

## **Curcuma longa---Turmeric**

Cultivated for more than 4000 years for the spice turmeric, *Curcuma longa* rhizomes have been a source of food, spice, and medicine...so many uses that Turmeric is sometimes called the world's healthiest spice. *Curcuma longa* rhizomes are dried and ground into the spice turmeric which gives curry powder its distinct yellow color and odor. Turmeric has several purported medicinal uses including reducing inflammation, lowering blood pressure, slowing down Alzheimer's disease, and relieving pain. Turmeric is quite popular in traditional Chinese medicine and with western herbalists and health nuts.



The 3' tall pleated green leaves of *Curcuma longa* are adorned, starting in early September, with colorful pinecone-like flowers that are nestled among the leaves. (Hardiness Zone 7b-11)

Tender perennial. Prefer shade to part sun

Spread slowly by rhizome