

## Description

## Curry Plant *Helicrysum Italicum* Family: Asteraceae

The Curry Plant grows up to 45cm high and 1m wide with woody grey branches and long narrow, needle-like, grey felt-coated leaves, resembling those of lavender.

It also produces a few clusters of small, yellow flowers at the tip of their stems.

## Growing Tips

This perennial shrub likes a sunny position with well-drained soil, but a good water supply. Trim it regularly to keep compact and protect it from frost and over-watering in winter by either taking it inside in a pot or covering surrounding ground with mulch.

## Parts Used

Flowers and leaves

## Uses

Although the leaves exude a strong fenugreek-like scent and can be used for cooking, their taste is not significant and has only a small resemblance to curry. It is best used in soups, stews, pickles as well as rice and chicken dishes. The flowers contain essential oil which is only sparingly extracted commercially, but has antifungal and anti-inflammatory effects and is used for varicose veins.

Once cut, the flowers hold their colour and shape so is a great addition to flower arrangements. The plant has a strong scent so often attracts beneficial insects.

## Origin & History

The Curry Plant originates in Turkey and now grows in wider Mediterranean areas.

(Not to be confused with Curry Tree - *Murraya koenigii* which produces the curry leaves available in Asian stores.)

