yield higher-quality berries. Jamaica remains a significant producer of allspice, although the plant is cultivated in other regions such as Central America, Mexico, and parts of South America (Paradise, 2026). Winter hardy to USDA Zones 10-12 where it is easily grown in average, medium moisture, well-drained soils in full sun. Best growth occurs in warm, humid, tropical to sub-tropical climates. Established plants have some drought tolerance. Plants are generally intolerant of frost (established plants will show damage when temperatures dip below 28 degrees F.). In St. Louis, it may be grown in containers that are overwintered indoors. Use a peaty, soil-based potting mix. Plants like high humidity. Container plants may not flower and fruit. Plants are dioecious (separate male and female plants), so female plants will need a male pollinator in order to produce fruit (some male plants may have a few hermaphroditic flowers which will develop fruits) (Plantfinder, 2026h). The allspice tree grows well in tropical and subtropical climates with moderate rainfall and well-drained soil. It can reach significant heights when grown as a canopy tree but also adapts to pruned, shrub-like forms when cultivated for domestic use. Shade-grown allspice, particularly in systems intercropped with coffee, remains common across several producing regions. Naturalisation in non-native areas such as Hawaii illustrates the species’ ecological flexibility. However, large-scale cultivation remains concentrated in the Caribbean, especially Jamaica, where environmental conditions align closely with the tree’s natural habitat. Growing allspice from seed outside its native dispersal system initially proved difficult, as viable germination required the seeds to pass through a bird’s digestive tract. This biological requirement limited early transplantation attempts and helped protect Jamaica’s historical monopoly on the spice trade (Allspice, 2026f).

Production: Allspice is the dried fruit of the *Pimenta dioica* plant. The fruits are picked when green and unripe, and are traditionally dried in the sun. When dry, they are brown and resemble large, smooth peppercorns. Fresh leaves are similar in texture to bay leaves and similarly used in cooking. Leaves and wood are often used for smoking meats where allspice is a local crop. Care must be taken during drying to ensure that the volatile oils in the fruit, such as eugenol, remain in the end products rather than being driven out by the drying process^l (Wikipedia, 2026) . Growing conditions: Should be grown in a sunny, humid area, with regular watering so the soil does not dry out. It adapts very well to containers and can easily be kept indoors or in a greenhouse – its height depends on where it is grown, so there is little need to worry about container plants getting too big. Container plants, however, are less likely to flower and fruit. As a tropical plant, Allspice is not resistant to cold, showing damage when temperatures dip under 28 degrees F. Although larger plants may be able to survive frost, smaller plants are very likely to be killed by it, so the plant should be kept indoors or in a greenhouse if grown in an area that experiences frost (Pslbg, 2026).

Characteristics: Height varies greatly depending on what conditions it’s grown in, but most outdoor Allspice trees will reach a height of around 30 ft. Bark is silver-gray and brown with an interesting “peeling” texture that somewhat resembles the Gumbo Limbo tree. Leaves are large, lanceolate, and similar in shape to a bay leaf, and are bright green in color. Flowers are white and fuzzy-looking, growing in large cloud-like clusters at the ends of stems. The berries are light green and circular, ripening to a reddish-brown color. The unripe berries, when dried, have the aroma and flavor of cloves, cinnamon, pepper, and nutmeg (Pslbg, 2026). The production of allspice involves careful handling to preserve the aromatic compounds within the berries. Harvesting takes place when the fruits are still green and firm; they are then sun-dried until they turn brown and fully aromatic. Traditional

drying practices aim to retain essential oils, especially eugenol, by avoiding excessive heat that could cause evaporation. Historically, Jamaica was the sole exporter of allspice, partly because local growers prevented viable seeds from being exported. Attempts to germinate seeds outside the island were unsuccessful until it was discovered that passage through the digestive tract of birds—either due to acidity or heat—was necessary for successful germination. Birds therefore played an essential ecological role in spreading *Pimenta dioica* across its native range. Although Jamaica remains the principal commercial producer, cultivation now occurs in various tropical regions where climatic conditions are suitable (Allspice, 2026f). Among many compounds isolated from Allspice, eugenol is the most abundant compound in Allspice, which composes 60–90% of the essential oil extracted from *Pimenta* berries. Eugenol is phenyl propene, that was shown to have anti-fungal, anti-inflammatory, and anti-oxidant effect. Also, Eugenol was found to have an anti-proliferative effect in various cancer cell lines by apoptosis induction, which is associated with E2F1 down-regulation in breast cancer and melanoma models. Quercetin is quite pluripotent with an antiviral, anti-inflammatory. Quercetin to have anti-pulmonary hypertension in rats. The anti-cancer effects of quercetin are mainly through the inhibition of cell proliferation in breast cancer cells, human glioma cells, leukemia cell via different mechanisms including apoptosis and signaling pathway regulations. Also, Quercetin can enhance the chemosensitivity of breast and prostate cancer cells to established chemotherapeutic drugs. The preclinical studies on allspice are very limited currently, and more research on its chemistry and biology is required to understand its activities on cancer prevention (Krishnamoorthy and Rema, 2004b).

Variety: Allspice, with its rich and diverse varieties, has become a global culinary treasure. From the vibrant islands of the Caribbean to the spice bazaars of the Middle East, each region has embraced allspice, incorporating it into their traditional cuisines in unique and flavorful ways. As we savor dishes seasoned with allspice, we not only experience its warm and complex taste but also appreciate the cultural tapestry it weaves, connecting people and palates across the world. Allspice, scientifically known as *Pimenta dioica*, is a versatile spice that has gained popularity for its warm and complex flavor profile reminiscent of a blend of cinnamon, nutmeg, and cloves. Native to the West Indies, specifically Jamaica, allspice has found its way into culinary traditions worldwide, captivating taste buds and enhancing the depth of various dishes. As we embark on a journey to explore the different allspice varieties worldwide, we will discover how this spice has adapted to diverse climates and cultures, enriching cuisines in unique ways.

Jamaican Allspice

Native to Jamaica, the Jamaican allspice plant produces berries with a robust flavor profile. The berries, also known as "peppercorns," are harvested and dried to create the ground allspice commonly found in spice racks globally. Jamaican allspice is the standard by which other varieties are often judged, offering a balance of sweetness and heat.

Mexican Allspice: Hailing from the Yucatan Peninsula in Mexico, Mexican allspice, or *Pimenta acris*, possesses a slightly milder flavor compared to its Jamaican counterpart. The Mexican variety is often used in both savory and sweet dishes, contributing a warm, fragrant aroma that complements the country's rich culinary traditions.

Guatemalan Allspice: Guatemala is another country that cultivates its own variety of allspice. Guatemalan allspice tends to have a slightly spicier and more pungent flavor compared to Jamaican allspice. It is a key ingredient in many traditional Guatemalan dishes, adding depth and warmth to soups, stews, and desserts.

Caribbean Allspice: Beyond Jamaica, allspice is a staple in various Caribbean cuisines. Each island may have its own unique spin on allspice, contributing to the diversity of flavors found in the region. Caribbean allspice often carries a robust and aromatic quality, providing a signature touch to dishes like jerk chicken and rice and peas.

Central American Allspice: Allspice is cultivated in several Central American countries, including Honduras, Nicaragua, and Belize. Central American allspice tends to have a milder flavor, making it a versatile spice used in a range of dishes, from savory to sweet. It plays a crucial role in the region's traditional tamales and spice blends.

European and Middle Eastern Allspice: Allspice has also made its mark in European and Middle Eastern cuisines. In these regions, it is often used in pickling, brining, and spice blends. European varieties may have a more subtle taste, while Middle Eastern preparations may highlight the spice's warm and aromatic qualities in savory dishes like stews and rice pilafs.

Asian Allspice: While allspice is not native to Asia, it has found its way into various Asian cuisines. In countries like India and Indonesia, allspice is incorporated into spice blends for curries and stews. Its unique flavor adds depth to both sweet and savory dishes, creating a fusion of global culinary influences (Agrownet, 2026).

Cooking and Baking With Allspice: Allspice is used both in cooking and in baking. Whole allspice berries can be added to meat such as beef or lamb, as you would slivers of garlic or whole cloves. If you want to tame the berries a bit, cook them before you use them as seasoning. You can bake them for 10 minutes or heat them in a cast-iron skillet on the stovetop. Ground allspice is used to season meat, soup, stew, vegetables, and baked goods as you would use ground nutmeg, cinnamon, or cloves. It will usually be added at the beginning of cooking or baking (Danilo Alfaro, 2024).

Pimento: properties and benefits. The pimento leaves - which closely resemble bay leaves in shape and color - have toning virtues and are also used in cooking. From the pimento plant, it is possible to extract a very high-quality essential oil found in both the leaves and fruits: eugenol (the same as cloves). In cooking, there are many recipes with Jamaican pepper belonging to South

American culture: it is used to create sauces and season soups, meats, and stews. In India, a famous liqueur is made from Jamaican pepper: Pimento Dram. A simple and tantalizing use could be to mix this spice with the pepper we use every day to give it a more exotic touch. To be done in the grinder itself (Terzaluna, 2026).

Recipes: You'll find allspice in not only fall-inspired recipes like pumpkin pie, but also savory recipes, including Jamaican jerk chicken, mince pie and Swedish meatballs. It's popular in baked goods and also in Caribbean, Middle Eastern and Latin American cuisines. In addition to adding some of this spice to cooked recipes, you can use whole berries to infuse spiced/mulled wine or to make apple cider. They can also be used when making pickling brine, such as to make homemade fish like herring, pickles or vegetables. Pay close attention to whether a recipe calls for whole or ground berries. Six whole allspice berries are the equivalent of about 1/4 to 1/2 teaspoon of ground allspice (Jillian Levy, 2025).

Risks and side effects: If you're allergic to clove or similar spices, be very cautious when consuming allspice. Since these spices share similar compounds, you may experience a reaction when consuming both. If using allspice essential oil for the first time, use a very small amount, and always combine it with a carrier oil since it can be irritating. Test your reaction before applying more. Also avoid consuming the essential oil internally unless working with your doctor, since it can be toxic to ingest in some cases (Jillian Levy, 2025).

Medicine: The powdered fruit of allspice is used in traditional medicine to treat flatulence, dyspepsia, diarrhoea and as a remedy for depression, nervous exhaustion, tension, neuralgia and stress. In small doses it can also help to cure rheumatism, arthritis, stiffness, chills, congested coughs, bronchitis, neuralgia and rheumatism. It has anaesthetic, analgesic, antioxidant, antiseptic, carminative, muscle relaxant, rubefacient, stimulant and purgative properties (Rema and Krishnamoorthy, 1989). It is also useful for oral hygiene and in cases of halitosis. An aqueous suspension of allspice is reported to have anti-ulcer and cytoprotective activity by protecting gastric mucosa against indomethacin and various other necrotizing agents in rats (Wilson, 2004). The powdered fruit of allspice is used in traditional medicine to treat flatulence, dyspepsia, diarrhoea and as a remedy for depression, nervous exhaustion, tension, neuralgia and stress. In small doses it can also help to cure rheumatism, arthritis, stiffness, chills, congested coughs, bronchitis, neuralgia and rheumatism. It has anaesthetic, analgesic, antioxidant, antiseptic, carminative, muscle relaxant, rubefacient, stimulant and purgative properties (Rema and Krishnamoorthy, 1989). It is also useful for oral hygiene and in cases of halitosis. An aqueous suspension of allspice is reported to have anti-ulcer and cytoprotective activity by protecting gastric mucosa against indomethacin and various other necrotizing agents in rats (Rema and Krishnamoorthy, 2004).

Fungicide: The antifungal potential of extracts of allspice was tested *in vitro* against the field fungus (*Fusarium oxysporum*) and six storage fungi (*Aspergillus candidus*, *A. versicolor*, *Penicillium aurantiogriseum*, *P. brevicompactum*, *P. citrinum* and *P. griseofulvum*) and *in situ* against the initial mycoflora of wheat grains after harvest (mainly *Fusarium* spp., *Alternaria* spp. and *Cladosporium* spp.). Allspice suppressed the growth of all the above fungus *in vitro* (Rema and Krishnamoorthy, 2004).

Bactericide: Allspice had a strong bactericidal effect against *Yersinia enterocolitica* (Bara and Vanetti, 1995). The minimum inhibitory concentrations (%) of hexane extracts of allspice for several pathogenic bacteria. Study testing thymol (thyme and oregano), eugenol (clove, pimento and cinnamon), menthol and anethole (anise and fennel) on three pathogenic bacteria, *Salmonella typhimurium*, *Staphylococcus aureus* and *Vibrio parahaemolyticus*, showed that all these spice components inhibited the bacteria to different extents. Eugenol was more active than thymol, which was more active than anethole. Eugenol is also sporostatic to *Bacillus subtilis* at 0.05-0.06% level (Tainter and Grenis, 1993). Allspice was also reported to suppress *Escherichia coli*, *Salmonella enterica* and *Listeria monocytogenes* (Rema and Krishnamoorthy, 2004).

Insecticide: Allspice is reported to have insecticidal properties. The effect of 103 plant powders on the mortality and emergence of adults of *Sitophilus zeamais* and *Zabrotes subfasciatus* was evaluated in the laboratory. Powdered allspice caused >20% mortality of *S. zeamais*. Allspice oils at all concentrations inhibited egg hatch of *Corcyra cephalonica* compared with the control (Rema and Krishnamoorthy, 2004).

Nematicide: The nematicidal activity of the essential oil of allspice (*Pimenta dioica* L. Merr.) leaves and its major constituent eugenol was tested against *Meloidogyne incognita*. The essential oil and eugenol exhibited promising nematicidal activity at 660 ng/ml (Rema and Krishnamoorthy, 2004).

Antioxidant: Antioxidants help to preserve food from oxidation and deterioration and to increase their shelf life. They can also be used as a natural preservative. Spices and herbs are recognized as sources of natural antioxidants and thus play an important role in the chemoprevention of diseases resulting from lipid peroxidation. Allspice has a strong hydroxyl radical-scavenging activity. Compounds that markedly inhibit the formation of malondialdehyde from 2-deoxyribose and the hydroxylation of benzoate with the hydroxyl radical were isolated from methanol extracts of allspice. These compounds were identified as pimentol and had a strong antioxidant activity as hydroxyl radical scavengers at 2.0 μM . A phenylpropanoid, threo-3-chloro-1-(4-hydroxy-3-methoxyphenyl) propane-1,2-diol isolated from berries of *P. dioica* inhibited autoxidation of linoleic acid in a water-alcohol system. The effect of different allspice extracts (ethanol, chloroform, diethylether, benzene and hexane) on the stability of rapeseed oil was examined. The ethanol extract exhibited a remarkable antioxidant effect and the antioxidant effectiveness of various extracts was in the order ethanol extract > chloroform extract > diethylether extract > benzene extract > hexane extract (Rema and Krishnamoorthy, 2004).

Deodorizing effect: The major function of allspice is to flavour food but it has a subfunction of deodorizing or masking unpleasant odours. The concentration of methyl mercaptan is a major cause of bad breath and it was observed that allspice has a deodorizing rate of 61% (deodorizing rate is the percentage of methyl mercaptan (500 ng) captured by methanol extract) (Rema and Krishnamoorthy, 2004).

Toxicity: Allspice oil should only be used in low dilutions since it is found to irritate the mucous membrane, owing to the presence of eugenol in allspice oil. It is also reported to cause dermal irritation. At low doses it is non-toxic, non-irritant, non-sensitizing and non-phototoxic (Rema and Krishnamoorthy, 2004).

Use: Allspice is used in both cooking and baking applications. While it may not be a regularly reached-for ingredient, it can significantly elevate the flavors of your dishes. We've listed some of the many ways allspice can be used below:

Slow Cooking Meats: Allspice is commonly used in slow-cooked dishes like stews, roasts, and braises. Its warm and slightly sweet flavor complements the rich and savory taste of meats, enhancing the overall depth of flavor.

Pickling: Allspice berries are a popular ingredient in pickling recipes. Its warming flavor complements the tanginess of pickled vegetables and fruits.

Baking: When it comes to baking, allspice is a secret ingredient that can add warmth and spice to your sweet treats. It is a common addition to gingerbread, fruitcakes, and pumpkin pies. It pairs well with other warming flavors, making it a great ingredient for holiday bakes.

Mulled Drinks: During the colder months, allspice is often used in mulled drinks to create a cozy and comforting experience. Whether you're making mulled wine, cider, or even hot chocolate, a dash of allspice can infuse your beverages with a delightful blend of warm and spicy flavors.

Spice Blends: Allspice is a key component of classic spice mixes like Jamaican jerk seasoning, garam masala, and pumpkin spice. These spice blends are used in a variety of dishes, from grilled meats and curries to baked goods (Kayla Nelson, 2026). The major use of allspice is in food industry (65 to 70%) in domestic use (5% to 10%), production of berry oil (20% to 25%), extraction of oleoresin (1% to 2%) and pharmaceutical and perfume industry. Berry, berry oil, oleoresin, leaf oil are products of economic use. It is used mostly in Western cooking and less suitable for Eastern cooking. It has medicinal, anti-microbial, insecticidal, nematocidal, anti-oxidant and deodorant properties (Allspice, 2026b). Allspice tree leaves are used with smoked meats to provide a woodier, less intense flavor and aroma. The leaves lose flavor within a couple of days, so they must be harvested and used right away. Cooking with allspice and a combination of other dried spices can fill your kitchen with a pungent aroma that you'll seek out often (Sarah Jay, 2026). Allspice is one of the most important ingredients of Jamaican cuisine. Under the name *pimento*, it is used in Jamaican jerk seasoning, and traditionally its wood was used to smoke jerk in Jamaica. In the West Indies, an allspice liqueur is produced under the name "pimento dram". In Mexican cuisine, it is used in many dishes, where it is known as *pimienta gorda*. Allspice is also indispensable in Middle Eastern cuisine, particularly in the Levant, where it is used to flavour a variety of stews and meat dishes, as well as tomato sauce. In Arab cuisine, for example, many main dishes use allspice as the only spice. Northern European and North American cooking, it is an ingredient in commercial sausage preparations and curry powders, and in pickling. In the United States, it is used mostly in desserts, but it is also responsible for giving Cincinnati-style chili its distinctive aroma and flavour. Allspice is commonly used in Great Britain, and appears in many dishes. In Portugal, whole allspice is used heavily in traditional stews cooked in large terracotta pots in the Azores islands.

In the United Kingdom it is a dominant flavour in the condiment Brown sauce. Allspice is also one of the most used spices in Polish cuisine (used in most dishes, soups and stews) and is commonly known under the name **English herb** (Polish: *ziele angielskie*) since Britain was its major exporter. Allspice is an important part of Swedish, Finnish and Norwegian cuisine. Whole allspice is used to flavour soups as well as stews such as Karelian hot pot. Ground allspice is also used in various dishes, such as minced meat sauces, Swedish meatballs, and different cakes (Wikipedia, 2026).

Below are some culinary applications that are better suited for using whole allspice:

Infusing Flavors: Whole allspice berries are often used in pickling, brining, and mulling applications. Their intact form allows them to slowly release their flavors, infusing a dish with a warm, aromatic taste. If you're making a savory marinade for meats or a spiced syrup for cocktails, whole allspice berries are the way to go.

Long Cooking Times: Whole allspice berries are perfect for dishes that require long cooking times, such as stews, soups, and slow-cooked meats. They can withstand extended periods of heat without losing their flavor, ensuring that the essence of allspice is evenly distributed throughout the dish.

Fresh Ground Allspice: One of the key benefits of using whole allspice is the ability to grind it into **fresh ground allspice**. When you grind the berries yourself, you ensure that you have the freshest and most potent allspice flavor possible (Kayla Nelson, 2026).

Here are a few culinary uses that are more suitable for utilizing ground allspice:

Baking: Ground allspice is a staple in many baking recipes, such as gingerbread, pumpkin pie, and spice cakes. Its fine texture blends seamlessly with other dry ingredients, ensuring an even distribution of flavor throughout the batter. So, if you're whipping up some delectable desserts or baking a batch of spiced cookies, ground allspice is your go-to option.

Quick Cooking: Ground allspice is a convenient option for dishes that require shorter cooking times. Its powdered form allows it to release its flavors quickly, making it ideal for adding a burst of allspice goodness to stir-fries, sauces, and dressings.

Dry Rubs and Seasonings: If you're looking to create a well-balanced dry rub or seasoning blend for your meats, ground allspice is a key ingredient. Its concentrated flavor profile adds depth and warmth to your spice mixes, enhancing the taste of grilled or roasted dishes (Kayla Nelson, 2026).

Allspice is one of the most important ingredients of Jamaican cuisine. Under the name *pimento*, it is used in Jamaican jerk seasoning, and traditionally its wood was used to smoke jerk in Jamaica. In the West Indies, an allspice liqueur is produced under the name "pimento dram". In Mexican cuisine, it is used in many dishes, where it is known as *pimienta gorda*. Allspice is also indispensable in Middle Eastern cuisine, particularly in the Levant, where it is used to flavour a variety of stews and meat dishes, as well as tomato sauce.^[8] In Arab cuisine, for example, many main dishes use allspice as the only spice. In Northern European and North American cooking, it is an ingredient in commercial sausage preparations and curry powders, and in pickling. In the United States, it is used mostly in desserts, but it is also responsible for giving Cincinnati-style chili its distinctive aroma and flavour. Allspice is commonly used in Great Britain, and appears in many dishes. In Portugal, whole allspice is used heavily in traditional stews cooked in large terracotta pots in the Azores islands. In the United Kingdom it is a dominant flavour in the condiment Brown sauce (Wikipedia, 2026a). The major use of allspice is in food industry (65 to 70%) in domestic use (5% to 10%), production of berry oil (20% to 25%), extraction of oleoresin (1% to 2%) and pharmaceutical and perfume industry. Berry, berry oil, oleoresin, leaf oil are products of economic use. It is used mostly in Western cooking and less suitable for Eastern cooking. It has medicinal, anti-microbial, insecticidal, nematocidal, anti-oxidant and deodorant properties (Allspice, 2026g). Infuse pickling liquids, broths, and beverages, like mulled cider and wine (Lori Rice, 2024). When using allspice, it's important to consider the form—whole or ground. Whole allspice is ideal for infusing liquids with flavor over time, such as in slow-cooked dishes or brining. Ground allspice, with its more intense flavor, is perfect for baking or adding directly to spice blends and rubs (Shawn Gavin, 2025). It is extremely versatile in both sweet and savory dishes. It is a key ingredient in Caribbean cuisine (such as jerk chicken) and European baking (cookies, sponges, and apple pies). It is also used to flavor pickles, meat stews, sauces, and is an essential element in the production of premium gins and mixed drinks. It is recommended to grind it just before use to release its full complexity (Allspice, 2026r).

Allspice is available in ground form as well as whole berries. When ground allspice is called for in a recipe, choose whole berries and grind them yourself in a peppermill, spice grinder, or mortar and pestle for the freshest and most intense flavor. Purchase ground allspice in small amounts from a reputable store with fast product turnover. It matches well with Beef and lamb dishes. In India it is added in 'Shahi Garam Masala' which is used for rich non vegetarian dishes. Technically speaking 1/2 tsp ground cinnamon + 1/2 tsp ground cloves = 1 tsp ground allspice; ground cinnamon, cloves and nutmeg in equal amounts it means Allspice work as substitute for the three spices. Fresh leaves are used where available. They are similar in texture to bay leaves and are thus infused during cooking and then removed before serving (All Spice, 2026e).

Leaves: Often used fresh or dried just like bay leaves. Tossing a single leaf into curries, *biryani*, or *pulao* releases a rich, aromatic blend of spices. **Berries:** The small green berries are harvested when mature but unripe. Sun-drying them turns them brown, which can then be ground into the allspice powder used in baking, marinades, and pickling (Allspice, 2026). Allspice is widely used as a spice in various cuisines around the world. Its flavor is warm, pungent, and sweet with hints of clove, cinnamon, and nutmeg. It is a common ingredient in Caribbean, Mexican, and Middle Eastern dishes, adding depth to stews, sauces, marinades, and baked goods. Allspice is also a key component of Jamaican jerk seasoning (Paradise, 2026). Allspice is incredibly versatile and can be used in both sweet and savory dishes. Its warm, spicy flavor makes it a popular ingredient in Caribbean cuisine, especially in dishes like Jamaican jerk chicken and spiced rum. In European and Middle Eastern cooking, it is often used in sausages, soups, and stews. For sweet applications, allspice shines in baked goods like gingerbread, pumpkin pie, and spice cakes. Its ability to enhance the flavors of other spices makes it a staple in autumnal desserts and holiday treats (Shawn Gavin, 2025).

Uses in cooking

As mentioned, the recipes with pimento are varied, as it is a spice capable of giving a unique aroma to dishes that combines those of nutmeg, cinnamon, pepper, and cloves. From its origins to today, Jamaican pepper is an ingredient in recipes from many other cultures beyond those where it was first used. For example, pimento has become a spice widely used in Middle Eastern cuisine, where it is used to flavor meat dishes and stews. In the United States and England, this Jamaican spice is adopted in the preparation of some sweets and desserts. Pimenta is also widely used in Poland, where it is a versatile ingredient that accompanies and enriches many types of dishes, from soups to desserts. A curious use of Pimento that not everyone knows is as an ingredient in hundreds of sauces that are easy to find in any supermarket due to its distinctive aroma (Terzaluna, 2026). Only recently have we discovered how Jamaican pepper is an ingredient in very refined and sought-after cocktails and drinks. In addition to the production of Pimento Dram, a liqueur of Indian origin, dried pimenta berries are used by bartenders, bartenders, and mixologists from around the world for the preparation of drinks and cocktails with Jamaican pepper. Pimento in cocktails pairs well with rum

and fresh and refreshing summer drinks. It can also be an ingredient in non-alcoholic drinks and paired with fruit extracts and juices (Terzaluna, 2026).

Here are some ways you can use allspice this winter season:

- Allspice leaves can be added to soups and stews. However, allspice leaves are potent, so use them sparingly.
- Use dried and crushed allspice leaves in baking, especially in recipes that call for aromatic spices. They can add a delicious twist to cookies, cakes, or bread.
- Allspice leaves can be used in cocktail infusions. For example, you can add a few leaves to a bottle of rum and let it sit for a few days to develop a spiced flavour. Or you can use allspice berries in mulled wine!
- Use allspice leaves as wrappers or place them on the grill when cooking certain foods for a subtle allspice flavour.
- Make a tea or infusion using allspice leaves in hot water for a soothing beverage with a hint of spiciness (All Spice, 2026e).

Culinary Uses Around the World

Allspice holds an important place in global cuisine, with its warm, sweet and slightly peppery profile lending depth to both savoury and sweet dishes.

Caribbean Cuisine: In Jamaica, allspice—often called pimento—is essential in jerk seasoning, contributing heavily to the signature flavour of jerked meats. The wood of the *Pimenta dioica* tree is traditionally used for smoking, adding an additional layer of aroma. A regional liqueur, pimento dram, is also produced in the West Indies.

Mexican and Central American Cuisine: Known as *pimienta gorda*, allspice is used widely in meat dishes, stews and sauces. It accompanies ingredients such as tomatoes, chillies and herbs in classic recipes.

Middle Eastern and Levantine Cuisine: Allspice is a fundamental spice in many dishes, often serving as the primary seasoning in stews, rice dishes and tomato-based sauces. It plays a central role in home cooking across the region.

European and North American Cuisine: In northern Europe, allspice is used in sausages, pickling blends and baked goods. It flavours dishes such as Swedish meatballs, minced meat sauces, lutefisk accompaniments and traditional cakes. In the United Kingdom, it appears in a variety of savoury and sweet preparations and is notably prominent in brown sauce. In Portugal, especially the Azores, whole berries are added to stews cooked slowly in terracotta pots. North American cooking incorporates allspice extensively in desserts such as pies and cakes, but it also features in regional specialities, including Cincinnati chili.

Polish, Finnish and Norwegian Cuisine: Allspice is heavily used in soups, stews and meat dishes. In Poland it is commonly referred to as “English herb”, reflecting historic British export dominance (Allspice, 2026f). Allspice is used in Jamaican jerk seasoning and in Jamaican soups, stews, and curries. It also is used in pickling spice, spiced tea mixes, cakes, cookies, and pies. Food producers use it in ketchup, pickles, and sausages (Spiceadvice, 2026).

Other Uses

In addition to its culinary and medicinal uses, AllSpices has been utilized in the fragrance industry to create perfumes and colognes. The leaves of the allspice tree also possess aromatic properties and are sometimes used in cooking or for making teas. *Pimenta dioica*, or allspice, is a versatile plant cherished for its unique flavor and fragrance. Its widespread culinary and medicinal applications have made it an essential ingredient in many global cuisines and a significant botanical.

Benefits

- The eugenol in allspice may protect pancreatic islets — the cells responsible for insulin production — and improve their function, thus helping manage blood sugar levels and early stages of type 2 diabetes
- Allspice is rich in plant compounds that may have cancer-fighting, antiviral, anti-inflammatory, and antioxidant properties.
- The spice is rich in some of the most important compounds include eugenol, quercetin, gallic acid, and ericifolin.
- Most of allspice’s beneficial plant compounds have potential cancer-fighting properties.
- Widely used in treatment of Menopause.
- The eugenol and ericifolin in allspice may also provide antimicrobial and antifungal effects.
- These hormones present in Allspice help reduce your appetite by increasing feelings of fullness. (Allspice, 2026d)

Nutritional Value: The fruits contain 2 to 5% essential oil (the exact content depends much on the time of harvest). As main components, eugenol, eugenol methyl ether, and terpenes (myrcene, 1,8-cineol and α -phellandrene) have been reported. In allspice fruits from Jamaica, eugenol (65% to 90%) is the main constituent; methyl eugenol is found in minor (10%) and myrcene in trace amounts (1%). Allspice from México is dominated by methyl eugenol (50 to 60%) with smaller amounts of myrcene (15%) and eugenol (10%). The leaves contain less essential oil, but the content is high enough to make distillation profitable. In composition, it is similar to the essential oil from the fruits (Gernot-katzers, 2026).

- **Contains antimicrobial and anti-inflammatory compounds:** Like clove, cinnamon and similar spices, allspice is sometimes used to make concentrated essential oil that is high in antimicrobial and anti-inflammatory compounds, including eugenol, ethyleugenol, caryophyllene, glycosides and polyphenols. According to one report published in *Current Drug Targets*, it contains aromatic compounds that have antibacterial, hypotensive, anti-neuralgic and analgesic properties. Studies have shown two of the known compounds isolated from allspice, eugenol and gallic acid, also have certain antiproliferative and anti-tumor properties on human cancer cells. Uses for allspice essential oil are similar to those of clove oil and include helping to dull pain and muscle aches, ease cramps and indigestion, and reduce cold and flu symptoms. Eugenol is also known for its antiseptic properties, while other antioxidants found in allspice oil are capable of scavenging free radicals. These are two reasons why applying allspice oil to the skin when mixed with a carrier oil (perform a skin patch test first) can help boost skin health (Jillian Levy, 2025).
- **Adds flavor without sugar or calories:** The great thing about using spices in baked goods and other recipes is that they boost the taste while keeping sugar and calories low. High-quality spices, such as allspice, ginger and cinnamon, can be added to healthy recipes for cookies, muffins, breads, oatmeal, etc., to help you cut back on other less-healthy ingredients (Jillian Levy, 2025).
- **Can be used to make a digestive-soothing tea:** Allspice is sometimes used to make herbal teas and infusions that can help reduce digestive symptoms, such as gas, nausea, cramps and bloating. It's also recommended for women dealing with menstrual discomfort. You'll sometimes find this oil in massage blends that can be applied to the abdomen, in aromatherapy blends made for diffusers, perfumes, body care products and more. The signature smell is also said to support positivity and offer comfort due to its "grounding" qualities (Jillian Levy, 2025).
- **May help with menopause symptoms:** Research has shown that allspice may be able to help treat menopause symptoms due to the way it "acts as partial agonist/antagonists by enhancing estradiol-stimulated pS2 mRNA expression but reducing progesterone and PTGES mRNA expression with E2." In fact, a study published in 2018 concluded, "Compounds from *P. dioica* have oestrogenic, anti-oestrogenic and cytotoxic effects that may explain the ethnomedical use of this plant." A 2009 study investigated the estrogenic activity of *Pimenta dioica* extracts used by Costa Rican women for menopausal symptoms. In this work, extracts bound to estrogen receptors and modulated estrogen-responsive gene activity, suggesting a plausible mechanism for traditional use in menopause (Jillian Levy, 2025).
- **Holds cancer-fighting properties:** Many studies have revealed that the compounds found in allspice, such as polyphenols and other antioxidants, make it a potential cancer-fighting food. For instance, one study found that adding allspice extract led to cellular growth depression in prostate cancer cell lines. It's believed the ericifolin found in this spice has anti-tumor effects on prostate cancer. Meanwhile, an animal study revealed that allspice berries "demonstrate antitumor and chemopreventive activity" against breast cancer in mice (Jillian Levy, 2025).
- **May help relieve aches and pain:** Allspice contains eugenol and other compounds that exhibit analgesic and anti-inflammatory effects. These properties have traditionally been used to help soothe headaches, muscle aches and other minor pains when applied topically or consumed in small amounts. Eugenol is included in dental materials and temporary dressings to help relieve toothache and inflammation following procedures like pulpotomy, showing real-world pain-reducing benefits in clinical practice (Jillian Levy, 2025).
- **Promotes healthy weight management:** Some research suggests that compounds in allspice may support healthy weight management by influencing hunger-related hormone activity and helping increase feelings of fullness, which could support appetite control as part of an overall healthy diet. For instance, a randomized, controlled trial published in *Molecular Nutrition and Food Research* measured how phytochemicals from herbs and spices (including allspice as part of a "pumpkin pie spice" blend) are absorbed in overweight or obese adults. This study showed that compounds from the spice blend, including metabolites from allspice components, appear in human plasma within hours, demonstrating that bioactive spice constituents are absorbed and metabolized in humans after consumption with a high-fat, high-carbohydrate meal. Although this trial did not directly measure weight loss, the absorption of these phytochemicals is a foundational step for any metabolic effects spices might have on energy regulation or appetite when consumed as part of a diet. Further research has suggested that extracts of allspice and similar spices activate Takeda G protein-coupled receptor 5 (TGR5) in laboratory models, a receptor implicated in metabolic regulation. Activation of TGR5 is known to stimulate release of incretin hormones, such as GLP-1 and peptide YY, which can reduce appetite and enhance insulin sensitivity, mechanisms relevant to healthy weight management (Jillian Levy, 2025).
- **May aid blood sugar balance:** Allspice and its key compounds (such as eugenol) have been studied for potential effects on glucose metabolism, including supporting pancreatic function and improving blood sugar control. This may be beneficial for maintaining balanced blood sugar levels (Jillian Levy, 2025).

CULTIVATION

Characteristics

Pimenta dioica, commonly called allspice or Jamaica pepper, is native to the West Indies, Mexico and Central America. It is a small evergreen tree that typically grows from 20-40' tall. The dried unripe fruits (peppercorn-like drupes to 1/4" long) from this tree are ground up into the cooking spice known as allspice. Fruits (drupes to 1/4" long) are picked green, dried in the sun and stored, either powdered or whole, for culinary use. Whole fruits generally have a longer shelf life than powders and can be ground or crushed fresh when needed. Leaves (3-6" long) are oblong, leathery and aromatic. Leaves are sometimes used in cooking in somewhat the same manner as bay leaves (remove leaves after cooking). Creamy white flowers in panicles (pyramidal cymes) bloom from the upper leaf axils in summer. Female flowers give way to small green fruits which mature to reddish-brown.

Allspice is perhaps the most important spice in Caribbean cuisine. It is used in Caribbean jerk seasoning, mole sauces, marinades and for pickling. It is also used as a spicy addition to meats, stews and sausages. Pimento dram is a rum-based Jamaican liqueur made with allspice. Jamaica is the primary exporter of allspice in the world today (Mexico and Honduras also commercially produce). Genus name comes from the Spanish word *pimienta* meaning "pepper", in reference to the similar appearance of the fruits of this species to those of the genus *Piper* which includes black pepper. Specific epithet means dioecious, or having separate male and female plants. Allspice is a single spice and not a blend of spices, but it smelled enough like a blend (hints of cinnamon, nutmeg, black pepper and cloves) for the British, who took Jamaica from the Spanish in 1655, to give it the common name of allspice (Plantfinder, 2026h).

Soil and Climate: Deep rich loams with high humus content and lateritic soils are best suited. Altitude: 1000 m above mean sea level. Annual rainfall: 100-200 cm. Ideal temperature: 27°C (TNAU, 2026).

Seeds: Seeds are collected from high yielding and regular bearing trees. Seeds are extracted after soaking the fruits overnight in water and rubbing them in a sieve and washing with clean water. The seeds are ready for sowing after drying them in shade. Nursery beds of 1.2 m width are prepared with light soil incorporated with organic matter or a mixture of sand and coir dust or coir dust alone. After sowing the beds are mulched to hasten germination. Dried leaves, paper and damp sacks are used as mulches. Germination takes place 15 days after sowing (TNAU, 2026).

Vegetative propagation: Air layering in the month of January (TNAU, 2026).

Planting: 9-10 months old seedlings of 25-30 cm height are used for field planting (TNAU, 2026).

Spacing: 6 m x 6 m. Since the plant is dioecious in nature, it is desirable to keep a male: female ratio of 1:10 in plantation (TNAU, 2026).

Fertilizer: FYM (10 Kg) + 20:180:50 g of NPK per tree in the first year. For grown up trees of 15 years or more, FYM (50 kg) + 300:250:750 g of NPK / tree is applied as two split doses. Apply manures in shallow trenches dug around the plant 1-1.5 m away from the tree (TNAU, 2026).

Harvesting: Clonally propagated plants start flowering in three years while the seed propagated plants in 6 years. Soil application of Paclobutrazol (1.25g/tree) induces flowering, increased number of panicles, flowers and setting of berries which in turn resulted in higher yield. Fully developed green berries are harvested (TNAU, 2026).

Yield: 20 - 25 kg dry berries per year/ tree (TNAU, 2026).

Care for the Allspice Plant

Climate: Thrives in warm, tropical climates with moderate to high humidity.

Soil: Prefers rich, well-draining loamy or sandy soil with a slightly acidic to neutral pH.

Watering: Requires regular watering during the growing season; soil should remain moist but not waterlogged.

Sunlight: Needs full sun to partial shade. At least 6 hours of direct sunlight is recommended daily.

Fertilization: Apply organic compost or balanced fertilizer during the growing season to promote healthy growth and fruiting.

Pruning: Light pruning helps shape the tree and remove dead or damaged branches.

Pests and Diseases: Generally pest-resistant, but occasional monitoring for aphids or fungal issues is advised (Allspice, 2026c).

How to Grow

Once each tree is planted, you're on your way to using allspice plants for various culinary uses. Let's discuss the basic care techniques for this plant in the myrtle family, so you can enjoy it in your garden and your kitchen.

Light: Allspice needs full sun to partial shade, with at least six hours of full morning light per day. Established trees do just fine in shadier spots, but young trees need full daytime sun. Hard afternoon light can scinge the foliage, so be sure to shade the tree in the afternoon (Sarah Jay, 2026).

Water and Humidity: Allspice is native to areas with naturally well-moistened earth. Keep the growing medium moist but not waterlogged. Give young trees water daily with either drip irrigation or soaker hoses. A tree in a container will likely need more water than one growing in the ground. Ensure the top two inches of the growing medium are moist before adding more water. If you don't have access to drip irrigation or soaker hoses, a low, slow stream from a hose or watering can will do. When it rains, there is no need to water (Sarah Jay, 2026).

Soil: Allspice prefers well-draining average media of almost any type. In its native range, the plants grow in many different types of terrain. If you live somewhere with compacted soil, amend it before planting your tree with average garden media and agricultural sand. Use the same standard for containers. The optimal pH to grow allspice is 6.1 to 7.8 (Sarah Jay, 2026).

Temperature: Allspice is hardy in zones 10 and 11, where temperatures do not often dip below 40°F (4°C). Established trees will survive snap freezes down to 26°F (-3°C). In areas outside its hardiness range, grow the trees in containers and bring them in or place them in a climate-controlled greenhouse when temperatures are consistently below 40°F (4°C). Too much exposure to cold damages the tree and eventually kills it (Sarah Jay, 2026).

Fertilizing: When you plant each tree, add slow-release tropical plant fertilizer in powder form to the hole and water it in. Add more tropical plant fertilizer around the base of the plant every three to five weeks. If you don't have access to tropical plant food, general plant food is satisfactory. The ideal NPK for allspice plants is 20-180-50 in the first year, then move to 300-250-750 after 15 years. Note that these NPK ratios are based on horticultural standards for growing allspice. Tropical plant food works just as well (Sarah Jay, 2026).

Pruning: In spring and summer, after three years of growth, prune allspice trees either to maintain shape or keep them small if you're growing indoors. The tree can be pruned from the base up to give it a bushier appearance. Remove any low-lying branches to give the canopy a more conical look. Remove branches that are damaged or cross one another to give allspice the room it needs to grow. Allspice will not lose its leaves in winter, and fruit will drop from the tree naturally. To prevent dropped berries from sprouting, collect them as quickly as possible (Sarah Jay, 2026).

Propagation: We briefly discussed how to plant allspice berries to produce new plants in an earlier section. You can also grow new plants from cuttings and via air layering. Use pruning shears to remove about six inches of the current year's growth and remove the bottom three sets of leaves, allowing the top two to three to remain. Dip them in rooting powder and place them in starter media in starter pots. In two months, they'll produce new growth and can be transplanted. To air layer allspice, cut partially through a branch with new growth in spring and wrap it in moist moss. When new roots poke out of the moss, prune below the root and transplant the cutting in your garden (Sarah Jay, 2026).

Harvesting: Once you've cared for your allspice plants and helped them produce fruit, it's time for harvest. Then you can use the pimento seeds with other spices like cloves, nutmeg, cinnamon, chili powder, and curry. You can even use the leaves in conjunction with the fruit. Harvest the fruits when they're large enough but still unripe and green, much like juniper. Look for green fruits that are 1/8 to 1/4 inch in size. Handpick the unripe fruit and place them in a basket or bag. Set the berries on a dry surface in the sun to dry. When they are dark red, they're ready to be stored with your other spices. Separate some of the berries to use as seeds for sprouting new allspice saplings. Rub them against a sieve to release the seeds within. Leaves should be harvested and used immediately and can be taken from the tree as soon as they reach the desired size. Some plants produce fruit at three years, while others take five to six years (Sarah Jay, 2026).

Storing: Store dried berries whole in an airtight container for three to four years. Ground allspice is used to preserve meats or is combined with clove, cinnamon, nutmeg, and other delectable spices, but ground allspice loses potency quickly. Grind them only just before cooking. Pimenta leaves will not store and should be used in cooking immediately, in combination with other spices like clove. Store the pimenta berries in a dark, cool area (Sarah Jay, 2026).

How To Grow Allspice Plant

Climate and Location: Allspice plants thrive in tropical or subtropical climates. They require warm temperatures, preferably between 60°F (15°C) and 86°F (30°C). Choose a position with full sun exposure or partial shade. Ensure the soil is well-drained and slightly acidic (pH around 6.0 to 6.5) (Paradise, 2026).

Propagation: Allspice plants can be propagated from seeds or cuttings.

Seeds: Soak the seeds in water for 24 hours before planting to enhance germination. Factory the seeds in pots filled with a well-draining replanting blend. Keep the soil consistently moist, and germination should occur within a few weeks (Paradise, 2026).

Cuttings: Take 6 to 8-inch (15 to 20 cm) semi-hardwood cuttings from a healthy allspice plant. Remove the lower leaves, dip the cut end in the rooting hormone, and plant the cutting in a pot with a well-draining rooting medium. Place the pot in a warm, humid environment and keep the soil moist until roots develop (Paradise, 2026).

Planting: Transplant the seedlings or rooted cuttings into larger pots or directly into the ground once they have developed a strong root system. If planting in the ground, space the plants about 10 to 15 feet (3 to 4.5 meters) apart to allow for their eventual growth (Paradise, 2026).

Watering: Allspice plants prefer regular watering. Keep the soil constantly wettish but not doused (Paradise, 2026).

Fertilization: Feed the plants every two to three months with a balanced, slow-release fertilizer according to the manufacturer's instructions (Paradise, 2026).

Mulching: Apply a subcaste of organic mulch around the base of the factory to conserve humidity and suppress weed growth (Paradise, 2026).

Pruning: Prune the plant lightly to maintain its shape and remove any dead or damaged branches (Paradise, 2026).

Harvesting: It takes several years for an allspice plant to mature and start producing berries. Typically, they begin bearing fruit after 4 to 5 years. Harvest the berries when they are green and fully developed. They should be firm to the touch and have a strong aroma. Either pick the berries individually or cut the entire fruit clusters from the plant. Dry the berries in a well-ventilated area until they become dark brown and hard. It can take weeks for this process to finish. Store the dried allspice berries in a watertight vessel in a cool, dark place. They can be ground into a powder when needed. Remember that growing allspice plants requires patience, as they take time to mature and produce fruit. With proper care and attention, you can enjoy the aromatic and flavorful allspice berries in your culinary adventures (Paradise, 2026).

What Does Allspice Taste Like?: The dominant flavor in allspice is reminiscent of cloves, with hints of cinnamon and nutmeg. It has a slightly sweet and peppery undertone, adding depth and complexity to dishes. Allspice imparts a cozy and comforting element to desserts and enhances the richness of savory recipes (Kayla Nelson, 2026).

Storage: It is advisable to Store allspice in an airtight container in a cool, dark place, and never near a hot stove or vent. As with most spices, ground allspice will begin to lose flavor after six months. The whole berries should be used within one year (All Spice, 2026e).

Precaution: It is a strong flavouring spice so a little bit can do wonder but if added in excess it can spoil the recipe (All Spice, 2026e).

Storage: Whole dried allspice can keep without a time limit if they are properly kept in airtight jars. They also must not face the light. It can be ground in a mill or an electric coffee grinder. After it is ground, the spice loses its flavor in a few days (Wikipedia, 2026). To maintain the potency of your allspice, store it in an airtight container, away from light and heat. Whole berries will keep their flavor longer than ground allspice, which tends to lose its potency faster due to increased exposure to air. For best results, buy whole berries and grind them as needed. For grinding, a mortar and pestle works great or a spice grinder, and even a hand-held zester can be used to shave some fresh allspice over glazed carrots or other vegetables of your choice (Shawn Gavin, 2025).

Why Allspice Deserves a Place in Your Spice Rack: Allspice is more than just a seasoning—it's a powerhouse of flavor that can transform both sweet and savory dishes. By understanding how to use and store this versatile spice, you can bring a new depth of flavor to your cooking. Whether you're making a classic Caribbean jerk chicken or spicing up your holiday desserts, allspice is the secret ingredient that will elevate your culinary creations. So next time you're looking to add a warm, complex flavor to your dishes, reach for allspice—it just might become your new kitchen staple (Shawn Gavin, 2025).

Odour and taste: The odour and taste of pimento, either whole or ground, shall be fresh, aromatic and pungent. It shall be free from any foreign taste or odour, including rancidity or mustiness (Krishnamoorthy and Rema, 2004).

Freedom from moulds, insects, etc.: Allspice, whole or ground, shall be free from living insects and moulds and shall be practically free from dead insects, insect fragments and rodent contamination visible to the naked eye with such magnification as may be necessary in any particular case. In case of dispute, the contamination of ground pimento shall be determined by the method specified in ISO 1208 (Krishnamoorthy and Rema, 2004).

Extraneous matter: All that does not belong to the fruits of allspice and all other extraneous matter of animal, vegetable and mineral origin shall be considered as extraneous matter. Broken berries are not considered as extraneous matter. The total percentage of extraneous matter in whole dried allspice shall not be more than 1 % (m/m) when determined by the method described in ISO 927 (Krishnamoorthy and Rema, 2004).

Appearance: The berries, when dried, are brown and resemble peppercorns (All spice, 2026h).

Typically used: Whole

Flavor: The complex flavor of allspice gives the spice its name since it is considered to combine the flavors of cinnamon, nutmeg, and cloves. It pairs well with other warming spices such as cardamom and is balanced well with sweet, salty and umami flavors (All spice, 2026h).

Aroma: Sweet, spicy, warm (All spice, 2026h).

Tasting: Although it is a single berry, it is known as "four spices" because its flavor and aroma evoke a natural blend of clove, cinnamon, nutmeg, and black pepper. It is warm, sweet, and deeply fragrant, with a slightly spicy nuance (Allspice, 2026r).

Allspice combines the flavors of cinnamon, nutmeg, cloves, and pepper. It can be used for many purposes that warm spices are used, or as a substitute for them (Danilo Alfaro, 2024).

Storage: Store in a dry, dark, and cool place (Allspice, 2026r)

Allergens: May contain traces of Celery, Sesame, Gluten, and Mustard due to presence in facilities (Allspice, 2026r)

Store: Keep your allspice fresh and ready to use by storing it in an airtight jar or another container away from direct sunlight. There's no need to freeze or refrigerate it. Allspice will last for years whether whole or ground, although ground spices lose their flavor quickly (Danilo Alfaro, 2024).

Taste: Allspice tastes like a combination of cloves, cinnamon, and nutmeg, which is why the word "all" as used in its name to describe it! Ground allspice is slightly bitter, earthy, and fruity (Lori Rice, 2024).

Flavor: Tastes like a combination of cloves, cinnamon, and nutmeg (Lori Rice, 2024).

How To Store: Like most spices, allspice should be stored in an airtight container in a cool, dark place. Both whole and ground allspice will last up to two years, but ground allspice will lose its potency quicker than whole allspice (Lori Rice, 2024).

Production and trade: Jamaica is the largest producer and exporter of pimento, accounting for 70 % of the world trade. The remaining 30 % is produced by Honduras, Guatemala, Mexico, Brazil and Belize. The dried mature but unripe berries, berry oleoresin, berry oil and leaf oil are the products of commercial importance obtained from *P. dioica* and they find varied uses in the food, medicine and perfume industries. Among the pimentos from various geographical locations, Jamaican pimentos are considered to be of high quality because of their flavour, appearance and size and receive a premium price in the market. The major importing countries are the USA, Germany, the UK, Finland, Sweden and Canada. Leaf oil is mainly exported to the USA and the UK. Pimento is generally classified with capsicum in the import statistics of most countries and hence analysis of the market situation is difficult (Rema and Krishnamoorthy, 2004c).

Ground vs. whole: The production of allspice involves careful handling to preserve the aromatic compounds within the berries. Harvesting takes place when the fruits are still green and firm; they are then sun-dried until they turn brown and fully aromatic. Traditional drying practices aim to retain essential oils, especially eugenol, by avoiding excessive heat that could cause evaporation. Historically, Jamaica was the sole exporter of allspice, partly because local growers prevented viable seeds from being exported. Attempts to germinate seeds outside the island were unsuccessful until it was discovered that passage through the digestive tract of birds—either due to acidity or heat—was necessary for successful germination. Birds therefore played an essential ecological role in spreading *Pimenta dioica* across its native range. Although Jamaica remains the principal commercial producer, cultivation now occurs in various tropical regions where climatic conditions are suitable (Allspice, 2026f).

Among many compounds isolated from Allspice, eugenol is the most abundant compound in Allspice, which composes 60–90% of the essential oil extracted from *Pimenta* berries. Eugenol is phenyl propene, that was shown to have anti-fungal, anti-inflammatory, and anti-oxidant effect. Also, Eugenol was found to have an anti-proliferative effect in various cancer cell lines by apoptosis induction, which is associated with E2F1 down-regulation in breast cancer and melanoma models. Quercetin is quite pluripotent with an antiviral, anti-inflammatory. Quercetin to have anti-pulmonary hypertension in rats. The anti-cancer effects of quercetin are mainly through the inhibition of cell proliferation in breast cancer cells, human glioma cells, leukemia cell via different mechanisms including apoptosis and signaling pathway regulations. Also, Quercetin can enhance the chemosensitivity of breast and prostate cancer cells to established chemotherapeutic drugs. The preclinical studies on allspice are very limited currently, and more research on its chemistry and biology is required to understand its activities on cancer prevention (Krishnamoorthy and Rema, 2004b).

When it comes to spices, allspice is a versatile ingredient that can elevate the flavor profile of a wide range of dishes. A general rule of thumb is to use whole allspice when cooking with liquids and ground allspice when baking. Both options have their advantages and can be used in different scenarios, so let's take a closer look at when to use each one (Kayla Nelson, 2026). In order to make dried allspice seasoning, whole allspice berries are first harvested when unripe, then fermented and sun- or machine-dried. They are first picked when they are green in color but turn a reddish-brown during the fermentation and drying processes. Whole allspice berries are small, round and look like extra-large peppercorns. Some people prefer to grind whole berries rather than using pre-ground allspice because this results in a stronger flavor. Once the berries are ground, they begin to lose some of their intensity in terms of aroma and flavor. Most often whole berries are used for pickling and making mulled wine, while ground berries are used in baking and making sauces, soups and stews. If you prefer to grind your own berries, you do this at home using a mortar and pestle or in a high-speed food processor. (A blender may be too big to grind a small amount of berries.) A little goes a long way, so you only need to grind several tablespoons at a time. Once ground, keep the powder in an airtight glass jar to seal in the flavor. If you find that the berries have a bit too much flavor for you and you want to turn down the aroma a bit, cook them before you use them, such as baking them for 10 minutes or heating them in a skillet briefly (Jillian Levy, 2025). Allspice can be used in ground form or whole. Once ground, allspice quickly loses its potency. Ground spices are more intense than whole cloves or berries. Whole allspice berries are sometimes used in stews and soups and for pickling and brining. You will certainly have better success using the ground version in desserts, such as pumpkin cake or pie, spice cakes, and gingerbread (Danilo Alfaro, 2024). Whole allspice is the dried allspice berry. It resembles a large, medium-brown peppercorn with a similar, pebble-like firmness. Whole allspice berries are often used with other whole spices like peppercorns and clove to infuse

beverages, sauces, and broths. Ground allspice results from grinding dried whole berries. You'll most often see ground allspice called for in rubs, sauces, and baked goods recipes. Both whole and ground allspice have a similar aroma and flavor, but ground allspice is a tad more bitter. To make your own ground allspice, simply pulse whole allspice berries in a spice or coffee grinder or use a mortar and pestle to create a fine powder (Lori Rice, 2024).

Pests: Is susceptible to leaf rust; this is commonly remedied with fungicides and fertilizers. It may rarely be affected by fruit flies, scale, and moths, depending on what region it's grown in (Pslbg, 2026). Propagation: By seed or by stem propagation. Seeds must be planted quickly after harvest, as they become unviable after 2 months (Pslbg, 2026). Although allspice doesn't have many significant pests, mealybugs, whiteflies, and aphids sometimes feed on the sap of leaves and plant matter. Mealybugs look like tiny cotton balls, aphids have pear-shaped bodies, and whiteflies are tiny gnat-sized moths. Treat aphids and whiteflies with a strong stream of water from a hose. Ladybugs and lacewings will eat them, too. All three pests can be treated with neem oil spray, but do not use it during the flowering phase, as this deters beneficial pollinators (Sarah Jay, 2026). Allspice is reported to have insecticidal properties. The effect of 103 plant powders on the mortality and emergence of adults of *Sitophilus zeamais* and *Zabrotes subfasciatus* was evaluated in the laboratory. Powdered allspice caused > 20 % mortality of *S. zeamais*. Allspice oils at all concentrations inhibited egg hatch of *Corcyra cephalonica* compared with the control. Essential oil of allspice had very strong insecticidal activities against the Japanese termite, *Reticulitermes speratus* Kolbe (Rema and Krishnamoorthy, 2004c).

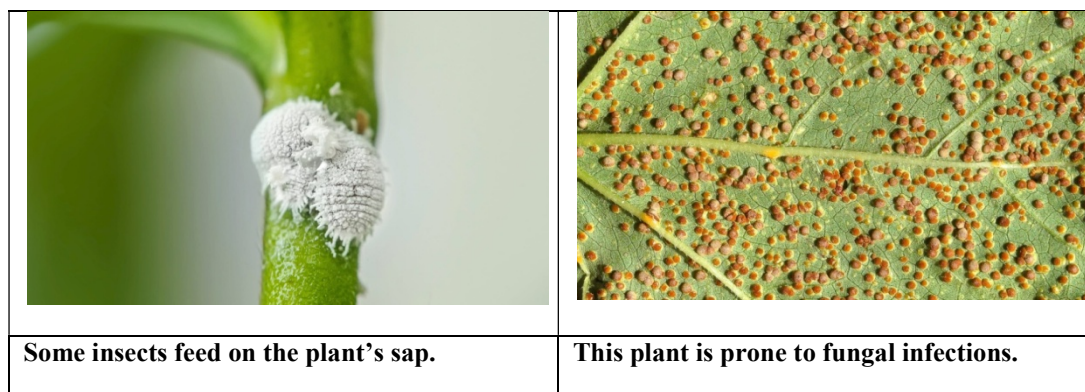


Fig. 2

Diseases: Rust is a fungal disease that appears on the bottom leaves of allspice. The first sign is white lesions. They take on a green tinge and then blacken the leaves, causing defoliation. Prevent rust by providing proper drainage and spreading mulch around the base of your pimenta. There is no treatment for already infected foliage, so remove any leaves with signs of rust. Spray the remainder of the tree with a copper-based fungicide to prevent further spread. Powdery mildew is a fungal disease that congregates on the leaves of plants in cool, wet weather. Remove affected leaves as they appear. If leaves fall, the disease has progressed significantly. Prevent powdery mildew with copper fungicide sprays or neem oil. Bacterial crown gall causes large masses to form at the base of pimenta and on the roots. A gall at the trunk is the first sign, and progression of the disease can cause wilting and total death. There is no effective treatment for crown gall, so prevention is key. Many established tree species can live with crown gall for quite some time, but you will need to destroy any infected material. Do not compost those materials (Sarah Jay, 2026).

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