



Turmeric

Turmeric is a bright yellow-orange root known for its warm, slightly bitter flavor and use in both cooking and traditional medicine. Its vibrant color comes from curcumin, a powerful compound with anti-inflammatory and antioxidant properties. Turmeric supports joint health, reduces inflammation, and may lower the risk of chronic diseases like heart disease. Pairing it with black pepper enhances absorption, making it a potent addition to teas, smoothies, and curries.

Golden Turmeric Latte

INGREDIENTS

- 1 cup unsweetened almond milk (or milk of choice)
- 1 tsp ground turmeric
- 1/2 tsp cinnamon
- 1/2 tsp grated ginger
- 1 tsp honey or maple syrup (optional)
- A pinch of black pepper (enhances turmeric absorption)
- 1/2 tsp coconut oil (optional for creaminess)

DIRECTIONS

1. Warm the milk in a saucepan over medium heat.
2. Whisk in turmeric, ginger, cinnamon, black pepper, and coconut oil.
3. Heat until warm, then whisk again before pouring into a mug.
4. Sweeten with honey or maple syrup to taste.

ENJOY THIS GOLDEN TURMERIC LATTE
AS A COZY, HEALTH-BOOSTING
BEVERAGE PERFECT FOR COLD
JANUARY DAYS!

STORAGE & SELECTION

Choose firm, bright yellow-orange roots with smooth skin. Store fresh turmeric in the fridge for up to 2 weeks or freeze for several months. Ground turmeric should be kept in an airtight container in a cool, dark place.