

Turmeric

Curcuma longa



A small perennial herb native to India bearing many rhizomes on its root system which are the source of its culinary spice known as Turmeric, and its medicinal extract called Curcumin. Ginger experts advise treating them to monsoon conditions – warm, wet and well fed in the summer, cool & dry in the winter. Moist, but well-drained organically-rich slightly acidic soils produce the best flowering. Partial sun to shade. You can dig and store the rhizomes in severe winters, storing them in sawdust or peat moss, where the temps stay above freezing. In mild, short term freezing temps, they should be okay – mulch well after the tops freeze back.