

The East London Garden Society

Plant Facts

Turmeric



Turmeric is part of the ginger family and is beautiful and large leafed. It will grow three feet and bunch out, filling a space nicely. It likes part or full shade and needs regular watering.

Turmeric will die back every year for a couple of months and should be cut back. This is a good time to harvest the roots but leave some in the soil to grow for next year.

Use raw, fresh turmeric root as you would ginger root. It will keep for several weeks in the refrigerator if kept dry. Dry it and wrap in a paper towel and then a bag.

Grind it fresh when you use it and you will get more health benefits. Turmeric has also been popular as a dye for centuries. It can stain the hands, clothing and wood.

There have been many studies that show the medicinal benefits of turmeric and more benefits are being discovered regularly. Turmeric action includes antibacterial, anti-inflammatory, anti-tumour, anti-allergic, antioxidant, antiseptic, antispasmodic, plus cardiovascular, calming, digestive, stimulant and

tonic properties. It has been used for centuries as a key medicinal herb in ancient Indian medicine.