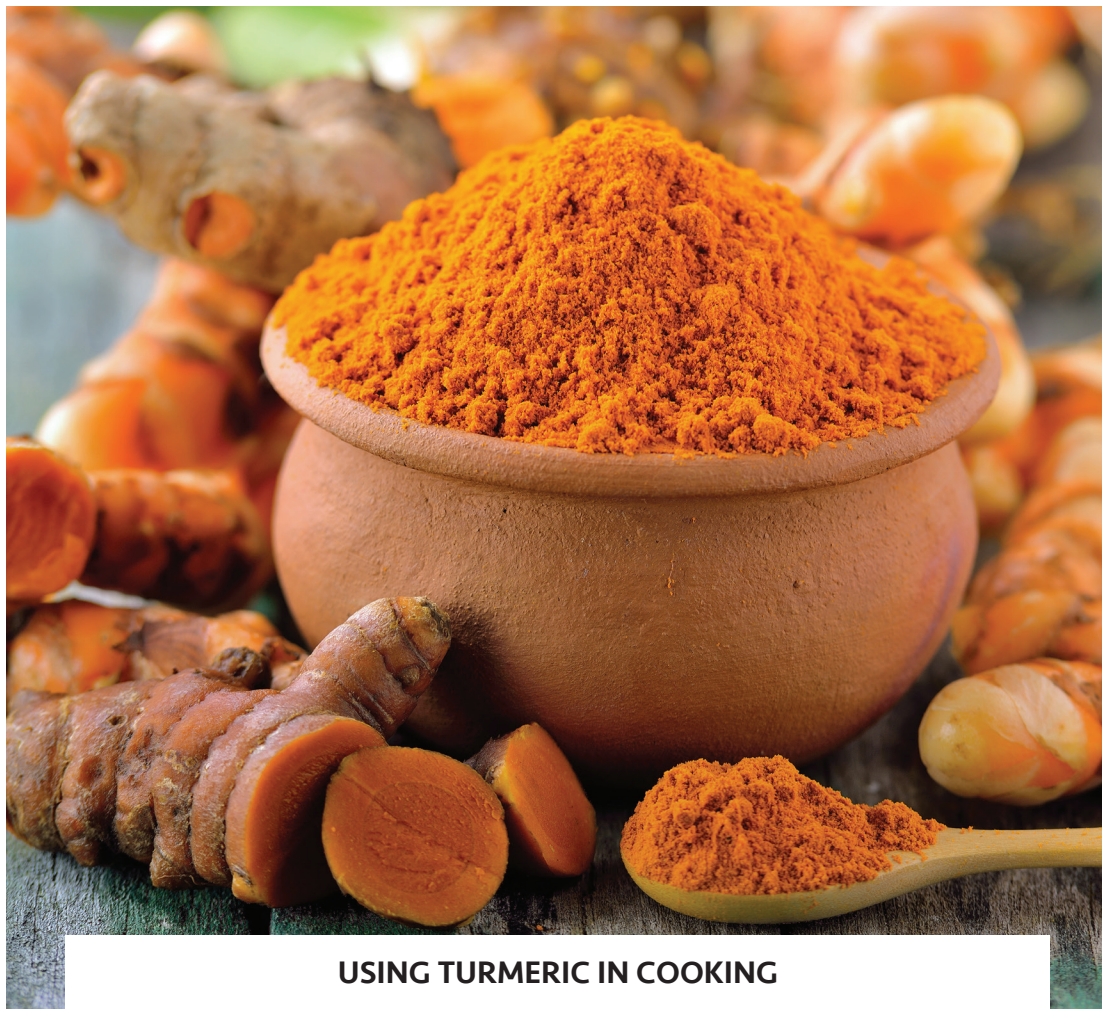




# Turmeric

Turmeric is a member of the ginger family and widely grown in India. Its color comes from curcumin, the major active compound in turmeric.



## USING TURMERIC IN COOKING

The savory, earthy flavor of turmeric can add depth to many dishes. Experiment with adding it to some of the foods you commonly eat. You might be surprised how well it complements dishes you already love.

Here are some foods that are delicious when flavored with turmeric:

- Rice
- Eggs
- Smoothies
- Soups and stews
- Vegetable dishes
- And, of course, curry

Whenever you use turmeric, add a bit of pepper as well. Pepper contains a compound called piperine, which enhances the absorption of the curcumin in turmeric.