

Grown in Clay County, NC, at Qualla Berry Farm

FRESH TURMERIC

Zingiberaceae (ginger family) *Curcuma longa*

Store in warm, dry, dark for up to 3 weeks
or freeze in ziploc bags for year round use.

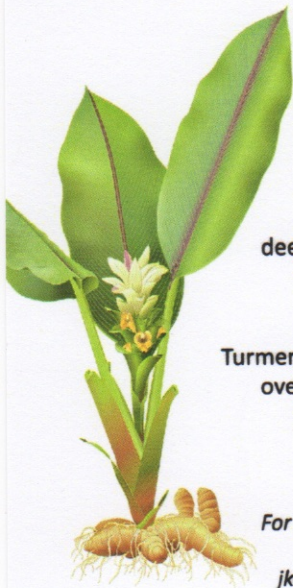
Grates and slices easily. Delicious flavor and
deep yellow-orange color in soups, dips, tea, salad dressings,
cooked rice, meat, beans, eggs, and vegetable dishes.

Known as "Indian Saffron"

Turmeric rhizomes have been grown and used
over 4000 years in India as condiment,
healing remedy, and textile dye.

John Clarke and Karen Hurtubise
Ecoganically grown

For more information and recipes contact
www.quallaberryfarm.com
jqualla@frontier.com 828-389-3551



Carla's Spice Paste

1 lb fresh organic turmeric

½ lb peeled organic ginger (or fresh pink baby ginger in season)

1-6 ounces peeled garlic. Use more or less garlic to suit taste. I put mine
through a garlic press. (1 head of garlic weighs about 2 ounces, 10 cloves more
or less in a head of garlic).

Zest and juice of 2 organic lemons (lemon zest is made from finely grating outer peel)

1 teaspoon black pepper

1 cup olive oil

Put all of this in a food processor and pulse until you get a consistency you like.
Adjust the recipe to your own taste and put in jars covered with oil on top and
store in your refrigerator. Eat some everyday...put in rice, soup, eggs, any dish.

This special recipe comes from Carla Owen of Murphy, North Carolina. Thank you!