

EDIBLE GARDEN



TURMERIC

Turmeric (*Curcuma longa*) is a flowering plant belonging to the ginger family. Native to southern India and Indonesia, turmeric is widely cultivated on the mainland and in the islands of the Indian Ocean for their rhizomes, some for propagation and others for consumption.

The rhizomes have a pepper-like aroma and somewhat bitter, warm taste. They are used fresh or boiled in water and dried before being grounded into a deep orange-yellow powder commonly used as a colouring or flavouring in many Asian dishes like curries.