

Story Highlights; New York finally identifies mysterious maple syrup-like smell that first arose in 2005; Mayor Bloomberg says New Jersey factory processing fenugreek seeds is source



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Sotolon: The Molecule That Smells Like Pancakes, Fall, and a NYC Mystery



It took almost four years of sporadic aromatic events to finally solve the mystery: The maple syrup smell came from a factory in New Jersey processing fenugreek. Often called by its Hindi name, methi, fenugreek's seeds and leaves can be found in stews and spice mixes throughout most of the varied regional cuisines of India and Pakistan.

How quickly did you smell like maple syrup when taking fenugreek?



Today I upped it to 4 pills each of the two times I've taken it so far today and I keep getting a slight hint of a sweet smell, so I'm wondering if it's the beginning of smelling like maple syrup. Did you notice the smell right away or was it a gradual thing?

The stench of fenugreek seeds : r/AskCulinary - Reddit



Reviews (72) Overview Fenugreek (*Trigonella foenum-graecum*) is an herb similar to clover. The seeds taste similar to maple syrup and are used in foods and medicine. Fenugreek is native to.

Fenugreek | NCCIH - National Center for Complementary and Integrative .



Fenugreek seeds have high amounts of an aroma compound called sotolon which, naturally, smells just like maple syrup. Through some sort of technical wizardry they use it to flavor imitation maple syrup. Let's take our meagre technical know-how and see if we can wrangle up a do-it-yourself version.

New Jersey Plant Is Called Source of Sweet Smell



how much fenugreek do you need to consume to smell like maple syrup? I heard that it makes your sweat smell like maple syrup and I'm intrigued and want to try it. Are there any potential negative side effects? I don't like capsules so I was leaning towards sprouts or tea. I used to eat broccoli sprouts all the time until my sprouter broke. 40 22

Why does fenugreek make you smell like maple syrup?



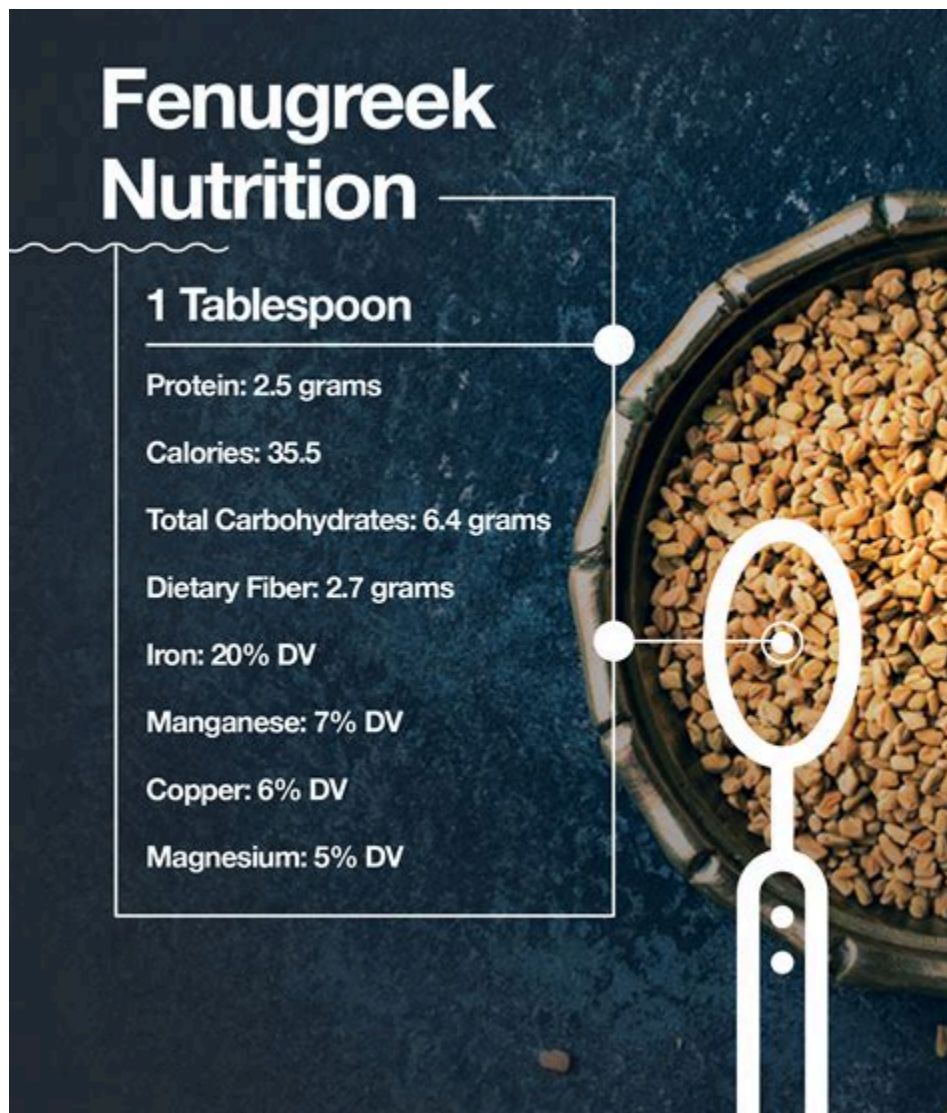
The fenugreek seeds are similar in smell and taste to maple syrup and make them the perfect option for adding to recipes where you want a hint of sweetness. You'll likely use the seeds first, but .

The Mystery of the Maple Syrup Smell - The Atlantic



Heavy Bleeding Delayed Periods Nipple And Breast Sensitivity What About Fenugreek Causing Breast Pain? Increased Period Pain And Cramps A Strong Smell What About Fenugreek Urine Smell? Fenugreek Side Effects On Your Hair Skin Problems Is Fenugreek Hot Or Cold For The Body? Does Fenugreek Cause Acne? Fenugreek Oil Side Effects

Fenugreek: Health Benefits, Nutritional Facts, and More - WebMD



Every since 2005, New Yorkers have occasionally experienced the smell of maple syrup wafting over their neighborhood. Mayor Michael Bloomberg said Thursday the mystery was solved: fenugreek seeds .

27 Horrifying Fenugreek Side Effects - FenugreekWorld



Side effects include diarrhea, stomach upset, bloating, gas, dizziness, headache, and a "maple syrup" odor in urine. Fenugreek can cause nasal congestion, coughing, wheezing, facial swelling, and severe allergic reactions in hypersensitive people. Fenugreek might lower blood sugar. Why does fenugreek make you smell like maple syrup?

Fenugreek - Wikipedia



Sotolon is the chemical responsible for the distinctive maple syrup smell of fenugreek. [13] [4]

Mayor: New York's maple syrup mystery smell solved | Reuters



No, fenugreek does not make you smell like maple syrup. Though it has an aroma that is reminiscent of maple syrup, it is not the same scent. In fact, the plant has a very strong and unique smell, described as an herbal, nutty, slightly bitter and maple-like. The flavor of fenugreek is also unique and slightly sweet.

FENUGREEK - Uses, Side Effects, and More - WebMD



The Mystery of the Maple Syrup Smell - The Atlantic Give a year of stories to spark conversation,

Health The Mystery of the Maple Syrup Smell There was no doubt about it: she woke up.

Does Fenugreek Make Your Vag Taste Like Maple Syrup



The city revealed on Thursday that the culprit was the seeds of fenugreek, a cloverlike plant, which are used to produce fragrances at a factory across the Hudson River in North Bergen, N. J. It.

Maple syrup mystery smell - Wikipedia



Background Fenugreek is a clover-like herb native to the Mediterranean region, southern Europe, and western Asia. Its seeds, which smell and taste like maple syrup, have been used in cooking and as medicine. Fenugreek is used as an ingredient in spice blends and a flavoring agent in foods, beverages, and tobacco.

Side Effect of Fenugreek Consumption - NutritionFacts

CUREBUZZ.COM

Health Benefits of Fenugreek

- Good for Breastfeeding Mothers
- Improves Cardiovascular Health
- Boost the Immune System
- Improves Bone Health
- Prevents Anemia
- Reduce blood Pressure
- Prevents Type II Diabetes
- Improves Digestive Health

CUREBUZZ.COM

The infographic features a central circular image of a bowl filled with yellowish-brown fenugreek seeds. The text is arranged in a grid-like fashion around this central image, with each benefit in its own white box with a purple border. The website name 'CUREBUZZ.COM' is displayed in red at the top and bottom of the graphic.

Sotolon (also known as sotolone) is a lactone and an extremely powerful aroma compound, with the typical smell of fenugreek or curry at high concentrations and maple syrup, caramel, or burnt sugar at lower concentrations.

The Great DIY Imitation Maple Syrup Experiment, Part I - Brooklyn Brainer



Fenugreek is very strong smelling and the odor permeates. I've also heard it described as "maple syrup" but to me it's "super strong curry mixed with maple syrup". Fenugreek is the key ingredient in fake maple syrup, aside from corn syrup. You are not the only one who hates the smell of this spice (Fenugreek / Methi or Vendhaya in .

New Yorkers stuck with syrupy smell, but can breathe easy



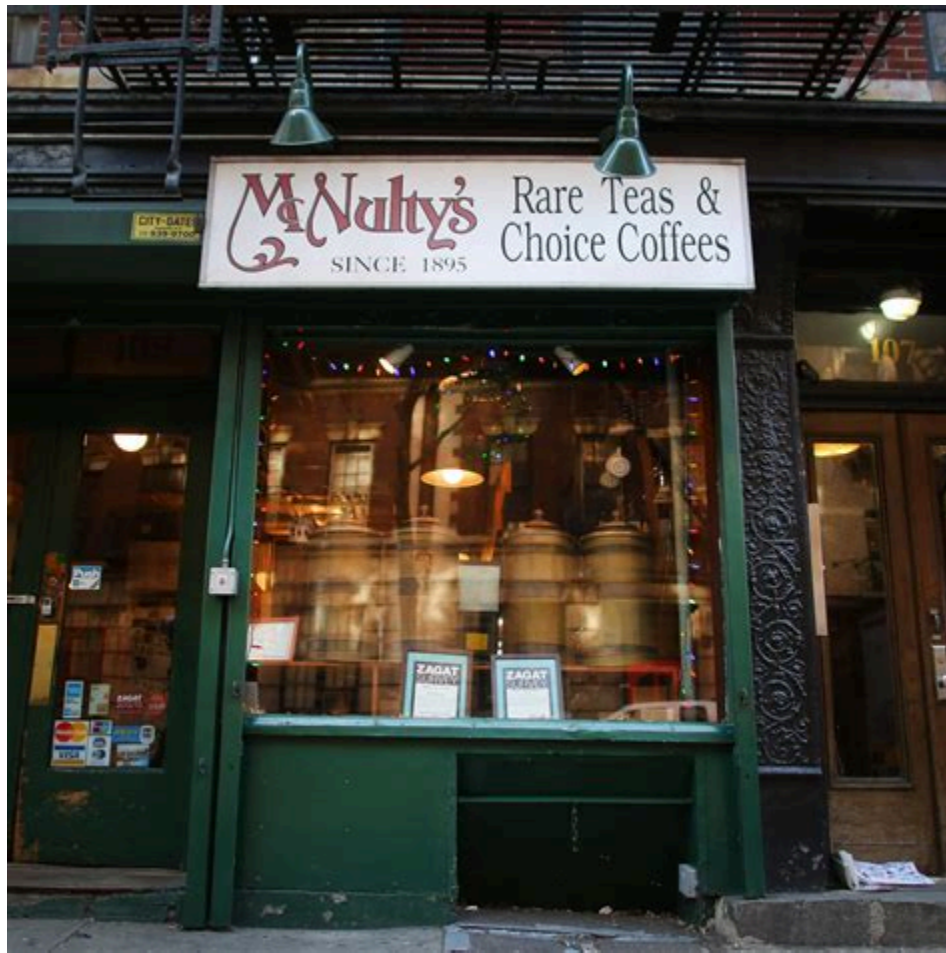
A mysterious, maple syrup-like odor that has periodically wafted over New York City since October 2005 has been linked to New Jersey fragrance processing plants, New York Mayor Michael Bloomberg .

Mysterious New York City Smell Is Fenugreek : NPR



They are added for taste but they also impart a smell that is due to sotalone, a compound that at low concentrations has a distinct maple syrup-like odour. Since sotalone passes through the body unchanged, it can impart a scent both to the urine and sweat.

Aromatic Mystery in New York City Is Solved - The New York Times



The idea that fenugreek can make your vagina taste like maple syrup originated from anecdotal evidence and personal experiences. Some individuals claim that after consuming fenugreek, their vaginal secretions took on a sweet, maple syrup-like scent and taste. However, there is no scientific evidence to support this claim.

Fenugreek and Sotalone | Office for Science and Society - McGill University



Fenugreek is an herbal medicine that is sometimes used to treat painful menstrual cramps, sexual dysfunction, breastfeeding problems, and other ailments. . fenugreek is said to smell and taste like maple syrup. In fact, It is sometimes used to enhance the flavor of maple syrup and it is often included as an ingredient in spice blends .

Does fenugreek make you smell like maple syrup? - Coalition Brewing



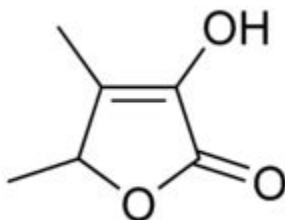
Gothamist. Retrieved December 6, 2023. ^ Chung, Jen (February 5, 2019). "Happy 10-Year Anniversary Of NYC Finding The Alleged Source Of The Mysterious Maple Syrup Smell". Gothamist. Retrieved December 6, 2023. ^ Chung, Jen (November 16, 2007). "As Seen on TV: The Maple Syrup Smell on 30 Rock". Gothamist. Retrieved December 6, 2023. Further reading

Fenugreek: Benefits, Side Effects, Dosage, and Interactions - Verywell Fit



Fenugreek seeds may protect against cancer and improve muscle mass, but they can make your armpits smell like maple syrup. Subscribe to Videos Discuss Republish View Transcript Sources Cited Acknowledgements Topics Doctor's Note Make sure you see the "prequel" to this video, Benefits of Fenugreek Seeds.

Sotolon - Wikipedia



Its maker: Frutarom, an industrial company based in Haifa, Israel, that processes fenugreek seeds to make fragrances at its plant in North Bergen. (Frutarom produces, among other things, a fenugreek extract called FenuLife.) "The mystery of the maple-syrup mist has finally been solved," the mayor said.

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