

Turmeric

Turmeric is a perennial plant related to ginger, with over 30 species found in Asia. It is used worldwide as a spice, food preservative, and coloring agent. Known as *'ōlena* in Hawaii, it is used ceremonially for purification, in traditional medicine, and as a dye. Turmeric has also been used medicinally in Asia, such as in traditional Chinese and Ayurvedic medicine for its anti-inflammatory properties and antioxidants.

Scientific name: *Curcuma* spp.

Days to harvest: 7-9 months

Plant spacing: 1 foot



Other Names:

Turmeric, curcuma, *'ōlena*, Indian saffron, *ukon* (Japanese), *yu jin*, *wong geung*, *huang jiang* (Chinese), *haldi* (Sanskrit), *terre merite* (French)

Major Pest & Diseases



Rhizome rot



Bacterial wilt



Bacterial soft rot



Chinese rose beetle



Aphids



Root knot nematode

Harvest and Storage

- Rhizome clumps should be carefully lifted from the soil using a spade, avoiding damage to the delicate skin of the rhizomes
- Carefully remove soil and debris from the rhizomes
- Store rhizomes between 54-57° F



Selection and Preparation

- Select firm rhizomes with shiny, taut skin.
- Gently scrub turmeric rhizomes under clean running water. Once peeled with a peeler, paring knife, or spoon, fresh turmeric can be used in many recipes
- Fresh turmeric can be grated and juiced to add to juices, smoothies, dressings, marinades.
- Grated turmeric can be added to lentils, rice, and other grain dishes
- Make turmeric tea with grated turmeric, honey, and freshly ground black pepper.
- Ground turmeric is available in the spice section of most stores.



Turmeric, ground, 1 teaspoon

Nutrition Facts	
Serving size	1 teaspoon (3g)
Amount Per Serving	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	1%
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 2mg	10%
Potassium 62mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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