



Turmeric

Turmeric is a perennial herb to 1m tall with underground rhizomes. It produces tall, very beautiful white flower spikes, if clumps are left undisturbed for a year. It requires a well drained soil, in a frost free climate. It thrives best on loamy fertile soils and cannot stand water-logging. Plant turmeric in September or October, into a warm soil, 5-7cm deep with 15-30cm between plants.

Rhizomes are harvested 9-10 months after planting, the lower leaves turning yellow or other indications of maturity. It is possible to dig carefully at the side of a clump and remove rhizomes as needed, rather than harvesting the whole clump.

Use fresh turmeric in lentil, rice and other grain dishes. Sliced, it can be added to soups or pickled, or blend into smoothies.

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