



Ginger, Turmeric, and Indian Arrowroot: Growing Practices and Health Benefits

Roby Jose Ciju

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Ginger is tropical and subtropical in its growth habit. It is grown for its aromatic rhizomes which are used as a vegetable, a spice and as a traditional medicine. Ginger rhizomes are often called 'ginger root' though it is not actually a root. As in case of all plants belonging to ginger family, turmeric also prefers tropical and subtropical moist climate for its growth. Turmeric plant is an herbaceous perennial crop mainly grown for its edible rhizomes which are used as an important spice, condiment and dye. Turmeric is also known as 'Indian saffron'. Indian arrowroot is cultivated as a root crop just like ginger and turmeric for extracting arrowroot powder. Arrowroot powder is believed to have numerous medicinal properties.

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