

MURRAYA KOENIGII – CURRY TREE



Curry tree is an aromatic tree in the Rutaceae family that grows up to 6m high. It has dark gray bark and its oval leaves are pinnate and reminiscent of the leaves of the Neem tree. The leaflets are up to 5cm long and 2cm wide and are very aromatic. The flowers are white. The fruits are dark purple and edible; they are sweet in taste and contain two poisonous seeds.

The curry tree is native to tropical regions of India, where many families plant the tree to use its fresh leaves for cooking. The aroma of curry leaves is nutty, slightly fruity to smoky. It should not be confused with the curry spice available in Europe, which is a mixture of turmeric, coriander, paprika and other spices and tastes very different from curry leaves.

In Ayurveda, most of the parts of the tree (excluding the poisonous seeds) are used, including the leaves, bark, roots and fruit. The ground leaves are mixed with buttermilk and ingested several times per day to treat diarrhea or bloating. To soothe an upset stomach or indigestion, curry leaves are crushed with ginger and mixed with rice.

Eating curry leaves cooked in coconut oil leaves is recommended for healthy hair. Curry leaves are also used for treatment of hereditary diabetes. Furthermore, curry leaf juice can be ingested for treatment of



renal diseases, or dropped into the eyes for the prevention of cataracts. This versatile plant can also be used against insect bites, eczema, anorexia, worms, indigestion, vomiting, diarrhea and inflammation.

The leaves can be used to make tea to treat fever.

New studies have shown that the curry tree contains several medicinally active substances. Experiments have shown that an aqueous extract of curry leaves actually lowers bloodsugar levels and thus is suitable for treatment of diabetes.

PRODUCTION

Since 2001 *Murraya koenigii* (Currytree), as well as other herbs, has been successfully cultivated at the “Land of the Medicine Buddha”, OneWorld’s own herbal farm. The noble **Curry tree leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**.

Carefully handpicked, and gently dried in the shade, the leaves and fruit retains all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Currytree leaves of the highest quality as a true **LOHAS product**.

USE IN OUR PRODUCTS

Curry leaf is used in one of our tea recipee “**die Braten Fee**”.

The raw leaves can be purchased unmixed on request.