

## EDIBLE GARDEN



### CURRY LEAF

The curry leaf (*Murraya koenigii*) is native to the Indian subcontinent and can even be found growing wild throughout the country. Their glossy, green, teardrop-shaped leaves are very aromatic and have a unique flavour on their own.

Curry leaves are a staple in Indian cuisine, commonly used as seasoning to add special flavour to dishes. Packed with carbohydrates, fibre, calcium, vitamin A, vitamin B, vitamin C and vitamin E, curry leaves improve heart function, fights infections and even enliven hair and skin vitality.