

How To Grow Endless Turmeric at Home

<http://www.realfarmacy.com/grow-turmeric-far-better-buying/>



Turmeric is one of the world's healthiest foods. Turmeric's antiseptic and antibacterial properties make it great for cleaning and treating wounds, and its anti-inflammatory properties work well against joint pain and are effective for treating arthritis. Experts believe that turmeric may even have over **600** potential preventive and therapeutic applications and 175 distinct beneficial physiological effects. Turmeric has been found to effectively replace 14 pharmaceutical drugs such as ibuprofen.

Turmeric can be easily grown indoors. Turmeric is grown from rhizomes (root cuttings) similar to ginger. Turmeric does not propagate seeds. So all you need is one turmeric root which you can find at health stores (Whole Foods or Indian stores.) If you can't find any locally, you can find

it on amazon here.

How to Grow your own turmeric. It is FAR better than buying it

To grow turmeric indoors, just follow these simple steps:

1. Break a larger rhizome into a small rhizome piece that has two or three buds.
2. Fill the pots with rich organic soil, which is lightly moist but well drained. The ideal pH should range from 4.5 to 7.5
3. Place it about two inches below the surface of the soil, with the buds facing up.
4. Water the container.

That's all there is to it!

Turmeric likes water. So try watering it once every two days. In order to stimulate new root growth you want the soil to become slightly dry between watering without letting it become bone dry at any point. Plants naturally send out roots to search for water when conditions become too dry. If you space out watering to once every two days you can encourage new growth by stimulating this "sense" while keeping your soil adequately moist.

How to Harvest Turmeric

Turmeric takes between 6 to 10 months for the edible rhizomes to mature. Harvesting is easy, just dig up the entire plant including the roots.

Cut the needed amount off a finger at the edge of the pot and then return the soil.

Turmeric is a perennial herb plant that re-shoots every spring; it will continue to produce roots.