



# Turmeric Root

Turmeric is a rhizome, similar to ginger. The roots look like bright orange fingers. Dried turmeric is used in curry powders, giving it the classic orange color and earthy flavor. Turmeric has been used for arthritis, heartburn, stomach pain, diarrhea, intestinal gas. It is also used for headaches, bronchitis, colds, menstrual problems and cancer. It is an antioxidant and may prevent cancer. Other uses include depression, Alzheimer's disease, water retention, worms and more! A power house of an orange root. (webMD)

## Uses

- Gently scrape off the skin then chop roots
- Slice and add to any stir fry recipe
- Chop, cover with water and steep for 20 minutes. Strain and drink the tea Use 1 Tbsp fresh root per cup water.
- Use fresh turmeric in any recipe. Double the amount of fresh for each unit of dried turmeric
- Take care-turmeric will stain your cutting board, your hands and your clothing. It does make a great dye so if you get it on your shirt, try tie-dying!

## Storage

In the refrigerator, wrap roots in a paper towel and store in the crisper drawer. Do not store in plastic bags as turmeric roots will get slimy and spoil. You may also freeze whole roots and use as fresh.

***Driftless Market***  
95 W. Main Street  
Platteville, WI  
608-348-2696  
[www.driftlessmarket.com](http://www.driftlessmarket.com)



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# Turmeric Root Tips & Recipes

Our turmeric root comes from Kolo Kai Organic farm in Kauai, Hawaii. From October through May, Ben and Colette Ferris harvest ginger and turmeric roots and immediately ship to Driftless Market. Less than a week from harvest we get to enjoy these wonderful roots.

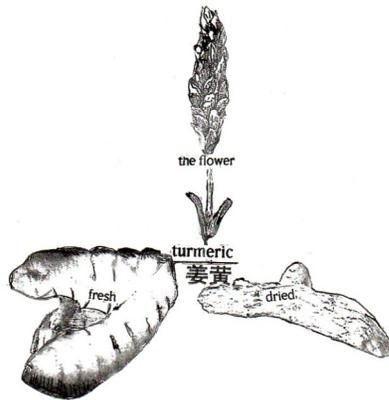
## Colette sends these tips for using fresh turmeric:

*"I grate the turmeric and put it into fresh carrot slaw, rice or other grain that I am cooking, Wonderful if you grate or finely chop a little turmeric and ginger and sauté with a little garlic add a bit of soy sauce, tamari, or Braggs Aminos and use as a drizzle for steamed greens. I put it into soups, curry, stews and just about everything. "*

### Driftless Market Turmeric Tea

*When we get overwhelmed at the store, Cena whips up a batch of this tea to ease our tensions, refresh our minds and energize our spirits. Delicious hot or cold!*

- Wash and scrape skin from turmeric roots.
- For each cup of tea use 1 Tablespoon sliced turmeric root
- Bring water to a boil then turn down to simmer.
- Add turmeric root and steep for 20 minutes
- Add honey and coconut milk to taste. Enjoy!



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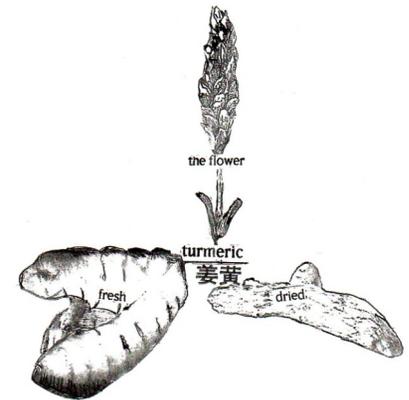
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