

# Turmeric

*Curcuma longa*



**When to Plant:** Spring, after first frost

**When to Harvest:** 8-10 months after planting

**Uses in Medicine:** Root used to make medicine involving pain and inflammation, hay fever, depression, hyperlipidemia, and itching

**Uses in Cooking:** Used as the main spice in curry

**Fun Facts:** The compounds responsible for its medicinal and health benefits are called curcuminoids; black pepper or fatty meals are used to aid in consumption

