

Did You Know?



Curry leaf – *Bergera koenigii*

- It is also known to be labeled *Murraya koenigii* (L.) Spreng.
- In its native India and Ceylon, the curry leaf plant grows to be a tree or shrub.
- Grows in tropical or temperate climates and does well in containers, especially in frost prone areas. Hardy to zone 9.
- While curry powder is typically made up of a combination of herbs and spices, but does not include curry leaf. This plant's pungent scented leaves are used as the main ingredient to provide the curry flavor in areas including India, Sri Lanka, Indonesia and Cambodia.
- The curry plant has a pinnate leaf. Botanically speaking, when a recipe lists a certain number of leaves, it actually means that number of leaflets.
- To use in cooking, remove the leaflets from the main rib, tear or crush them between your fingers before adding them in. They may also be used whole. They are often fried in oil at the beginning of cooking.
- Use fresh for best flavor as well as for medicinal use. The leaves lose flavor dried.
- The small perennial plant also called curry leaf, *Helichrysum italicum*, also smells like curry but is not used in cooking.
- The fruit is edible, but the seed is poisonous.
- Curry leaf is used as a healing herb in India and much of Asia, including Ayurvedic and other traditional medicines. It is used to treat stomach disorders, skin issues, blood disorders, diabetes, high cholesterol, and even dry hair.
- The nutritional value of the leaf includes antioxidants, alkaloids, calcium, phosphorus, iron, nicotinic acid, and vitamins A and C.