



CURRY LEAVES

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Curry leaf is obtained from the curry leaf plant, scientific name *Murraya Koenigi* (not to be confused with “curry plant” *Helichrysum Italicum* belonging to the Daisy family) and is one of the most commonly used herb in Indian cooking.

The leaves have been popular due to the unique flavor they impart to Indian cuisine. Almost EVERY dish from India will have curry leaves in it as part of a seasoning. However, apart from their taste, there are also a number of health benefits that makes them highly valued. They are best used fresh but also hold some of their nutrients in dry and cooked form. The flavor is reduced in the dried forms.

In Ayurvedic medicine, curry leaves are believed to have several medicinal properties such as anti-diabetic, antioxidant, antimicrobial, anti-inflammatory, anti-carcinogenic and hepato-protective (capability to protect liver from damage) properties. The roots are used for treating body aches and the bark is used to treat for snake bites.

Their availability in the United States was limited until recently as it was responsible for carrying insects that would destroy the local crops. However, in recent years, local nurseries and farmers have cultivated this plant and has become more tolerant to milder weathers. California weather has been suitable to grow these plants and many local nurseries are now selling these plants. The curry leaf plant is also known to repel certain bugs and is known to purify air.