



## Organic Turmeric

**English Name:** Turmeric

**Scientific Name:** *Curcuma longa* L.

**Family:** Zingiberaceae

### Introduction:

Turmeric is an herbaceous perennial that can grow 40 cm tall. Highly branched, yellow to orange, cylindrical, aromatic rhizomes are found. The leaves are alternate and arranged in two rows. They are divided into leaf sheath, petiole, and leaf blade. From the leaf sheaths, a false stem is formed.

### Availability:

Distributed throughout Nepal up to 1000 m in forest and cultivated conditions.

### Harvesting Time:

It is planted in summer-spring and harvested in winter. Turmeric is harvested by digging out the rhizomes when the tops have died down.

### Part used in Trade:

Rhizome

### Description of traded part:

Rhizome slightly yellow in color, can be used for the extraction of Turmeric oil, slice and powder.

### Uses:

In Nepal, turmeric is used for the treatment of anorexia, liver disorders, cough, diabetic wounds, rheumatism, and sinusitis.

