



## TURMERIC GROUND

**Botanical Name:** *Curcuma longa*

**Common Name:** Turmeric

**Medicinal part:** Root

**Description:** Turmeric or tumeric (*Curcuma longa*) is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native to southern Asia, requiring temperatures between 20 and 30 °C (68 and 86 °F) and a considerable amount of annual rainfall to thrive. Plants are gathered annually for their rhizomes and propagated from some of those rhizomes in the following season.



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