



## Yellow Turmeric *Curcuma Longa*

*Curcuma longa* is a reliable, easy to grow perennial ginger. Turmeric (aka Indian Saffron) is commonly harvested for its edible rhizomes 8-10 months after planting. It is very adaptable to many types of light, soils, & moisture levels. It will produce beautiful, white flower spikes in late summer. *Curcuma longa* will lose its leaves in fall & reemerge in spring. In colder climates rhizomes can be dug and overwintered in dry peat moss, or potentially brought in as a house plant. Turmeric rhizomes are typically boiled or sun dried for one week, they can also be eaten fresh. Leaves are used to wrap & flavor fish.

- Whole Plant is edible
- Tough, reliable garden plant
- Great container edible
- Has many health benefits

Native to southwest India, yellow turmeric is the root of the *Curcuma longa* plant. It has a brown/yellow skin and has orange/yellow flesh. It is often referred to as "Indian saffron".

Yellow turmeric smells a bit like a mix of ginger and orange with a somewhat peppery and bitter flavor. The yellow color is caused by the high levels of curcumin (see further below) in turmeric.

Yellow turmeric is mostly known in powder form. The powder is created by boiling, drying, and grinding the root into an orange and yellow colored powder.

Be careful when using yellow turmeric (especially the powder form), as it can easily cause stains on your clothes!

Growing turmeric is similar to ginger, it requires warm and humid climate to thrive. If you live in a cool temperate climate or if you're short of space and want to grow your own turmeric rhizomes then learn how to grow turmeric in pots.

The location must be sheltered from the wind. In tropics, the plant is grown in dappled shade and does not like all day long intense direct sun, considering this keep the turmeric plant in partial sun in the warmer zones (USDA Zone 9 and above). However, in temperate climates, provide it full sun for optimum growth, some shade in the afternoon would be okay.

### Soil

Plant turmeric in a light and loamy soil that is rich in organic matters. Use well-drained soil otherwise the plant will suffer.

### Water

Watering requirements are similar to ginger. Keep the soil moist throughout the growing season from spring to fall and do not hesitate to mist the foliage in dry weather to increase the humidity level around the plant.

If growing turmeric in a warmer region, keep watering the plant to maintain moist soil in winters too.

<b>Bloom Color</b>	White
<b>Foliage</b>	Green
<b>Shade/Sun</b>	Full Sun to Partial Shade
<b>Soil Composition</b>	Moist Well drained
<b>Soil Moisture</b>	Average Moistness
<b>Years to Bear</b>	4-6 Months
<b>Zone Range</b>	7b-11

