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Name of plant and its definition	The place where it is mentioned in the Holy Qur'an and the Hadith
<p>(1) Tamarisk: Tamarisk, also known as Athl, Nadhar, Fariq and Tarfa, is genus of plant in the tamarisk family. It is native to Western Asia, Yemen, and the countries of the Mediterranean basin. The roots of tamarisk trees are mostly found in wetlands near waterways, rivers, and valleys. Hardwood is made from its trunks. Its leaves are very delicate, and its flowers are pink clusters.</p>	<p>In the Holy Qur'an:</p> <p>“But they turned away [refusing], so we sent upon them the flood of the dam, and we replaced their two [fields of] gardens with gardens of bitter fruit, tamarisks and something of sparse lote trees” [HQ 34:16].</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>In the hadith of the Messenger:</p> <p>Narrated by Abu Hazim: “A man came to Sahl Ibn Saad to ask him about the pulpit, and he said: “The Messenger of God, may God’s Salutations and peace be upon him, sent a message to a woman, whose name is mentioned by Sahl, saying: ‘Order your slave carpenter to make pieces of wood (i.e. a pulpit) for me, so that I may sit on it while addressing the people.’ So, she ordered him to make it from the tamarisk of the forest. He brought it to her, and she sent it to Allah’s Messenger. Allah’s Messenger ordered it to be placed in the mosque: so, it was put there, and he sat on it.” (Sahih al-Bukhari)</p>



<p>(2) Salvadora persica: <i>Salvadora persica</i> is a wild evergreen shrub that grows in the desert of the Arabian Peninsula, from which toothpicks are made, and are recommended by the Messenger (PBUH) to use for cleaning the mouth and teeth.</p>	 <p>In the Holy Qur'an: “But they turned away [refusing], so we sent upon them the flood of the dam, and we replaced their two [fields of] gardens with gardens of bitter fruit, tamarisks and some sparse lote trees” [HQ 34:16]. (<i>Salvadora persica</i> is Latin for bitter fruit or ‘khamt’)</p> <p>In the hadith of the Messenger: Narrated by Abu Huraira: “That the Messenger of Allah (PBUH) said: Allah's Messenger said, ‘Were I not afraid that it would be hard on my followers, I would order them to use the siwak (as obligatory, for cleaning the teeth) with each prayer time” (Sahih al-Bukhari).</p>
<p>(3) Onions: Onions are one of the oldest and most popular vegetables known to man, and they have a strong pungent smell. They are eaten fresh or cooked, and have many health and nutritional benefits.</p>	<p>In the Holy Qur'an: And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." He said: “Would you exchange what is better for what is less?” [HQ: 02:61].</p>  <p>In the hadith of the Messenger: Narrated by Jabir bin Abdullah: The Messenger (PBUH) said: ‘Whoever eats garlic or onions should keep away from us or should keep away from our mosque and should stay at home’ (Sahih al-Bukhari).</p>
<p>(4) Garlic / Fum: Garlic is an annual plant in the bulbs family. It is native to Central Asia. Garlic has a pungent smell and many health and medicinal benefits.</p>	<p>In the Holy Qur'an: And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." He said: ‘Would you exchange what is better for what is less?’ [HQ: 02:61].</p>  <p>In the hadith of the Messenger:</p>



	<p>Narrated by Jabir bin Abdullah: The Messenger (PBUH) said: ‘Whoever eats garlic or onions should keep away from us, or should keep away from our mosque and should stay at home’ (Sahih al-Bukhari).</p>
<p>(5) Mustard: Mustard is a fragrant plant, known since ancient times as one of the most important and famous spices. There are about 40 varieties of mustard and those most used include white, brown, and black.</p>	<p>In the Holy Qur’an: Mustard is mentioned twice in the Holy Qur’an in affirming the power and justice of Allah Almighty and that His knowledge encompasses everything, great and small.</p> <p>“O my son, indeed if wrong should be the weight of a mustard seed and should be within a rock or [anywhere] in the heavens or in the earth, Allah will bring it forth. Indeed, Allah is Subtle and Acquainted” [HQ 34:16].</p> <p>In the hadith of the Messenger: Narrated by Abu Said Al-Khudri: The Prophet said: ‘When the people of Paradise will enter Paradise and the people of Hell will go to Hell, Allah will order those who have had faith equal to the weight of a grain of mustard to be taken out from Hell. So they will be taken out but (by then) they will be blackened (charred). Then they will be put in the river of Haya' (rain) or Hayat (life) and they will revive like a grain that grows near the bank of a flood channel. Don't you see that it comes out yellow and twisted’ (Sahih al-Bukhari).</p> 
<p>(6) Pomegranate: Pomegranate is a delicious fruit that is loved by people all over the world. The pomegranate tree has beautiful white and red flowers and leaves, which appear in the autumn. It is a perennial tree and is cultivated in the</p>	 <p>In the Holy Qur’an: Pomegranate is mentioned three times in the Holy Qur’an: There are two verses highlighting Allah's power to create plants and trees, and the third verse about the attributes of Paradise intended for believers in the Hereafter:</p> <p>“And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and</p>

<p>warm climate of many Arab countries. The Yemeni pomegranate is one of the best varieties in the world, followed by the pomegranate of Taif, due to its large size. Arab settlers introduced the pomegranate to Spain in ancient times, and from Spain it was taken to the United States of America.</p>	<p>pomegranates, similar and dissimilar. Eat [each of] its fruit when it yields, and give its due [zakah] on the day of its harvest and be not excessive. Indeed, He does not like those who commit excess” [HQ 6:141].</p> <p>In the hadith of the Messenger: Pomegranate was mentioned in the hadith narrated by Muslim about the sedition of the antichrist and the signs of the Hour: Narrated by An-Nawas Ibn Samaan al-Kalabi: The Messenger (PBUH) said: “‘Then Allah would send rain, which no house of clay or (the tent of) camels' hairs would keep out, and it would wash away the earth until it could appear to be a mirror. Then the earth would be told to bring forth its fruit and restore its blessing and, as a result thereof, there would grow (such a big) pomegranate that a group of persons would be able to eat that, and seek shelter under its skin and milch cow would give so much milk that a whole party would be able to drink it. And the milch camel would give such (a large quantity of) milk that the whole tribe would be able to drink out of that, and the milch sheep would give so much milk that the whole family would be able to drink out of that, and at that time Allah would send a pleasant wind which would soothe (people) even under their armpits, and would take the life of every Muslim, and only the wicked would survive who would commit adultery like asses and the Last Hour would come to them’ (Sahih Muslim).</p>
<p>(7) Basil: A fragrant herbal plant that has a sweet aroma and is popular all over the world. Basil is used in decoration, cooking, and for medicinal treatment.</p>	<p>In the Holy Qur’an: “‘And grain having husks and basil” [HQ 55:12]. “‘Then [for him is] rest and bounty and a garden of pleasure” [HQ 56:89].</p> <p>In the hadith of the Messenger: Narrated by Abu Musa, that the Prophet said: ‘The example of a believer who recites the Qur'an is that of a citron (a citrus fruit) which is good in taste and good in smell. And the believer who does not recite the Qur’an is like a date which has a good taste but no smell. And the example of an impious person who recites</p> 

	<p>the Qur'an is that of Ar-Rihana (basil) which smells good but is bitter in taste. And the example of an impious person who does not recite the Qur'an is that of a colocynth which is bitter in taste and has no smell'.</p>
<p>(8) Olives: The olive is an evergreen perennial oil tree. Humankind has known of olives for thousands of years, eating its fruit and extracting from its seeds an oil that has many health, nutritional, and cosmetic benefits. It is a tree that has sanctity in the monotheistic religions of Judaism, Christianity, and Islam.</p>	<p>In the Holy Qur'an: The olive is mentioned in the Holy Qur'an six times, and Allah Almighty swore by it, describing it as a blessed tree. “Allah is the Light of the heavens and the earth. The example of His light is like a niche, within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allah guides to His light whom He wills. And Allah presents examples for the people, and Allah is Knowing of all things” [HQ: 24:35].</p> <div data-bbox="560 909 992 1188" data-label="Image"> </div> <p>In the hadith of the Messenger: There are many references to olive oil in the hadiths: Narrated by Umar bin Al-Khattab, that the Messenger of Allah said: ‘Eat the oil and anoint with it, for it is from a blessed tree’ (Al-Jami` Al-Sahih - Sunan Al-Tirmidhi).</p>
<p>(9) The Lote Tree: Man has known of the lote tree for thousands of years. It is a desert shrub with dense leaves, growing to a height of several meters at times. It has small, grape-like fruits called "nabaq" (buckthorn), which are tasty to eat.</p>	<p>In the Holy Qur'an: The Lote tree, known as Sidr tree, has a great position in Islam. It is mentioned in the Holy Qur'an four times, and Allah Almighty honored it by making Sidra al-Muntaha, the highest level of Heaven on the throne of the Most Merciful. The word Sidr is mentioned in four verses of the Holy Qur'an. In two verses it refers to the well-known Sidr tree, while in the other two verses it mentions Sidr al-Muntaha, which the Prophet (PBUH) saw on the journey of Mi'raj (Ascension): “‘But they turned away [refusing], so we sent upon them the flood of the dam, and we replaced their two [fields of] gardens with gardens of bitter fruit, tamarisks and some sparse lote trees” [HQ 34:16]. “‘The companions of the right - what are the companions of the right? [They will be] among lote trees with thorns removed, and</p>

	<p>[banana] trees layered [with fruit], And shade extended’ [HQ 56:30–27].</p> <p>’And he certainly saw him in another descent, At the Lote Tree of the Utmost Boundary. Near it is the Garden of Refuge’ [HQ: 53:13-14-15].</p> <p>In the hadith of the Messenger:</p> <p>Um-'Atiya narrated that, “Allah's Messenger came to us when his daughter died and said: ‘Wash her thrice or five times or more, if you see it necessary, with water and Sidr and then apply camphor or some camphor at the end; and when you finish, notify me.’ So when we finished it, we informed him and he gave us his waist-sheet, and told us to shroud the dead body in it” (Sahih al-Bukhari).</p> 
<p>(10) Vachellia tortilis/Samura: Vachellia tortilis, widely known as Samura, is a tree that grows in alkaline soil, and can also flourish in gypsum and saline soils. It can withstand high temperatures exceeding 50 degrees Celsius, and a small amount of rain each year is sufficient for it to thrive.</p>	<p>In the Holy Qur’an:</p> <p>Acacia/Samura tree is not mentioned by name in the Holy Qur’an, but it is referred to by the word “tree”.</p> <p>”Certainly was Allah pleased with the believers when they pledged allegiance to you, [O Muhammad], under the tree, and He knew what was in their hearts, so He sent down tranquility upon them and rewarded them with an imminent conquest” [HQ: 48:18].</p> <p>In the hadith of the Messenger:</p> <p>Reminding the Muslims of the pledge of allegiance under the Samura tree had the effect of diverting the course of the battle in the Hunayn Expedition from defeat to victory:</p> <p>Narrated by Abbas bin Abd Al-Muttalib: “When the Muslims had an encounter with the disbelievers, the Muslims fled, falling back, but the Messenger of Allah (may peace be upon him) began to spur his mule towards the disbelievers. I was holding the bridle of the mule of the Messenger of Allah (may peace be upon him) checking it from going very fast, and Abu</p> 

	<p>Sufyan was holding the stirrup of the (mule of the) Messenger of Allah (may peace be upon him), who said: ‘Abbas, call out to the people of Samura.’ Abbas (who was a man with a loud voice) called out at the top of the voice: ‘Where are the people of Samura?’ (Abbas said:) ‘And by God, when they heard my voice, they came back (to us) as cows come back to their calves, and said: ‘We are present, we are present!’” (Sahih Muslim).</p>
<p>(11) Grapes / raisins: The grape plant is one of the oldest types of fruit known to man. The archaeological discoveries of grape seeds and its leaves have shown that man has been eating grapes since prehistoric times. Grapes were known in the ancient civilizations of Mesopotamia, the Levant and ancient Egypt.</p>	 <p>In the Holy Qur’an: Grapes are mentioned by name 11 times in the Holy Qur’an, in most cases using two words: Al-Inab and Al-Aanab {grapes}. “Or [until] you have a garden of palm trees and grapes and make rivers gush forth within them in force [and abundance] [HQ: 17:91]. “And We brought forth for you thereby gardens of palm trees and grapes in which for you are abundant fruits and from which you eat” [HQ: 23:19].</p> <p>In the hadith of the Messenger: Abu Hurairah narrated that the Prophet said: ‘Do not call grapes generosity, for generosity is the Muslim man’ (Sahih Muslim).</p> <p>In the hadith, reference is made to raisins, which are dried grapes: Abu Saeed al-Khudri narrated that the Prophet forbade store dates and raisins, and dates and nuts, and said: ‘Store raisins separately, the dates separately and the nuts separately’ (Sunan an-Nasa’i).</p>
<p>(12) Armenian Cucumber: A type of melon which is similar to regular cucumber, but longer.</p>	 <p>In the Holy Qur’an: And [recall] when you said, “O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions.” He said: ‘Would you exchange what is better for what is less?’ [HQ: 02:61].</p>

	<p>In the hadith of the Messenger: Narrated by Abdullah bin Jaafar: “I saw the Prophet, peace and blessings of God be upon him, eating ripe dates with cucumber” (Sahih al-Bukhari).</p>
<p>(13) Camphor: A large evergreen tree, reaching a height of more than 50 meters, with thick trunks. It is one of the fastest growing trees in the world. The camphor extracted from the bark of these trees has various medicinal benefits.</p>	<div style="display: flex; align-items: flex-start;">  <div style="flex-grow: 1;"> <p>In the Holy Qur’an: “Indeed, the righteous will drink from a cup [of wine] whose mixture is of Camphor” [HQ: 76:5].</p> <p>In the hadith of the Messenger: “Um-Atiya narrated that Allah's Messenger came to us when his daughter died and said: ‘Wash her thrice or five times or more, if you see it necessary, with water and Sidr, and then apply camphor or some camphor at the end. And when you finish, notify me.’ So when we finished it, we informed him and he gave us his waist-sheet and told us to shroud the dead body in it” (Sahih al-Bukhari).</p> </div> </div>
<p>(14) Palm: The palm tree has a great tradition in Islam. Often reaching seven meters in height. The palm tree is native to Mesopotamia and the Arabian Peninsula, from where it has spread around the world.</p>	<p>In the Holy Qur’an: The palm tree (Nakheel) is mentioned seven times in the Holy Qur’an, in verses that talk about the signs of Allah Almighty and His bounties on His servants, such as growing crops, fruits, and various yields. “And within the land are neighboring plots and gardens of grapevines and crops and palms trees, [growing] several from a root or otherwise, watered with one water; but we make some of them exceed others in [quality of] fruit. Indeed, in that are signs for a people who reason” [HQ: 13:4]. “He causes to grow for you thereby the crops, olives, and palm trees, grapevines, and from all the fruits. Indeed, in that is a sign for a people who give thought” [HQ 16:11]. “And shake toward you the trunk of the palm tree; it will drop upon you ripe, fresh dates” {[HQ: 19:25].</p> <div style="display: flex; align-items: flex-start;">  <div style="flex-grow: 1;"> <p>In the hadith of the Messenger: Ibn Omar narrated that the Prophet said: ‘One of the trees is a tree whose leaves do not fall, and it is like the Muslim</p> </div> </div>

	<p>person. Tell me what tree is.’ The people started mentioning the trees of the valleys. Abdullah suggested it was the palm tree, then they said tell us, O Messenger of God, and he said: ‘It is the palm tree’ (Sahih al-Bukhari).</p>
<p>(15) Fresh dates (Rutab): This is the penultimate stage of ripened dates, which are as follows: Tal’a, balah, busr, rutab, and dates. Rutab has many different types that vary in price and quality.</p>	<p>In the Holy Qur’an: “‘And shake toward you the trunk of the palm tree; it will drop upon you ripe, fresh dates (rutab)” [HQ: 19:25].</p> <p>In the hadith of the Messenger: Narrator Abdullah bin Jaafar bin Abi Talib, may God be pleased with them both, said: ‘I saw the Prophet, peace and blessings of God be upon him, eating ripe dates with cucumber’” (Sahih al-Bukhari).</p> <p>Aisha, - may God be pleased with her - said that the Messenger of God, may God bless him and grant him peace, used to eat watermelon with rutab and would say: ‘We break this one’s heat with this one’s cold and this one’s cold with this one’s heat’ (Sunan Abi Dawood).</p>

Plants Cited in the Holy Quran

Name of plant and its definition	The place where it is mentioned in the Holy Qur'an
(1) Figs: A sweet fruit that has been cultivated by man for thousands of years, and is best grown in warm, temperate regions.	God Almighty swears by figs and olives at the beginning of Surah Al-Tin (figs): “ By the figs and olives, and [by] Mount Sinai and [by] this secure city [Makkah]...” [HQ 95:1-3.
(2) Lentils: One of the world's most common legumes, and one of the most important sources of plant protein. It is native to the Near East and Central Asia.	“And [recall] when you said, ‘O Moses, we can never endure one [kind of] food. So, call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions’ [Moses] said, ‘Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked.” And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing’ [HQ: 02:61].
(3) Banana: A popular tropical fruit that is native to Southeast Asia and is cultivated all over the world.	Al-Talh (banana) is mentioned once in the Holy Qur'an, describing the bliss of the people of Paradise: “The companions of the right - what are the companions of the right? [They will be] among lote trees with thorns removed, and [banana] trees layered [with fruit] , and shade extended” [HQ 56:30–27].
(4) Al-Darie: “Al-Darie” in Arabic is a plant with thorns sticking to the ground. It is found in the deserts of Egypt, Somalia, and the Arabian Peninsula.	The term Al-Darie is mentioned once in the Holy Qur'an, describing the food of the people of Hell. “For them there will be no food except from Al-Darie (a poisonous, thorny plant) , which neither nourishes nor avails against hunger” (HQ 88:1-3).
(5) Ginger: Grown in hot regions, ginger contains volatile oil, a pungent smell. and pungent	Ginger is mentioned in the Holy Qur'an, describing the drink of the people of Paradise. “And they will be given to drink a cup [of wine]

taste. It is used as a spice in cooking and gives a distinct taste.	whose mixture is of ginger ” [HQ: 76:17].
(6) Pumpkin : One of the creeping annual cucurbit plants. Its fruit is known as “al-dubba”, or sweet pumpkin, due to its sweetness and flavor.	Pumpkin is mentioned in the Holy Qur’an in the story of God’s Messenger Jonah, peace be upon him, after he came out of the belly of the whale. “But we threw him onto the open shore while he was ill. And we caused to grow over him a tree of pumpkin ” (HQ: 37:1-3).

Plants mentioned in the hadith and the Sunnah

Name of plant and its definition	The places they are mentioned in the hadith
(1) Citron : An evergreen shrub, native to India, which is cultivated in the countries of the Mediterranean and North Africa, as one of the most important ingredients of perfume.	Abu Musa al-Ash'ari narrated: “The Messenger of Allah (PBUH) said: The Prophet said: ‘The example of him (a believer) who recites the Qur'an is like that of a citron which tastes good and smells good’ (Sahih al-Bukhari).
(2) Schoenanthus (Idhkhir) : A plant of the perennial grassy type, with a fragrant aroma. It spreads in eastern Africa, Saudi Arabia, and India. It grows wild in high lands such as the mountains and valleys near Mecca.	Abu Hurairah narrated: “When God blessed His Messenger with the conquer of Mecca, the Messenger of God stood among the people, praised and thanked God, and said: “Indeed Allah has forbade Mecca to the Elephant, and made it legal to His Messenger and believers. It was not legal for anyone before me, and it was made legal for me only for an hour by daytime. So, its thorny bushes should not be cut, and its game should not be chased, its fallen property (i.e. Luqata) should not be picked up except by one who will announce it publicly; and its grass should not be uprooted.” On that, Al-Abbas said: “Except the Idhkhir , O Messenger of Allah, then we place it in our graves and our homes!” and he said: “Except Idhkhir ” (Sahih al-Bukhari).

<p>(3) Rice: An annual herbaceous grain grown around rivers in Africa, Asia, and in the countries of western India and the Caribbean.</p>	<p>Ibn Umar narrated that the Messenger of Allah said: "Once three persons (from the previous nations) were traveling, and suddenly it started raining and they took shelter in a cave. The entrance of the cave got closed while they were inside. They said to each other, 'O you! Nothing can save you except the truth, so each of you should ask Allah's Help by referring to such a deed as he thinks he did sincerely (i.e. just for gaining Allah's Pleasure).' So one of them said, 'O Allah! You know that I had a laborer who worked for me for one Faraq (i.e. three Sas) of rice but he departed, leaving it (i.e. his wages). I sowed that Faraq of rice and with its yield I bought cows (for him). Later on, when he came to me asking for his wages, I said (to him), 'Go to those cows and drive them away.' He said to me, 'But you have to pay me only a Faraq of rice,' I said to him, 'Go to those cows and take them, for they are the product of that Faraq of rice.' So he drove them. O Allah! If you consider that I did that for fear of You, then please remove the rock" (Sahih al-Bukhari).</p>
<p>(4) Pine tree: An evergreen coniferous tree that can grow to more than 12 meters, with a diameter not exceeding one meter. It grows around the Mediterranean Sea, especially in Jordan and Palestine. The pine is a perennial tree that may live for more than a thousand years.</p>	<p>Abu Hurayrah narrated that the Messenger of Allah said: "The example of a believer is that of a fresh green plant, the leaves of which move in whatever direction the wind forces them to move, and when the wind becomes still, it stand straight. Such is the similitude of the believer: He is disturbed by calamities (but is like the fresh plant he regains his normal state soon). And the example of a disbeliever is that of a pine tree (which remains) hard and straight till Allah cuts it down when He will" (Sahih al-Bukhari)</p>
<p>(5) Aloe vera: A huge evergreen tree that grows naturally in the tropical forests of South and Southeast Asia.</p>	<p>Abu Hurairah narrated that The Prophet (PBUH) said: "The first group (of people) who will enter Paradise will be (glittering) like the moon when it is full. They will not spit or blow their noses or relieve nature. Their utensils will be of gold and their combs of gold and silver; in their centers the aloe wood will be used, and their sweat will smell like musk. Everyone of them will have two wives; the marrow of the bones of the wives'</p>

	<p>legs will be seen through the flesh out of excessive beauty. They (i.e. the people of Paradise) will neither have differences nor hatred amongst themselves; their hearts will be as if one heart and they will be glorifying Allah in the morning and in the evening” (Sahih al-Bukhari).</p>
<p>(6) Balsamodendron: A tree that releases a milky substance when it is scratched and turns into a resin. Miswak is made from the resin, and its leaves are mixed with henna for blackening. It grows in the coastal mountain regions in the southwestern region of the Arabian Peninsula, and is also found in Dhofar, Djibouti, Kenya and Sudan.</p>	<p>”We prayed on Friday, so the people joined each other, until they were like comfort around my father. Two men came to the council of Ubada Ibn As-Samit and said: “O Ibn As-Samit, can you repeat the hadith that you said to us?” And he said: “Yes, I heard the Messenger of Allah saying: ‘There will come a time when the best property of a man will be sheep which he will graze on the tops of mountains, eating the leaves of Qatad and balsamodendron and its people eat from its meat, and drink from its milk, while the germs of the Arabs awaken sedition in them”” (Reviewed by al-Hakim with a correct reference in al-Mustadrak Ala al-Sahihayn).</p>
<p>(7) Watermelon: A type of fruit, which is one of the annual creeping flowering plants. It is now cultivated in many countries of the world.</p>	<p>Aisha - may God be pleased with her - narrated that the Messenger of God, may God bless him and grant him peace, used to eat watermelon with rutab and would say: “We break this one’s heat with this one’s cold and this one’s cold with this one’s heat.” (Sunan Abi Dawood)</p>
<p>(8) Apples: Apple trees reach a height of approximately two meters. They are widely cultivated all over the world and are native to the region of Central Asia.</p>	<p>Abu Talib departed to Ash-Sham, and the Prophet (PBUH) left with him, along with some older men from the Quraish. When they came across the monk they stopped there and began setting up their camp, and the monk came out to them. Before that they used to pass by him and he wouldn't come out nor pay attention to them. He said: “They were setting up their camp when the monk was walking amidst them, until he came and took the hand of the Messenger of Allah. Then he said: ‘This is the master of the men and jinn, this is the Messenger of the Lord of the worlds. Allah will raise him as a mercy to the men and jinn.’ So some of the older people from the Quraish said: ‘What do you know?’ He said: ‘When you people came along from the road, not a rock nor a tree was left, except that it</p>

	<p>prostrated, and they do not prostrate except for a Prophet. And I can recognize him by the seal of the Prophethood which is below his shoulder blade, like an apple” (Sunan Al-Tirmidhi).</p>
<p>(9) Wormwood: A perennial aromatic plant, belonging to the genus Wormwood, characterized by its white color upon completion of its lifecycle. It spreads in rocky valleys in Saudi Arabia and northern Oman.</p>	<p>Jabir bin Abdullah narrated: ”Abu Qahafa was brought on the day of the conquest of Mecca, and his head and his beard were white like Wormwood, then the Messenger of Allah (PBUH) said: ‘Change this with something else and avoid blackness’ (Sahih Muslim).</p>
<p>(10) Jalil: One of the perennial desert grasses, it is common in sand dunes and the sandy meadows found in the deserts of the Arab world.</p>	<p>Aisha, may God be pleased with her, narrated: ”When the Messenger of Allah (PBUH) arrived, Abu Bakr and Bilal were sick. She said: ’So I entered unto them, and said: ‘O my father! How are you? O Bilal! How are you?’ She said: ‘Whenever fever attacked Abu Bakr, he would recite the following poetic verses: ’Everybody is staying alive among his people, yet death is nearer to him than his shoelaces.’ And whenever the fever deserted Bilal, he would recite (two poetic lines): ’Would that I could stay overnight in a valley wherein I would be surrounded by Idhkhir and Jalil Jalil (two kinds of good smelling grass). Would that one day I would drink of the water of Majinna and would that Shama and Tafil (two mountains at Mecca) appear to me.’ He said: Then I came and informed Allah's Messenger about that, whereupon he said: ‘O Allah! Make us love Medina as much or more than we love Mecca. O Allah! Make it healthy and bless its Mudd and Sa for us, and take away its fever and put it in Al'Juhfa’ (Sahih al-Bukhari).</p>
<p>(11) Black seed: Known by several names, including cultivated chunis and black cumin. It has many important nutritional and health uses.</p>	<p>Abu Hurairah narrated that he heard the Messenger of Allah say: ‘In the black seed is a cure for every disease but Al-Sam’. Ibn Shihab said Al-Sam is death, and the black seed is Nigella (Sahih Al-Bukhari).</p>

<p>(12) Reed mat: One of the perennial aquatic plants from which mats are made. Reed mat is found in most wetlands around the world, around rivers, ponds, and swamps in Africa and the Middle East.</p>	<p>Abu Hazim narrated that when the helmet of the Prophet was smashed on his head and blood covered his face and one of his front teeth got broken, Ali brought the water in his shield and Fatima (the Prophet's daughter) washed him. But when she saw that the bleeding increased more by the water, she took reed mat, burnt it, and placed the ashes on the wound of the Prophet, and so the blood stopped oozing out (Sahih al-Bukhari).</p>
<p>(13) Henna: One of the most common types of cosmetics and adornment for men and women.</p>	<p>Abu Dharr narrated: "The Prophet (PBUH) said: 'The best of what you can change the hair with is henna and Katam' (Sunan al-Nisa'i).</p>
<p>(14) Buckwheat: Also known as dunkel wheat or shredded wheat, buckwheat was a staple food for humans from the Bronze Age until the Middle Ages.</p>	<p>Narrated Abu Hurairah: The Prophet (PBUH) said: "Dates with dates and buckwheat with buckwheat and barley with barley and salt with salt, unless like for like, and hand in hand, and whoever increases then it is usury unless colors are different" (Sahih Muslim)</p> <p>Narrated Abu Hurairah, by the One in Whose hand Abu Hurayrah's soul is, the Prophet never fed his family fully in three consecutive days with a bread of wheat until he departed from the world" (Sahih Muslim).</p>
<p>(15) Wheat: The staple food for many people of the world, only corn and rice can compete with it in this regard.</p>	<p>Abu Saeed al-Khudri narrated that The Prophet (PBUH) said: "Gold by gold, and silver by silver, wheat for wheat, and barley by barley, and dates by dates, and salt by salt, except like for like and equal for equal. So he who made an addition or who accepted an addition (committed the sin of taking) interest, and he who takes or gives are alike" (Sahih Muslim).</p>
<p>(16) Colocynth: A creeping herbaceous plant that grows wild in dry desert areas, especially the Arabian Peninsula.</p>	<p>Abu Musa Al-Ash'ari narrated that The Prophet said: "The example of a believer who recites the Qur'an is that of a citron (a citrus fruit) which is good in taste and good in smell. And the believer who does not recite the Qur'an is like a date which has a good taste but no smell. And the example of an impious person who recites the Qur'an is that of Ar-Rihana (basil) which smells good but is bitter in taste. And the example of an impious person who does not recite the Qur'an is that of a colocynth which is bitter in taste and has no smell."</p>

(17) Date: The fruit of palm trees, characterized by their high nutritional value and considered a complete food, for they contain sugars, protein, salts, and vitamins.	Abu Musa Al-Ash'ari narrated that The Prophet said: “The example of a believer who recites the Qur'an is that of a citron (a citrus fruit) which is good in taste and good in smell. And the believer who does not recite the Qur'an is like a date which has a good taste but no smell. And the example of an impious person who recites the Qur'an is that of Ar-Rihana (basil) which smells good but is bitter in taste. And the example of an impious person who does not recite the Qur'an is that of a colocynth which is bitter in taste and has no smell” (Sahih Al-Bukhari).
(18) Squash: One of the creeping annual cucurbit plants, its fruit is known as “al-dubba”, or sweet pumpkin for its sweetness and flavour. While it was mentioned in the Holy Qur'an as Yaqtin (pumpkin), it was named in the noble Prophet's hadith as “al-dubba” (squash).	Ishaq ibn Abdullah ibn Abi Talha narrated that he heard Anas b. Malik report: ‘A tailor invited Allah's Messenger (may peace be upon him) to a meal which he had prepared. Anas b. Malik said: I went along with Allah's Messenger (may peace be upon him) to that feast. He presented to Allah's Messenger (may peace be upon him) barley bread and soup containing al-dubba and sliced pieces of meat. Anas said: I saw Allah's Messenger (may peace be upon him) going after the al-dubba round the dish, so I have always liked the squash since that day. (Sahih Al-Bukhari)
(19) Acorus: A semi-aquatic, herbaceous plant that grows around ponds and the edges of rivers, especially in Asia, and also in dry lands.	Aisha narrated: ‘I perfumed the Messenger of Allah with acorus in my hand during the farewell pilgrimage’ (Sahih al-Bukhari).
(20) Taxus: A perennial herbaceous plant found in most tropical regions of the African continent. It is native to India, from where it spread to the rest of the world.	Aisha narrated that 11 women sat (at a place) and promised and contracted that they would not conceal anything of the news of their husbands. The eighth one said: ‘My husband is soft to touch like a rabbit and smells like a Zarnab Taxus ’ (a kind of pleasant-smelling grass) (Sahih al-Bukhari).

<p>(21) Saffron: A perennial or annual bulb, saffron is one of the most expensive plants in the world. The reason for its high value is the labor-intensive nature of its harvesting process. It takes 75 thousand saffron flowers to produce half a kilogram of saffron.</p>	<p>Abdullah bin Omar narrated that a man said: ‘O Messenger of Allah, What clothes should a person wear for Ihram?’ The Messenger of Allah replied: ‘Do not wear shirts, turbans trousers hooded cloaks or Khuffs; but if someone cannot get sandals, then he can wear Khuffs after cutting them short below the ankles. Do not wear clothes touched by saffron or alors (two kinds of perfumes)’ (Sahih al-Bukhari).</p>
<p>(22) Sa’dan: A thorny plant that grows wild in the sandy desert regions of the Arabian Peninsula.</p>	<p>Sa’dan was mentioned in a long hadith, in which the Prophet (PBUH) described a scene from the scenes on the Day of Resurrection, people crossing the Path, and the believers seeing their Lord: Narrator Abu Saeed al-Khudri: ‘It was said, “O Messenger of Allah, and what is the bridge?” He said: “The void in which one is likely to slip. There would be hooks, tongs, spits like the thorn that is found in Najd and is known as Sa’dan. The believers would then pass over within the twinkling of an eye, like lightning, like wind, like a bird, like the finest horses and camels” (Sahih Muslim).</p>
<p>(23) Silq: A herbaceous plant that grows wild in humid desert regions and spreads on the borders of cultivated areas.</p>	<p>Abu Hazim narrated that Sahl said, “We used to feel happy on Fridays.” I asked Sahl, “Why?” He said, “There was an old woman of our acquaintance who used to pull out the silq (a kind of vegetable) from its roots and put it in a cooking pot, adding some powdered barley over it (and cook it). After finishing the Jumua (Friday) prayer we used to (pass by her and) greet her, whereupon she would present us with that meal, so we used to feel happy because of that. We used to have neither a midday nap, nor meals, except after the Friday prayer.” (Sahih Al-Bukhari)</p>
<p>(24) Sesame: An annual herbaceous plant that is grown in tropical regions. Sesame is an oil crop and has been consumed by humans since ancient times. Sesame oil contains a high</p>	<p>Muhammad bin Abi Ayyub narrated that Yazid Alfaghir told him: “I was passionate about the view of the Khawarij, so we went out in a gang of people who wanted to go for Hajj and then to talk to others. Then we passed by Medina, as Jabir bin Abdullah was speaking to people about the Messenger of Allah, while seated on a mast. He said that he had just mentioned the</p>

<p>percentage of proteins, fatty acids, and antioxidant compounds, and is widely used in cooking. It is also used in the manufacture of sweets and pies. Tahini is extracted from sesame after being squeezed.</p>	<p>people of Jahannam, and I told him: ‘O companion of Allah’s Messenger! What is it that you are talking about?’ and Allah says, ‘Our Lord, indeed whoever You admit to the Fire – You have disgraced him’ [HQ: 3:190] and ‘whenever they wanted to get out of it, they were sent back to it.’ [HQ: 22:22] So what are you saying? he said. Do you read the Qur’an? I said yes. He said, ‘You heard about the prestigious status of Muhammad peace be upon him,’ meaning the position in which Allah resurrects him. I said ‘Yes.’ He said, ‘It is the blessed status of Muhammad, peace be upon him, whereby Allah takes out whomever He wishes to take out.’ Then he said: ‘and then he described the Path that the people passed through.’ He said ‘and I am afraid that I may not be remember that, except that he claimed that a people would come out from the fire after they were in it. He said that they come out as if they were sticks of sesame, and that they would enter a river from the rivers of Paradise, and they would bathe in it, and they would go out as if they were Qaratis” (Sahih Muslim).</p>
<p>(25) Senna: A perennial herbaceous plant that grows naturally in the deserts of the Arabian Peninsula and North Africa. Its leaves and pods are used as a laxative to treat constipation.</p>	<p>Umm Salamah narrated: The Messenger of Allah (PBUH) entered, and said: “Why do I see you pale?” So I said: “I drank a medicine to relax my stomach.” He said: “And what is it?” I said: “Al-Shibram.” He said: “Why should you drink Al-Shibram? For it is hot. Better for you to have senna and Sanwat, for there is a remedy for everything, except Al-Sam” (The Great Dictionary of Al-Tabarani).</p>
<p>(26) Sanwat (cumin): A herbaceous annual plant that grows in hot countries such throughout the eastern Mediterranean and India.</p>	<p>Umm Salamah narrated: The Messenger of Allah (PBUH) said: “Why do I see you pale?” So I said: “I drank a medicine to relax my stomach.” He said: “And what is it?” I said: “Al-Shibram.” He said: “Why should you drink Al-Shibram? For it is hot. Better for you to have senna and sanwat, for there is a remedy for everything, except Al-Sam” (The Great Dictionary of Al-Tabarani).</p>
<p>(27) Spurge/Al-Shibram: A thorny desert tree used in the Arab region in the pre-</p>	<p>Umm Salamah narrated: The Messenger of Allah (PBUH) said: “Why do I see you pale?” So I said: “I drank a medicine to relax my stomach.” He said: “And</p>

<p>Islamic era, as well as during the Prophethood era, to treat stomach ailments.</p>	<p>what is it ?” I said: Al-Shibram. He said: Why should you drink Al-Shibram? He said: For it is hot, better for you to have senna and Sanwat for there is a remedy for everything, except Al-Sam” (The Great Dictionary of Tabarani).</p>
<p>(28) Barley/ Talbina (barley flour): A herbaceous plant that resembles wheat, considered to be the oldest food of mankind since the dawn of humanity. It is now one of the world’s main crops, used as food for humans and as fodder for livestock. Science has proven the many nutritional and health benefits of barley flour known as "talbena."</p>	<p>Ibn Omar, may God be pleased with him, narrated: Allah's Messenger enjoined the payment of one Sa' of dates or one Sa' of barley as Zakat-ul-Fitr on every Muslim slave or free, male or female. (Sahih Al-Bukhari)</p> <p>Aisha, the wife of the Prophet, narrated that whenever one of her relatives died, the women assembled and then dispersed (returned to their houses) except her relatives and close friends. She would order that a pot of talbina be cooked. Then Tharid (a dish prepared from meat and bread) would be prepared and the talbina would be poured on it. Aisha would say (to the women),"Eat of it, for I heard Allah's Messenger saying: ‘Talbina soothes the heart of the patient and relieves him from some of his sadness’” (Sahih Al-Bukhari).</p>
<p>(29) Aloe vera: A genus of desert or mountain plants, now cultivated in various places around the world for medicinal purposes, such as wound healing (as in hadith) and the manufacture of cosmetic and decorative products.</p>	<p>Nabih Ibn Wahb narrated: “We went with Aban b. Uthman (in a state of Ihram). When we were at Malal, the eyes of Umar b. Ubaidullah became sore and, when we reached Rauba', the pain grew intense. He (Nubaib b. Wahb) sent (one) to Aban b. Uthman to ask him (what to do). He sent him (the message) to apply aloe to them, for 'Uthman (Allah be pleased with him) reported that the Messenger of Allah (may peace be upon him) applied aloe to the person whose eyes were sore and he was in the state of Ihram” (Sahih Muslim).</p>
<p>(30) Al-Urfot: A perennial desert thorny tree, endemic in the regions of northwest Africa and the southwest of the Arabian Peninsula. Moghafar is a sweet-smelling gum taken from Al-Urfot plants.</p>	<p>Aisha narrated: Allah's Messenger used to like sweets and also used to like honey, and whenever he finished the 'Asr prayer, he used to visit his wives and stay with them. Once he visited Hafsa and remained with her longer than the period he used to stay, so I enquired about it. It was said to me: "A woman from her tribe gave her a leather skin containing honey as a present, and she gave some of it to Allah's Messenger to drink." I said, "By Allah, we will play a trick on him." So I mentioned the story to Sauda (the wife of the Prophet)</p>

	<p>and said to her, "When he enters upon you, he will come near to you whereupon you should say to him, 'O Allah's Messenger! Have you eaten Maghafir?' He will say, 'No.' Then you say to him, 'What is this bad smell?' And it would be very hard on Allah's Messenger that a bad smell should be found on his body. He will say, 'Hafsa has given me a drink of honey.' Then you should say to him, 'Its bees must have sucked from the Al-Urfut (a foul-smelling flower).' I too, will tell him the same: And you, O Saifya, say the same. Sawda said: "By Him except whom none has the right to be worshipped, I was about to say to him what you had told me to say while he was still at the gate because of fear from you. But when Allah 's Messenger came near to me, I said to him 'O Allah's Messenger! Have you eaten Maghafir?' He replied, 'No.' I said, 'What about this smell?' He replied, 'Hafsa has given me a drink of honey.' I said, 'Its bees must have sucked Al-Urfut." When he entered upon me, I told him the same as that, and when he entered upon Safiya, she too told him the same. So when he visited Hafsa again, she said to him, "O Allah's Messenger! Shall I give you a drink of it (honey)?" He replied, "I have no desire for it." Sawda says: "Subhan Allah! We have deprived him of it (honey)." I said to her, "Be quiet!" (Sahih al-Bukhari).</p>
<p>(31) Gargoum: A herbal plant known since ancient times, it is now grown around the world as an alternative to saffron, to extract oil from it, and as fodder for birds. Its flowers are used as natural colorants for some foods and for dyeing clothes.</p>	<p>Ibn Umar narrated: "The Messenger of Allah (PBUH) forbade Al-Mugdim. Yazid said: "I said to Al-Hassan: What is Mugdam?" He said: "That which is saturated with Gargoum" (Sunan Ibn Majah).</p>
<p>(32) Nitraria (Gharqad): A salt-resistant desert shrub that grows naturally in the sand dunes of the deserts of North Africa, the Northern Arabian peninsula, Jordan,</p>	<p>Abu Hurairah narrated that the Messenger of Allah (PBUH) said: "The last hour would not come unless the Muslims will fight against the Jews and the Muslims would kill them until the Jews would hide themselves behind a stone or a tree and a stone or a tree would say: 'Muslim, or the servant of Allah, there is a Jew behind</p>

<p>and Palestine.</p>	<p>me; come and kill him; but the tree Gharqad would not say, for it is the tree of the Jews” (Sahih Muslim).</p>
<p>(33) Milkvetch: A thorny plant that grows wild in the desert valleys and mountains of North Africa and the Arabian Peninsula.</p>	<p>Ibn Abbas narrated that the Prophet said: “A people of my ummah will agree on Islam, and read the Qur’an, and say: ‘We come to rulers and get a share their worldly things, and we distance ourselves from them when it comes to our religion, and they get nothing except like what they can get from Milkvetch of thorns” (Sunan Ibn Majah).</p>
<p>(34) Al-Qarz: An evergreen tree that is found across the Arab region.</p>	<p>Al-Qarz was mentioned in the long hadith narrated by Ibn Abbas, when Umar bin Al-Khattab asked about the two who demonstrated against the Prophet (PBUH) from among his wives. Omar bin Al-Khattab said: “When I reached the story of Um Salama, Allah's Messenger smiled while he was lying on a mat made of palm tree leaves with nothing between him and the mat. Underneath his head there was a leather pillow stuffed with palm fibers and leaves of Al-Qarz were piled at his feet, and above his head hung a few water skins. On seeing the marks of the mat imprinted on his side, I wept. He said, 'Why are you weeping?' I replied, ‘O Allah's Messenger! Caesar and Khosrau are leading the life (i.e. luxurious life) while you, Allah's Messenger though you are, is living in destitute.’ The Prophet then replied, ‘Won't you be satisfied that they enjoy this world and we the Hereafter?’” (Sahih al-Bukhari).</p>
<p>(35) Costus: The Costus plant belongs to the ginger family, and the most famous of its varieties is the Indian or marine costus mentioned in the hadith. It has many therapeutic health benefits.</p>	<p>Anas was asked about cupping fee, and he said: “Tabu Taiba cupped Allah's Messenger so he ordered that he be paid one Sa’ of dates, and ordered his masters to reduce his tax (as he was a slave and had to pay a tax to them). The Prophet said: ‘The best treatment is cupping and marine costus.’ And he said: ‘Do not torment your own children with pinching the throat. You better use costus” (Sahih al-Bukhari).</p>
<p>(36) Katam/Henna: A plant that grows on the plains of the Arabian Peninsula. Its leaves are mixed with henna to dye hair black. It is</p>	<p>Abu Dharr narrated that: The Prophet (PBUH) said: “The best of what you can change the hair with is henna and Katam” (Sunan al-Nisa’i).</p>

<p>characterized by color stability and makes dyed hair look closer to its natural color and is long-lasting.</p>	
<p>(37) Leeks: Leeks are herbaceous plants that resemble onions and are part of the garlic family. It is one of the oldest vegetables known to man.</p>	<p>Jabir bin Abdullah Al-Ansar narrated: “The Messenger of Allah (PBUH) forbade eating onions and leeks, but we needed it so badly and we ate it. The Messenger of Allah (PBUH) said: ‘He who eats of this (offensive) plant must not approach our mosque, for angels are harmed by that which harms humans’” (Sahih Muslim).</p>
<p>(38) Truffle: Edible wild mushrooms that grow naturally in the desert, between 5 and 15 centimeters underground, after rainfall. Truffles have many nutritional and health benefits.</p>	<p>Saeed bin Zaid narrated: “I heard the Prophet (PBUH) say: ‘Truffle is from manna, and its water is healing for the eye’” (Sahih al-Bukhari).</p>
<p>(39) Alors: A perennial tree similar to the sesame plant. Its roots are used for dyeing and its reddish color is used for altering skin tone. It grows in India and Sri Lanka, as well as in Yemen.</p>	<p>Abdullah bin Omar narrated that a man said, “O Messenger of Allah, What clothes should a person wear for Ihram?” The Messenger of Allah replied: “Do not wear shirts, turbans trousers hooded cloaks or Khuffs; but if someone cannot get sandals, then he can wear Khuffs after cutting them short below the ankles. Do not wear clothes touched by saffron and alors” (Sahih al-Bukhari).</p>