

Curry Plant

Helichrysum italicum



Perennial shrub that can reach a height of 60 cm and a diameter of 80 to 100 cm, extremely rustic and adaptable to our climate and drought conditions, has abundant and lasting bloom, strong yellow color, between June and September.

It is often confused with a similar species, known as everlasting (*Helichrysum stoechas*).

Several subspecies of this plant have origin in the Mediterranean, some of which in Portugal, especially in habitats along the coast. It is impossible to go unnoticed when we cross the dunes and feel in the air its strong

scent of curry.

More info:

https://www.amu.bio/_curry_plant

Cultivation

Ideally it should be grown in well-drained soil with sun exposure. It is intolerant to excessive moisture and tolerates temperatures up to about -10°C.

Propagation can be done by sowing: February and March. The seed germinates between 2-3 weeks if the temperature is around 20 ° C, and planting should be done in late spring or early summer, after the frost.

However, the best way to spread this plant is by cuttings.

History

The curry plant, also called immortal, grows in the wild state in Southern Europe, in the Mediterranean basin.

It is originally from Corsica, France.

The word "Helichrysum" comes from the Greek helisso (change, turn around) and chrysos (gold).

Utilization

Their leaves and flowers are used. They must be obtained from fresh, since they lose their delicate fragrance when dried.

The essential oil of the curry plant is very rare and precious. It has exceptional properties from several points of view, the most powerful and well-known is the anti-hematoma.

This essential oil is used to treat scars, muscle injuries and is in the composition of various treatment products used by elite athletes as well as many cosmetics in specialty stores across the country.

It has anti-microbial properties, anti-inflammatory and antioxidant.

Its essential oil is still fantastic to enhance the flavors of fruit in candies, ice cream, bakery products and soft drinks.

The leaves are very used for culinary purposes, to add to salads and rice dishes, giving a light and pleasant taste of curry.