

# Curry Plant



Helichrysum oil has recently been reinvestigated as a medicinal herb. It

is reputed to be good for bruises and varicose veins. But, you will probably have to make your own oil or infusion. There is very little oil commercially available which tends to make it a bit pricey. The Home Herbal is a great source for how to make almost any kind of medicinal preparation from your own herbs.

## *Helichrysum italicum*

- **Uses:** Silver-grey pine needle-shaped leaves and yellow flowers. The leaves have an aroma of curry powder and have been used to flavor foods. Around the Mediterranean where it is native, leaves or branches are placed in meat, fish and vegetable dishes and then removed before serving. Essential oil from this plant is anti-inflammatory, fungicidal and astringent. It is used in the perfume industry both for its fragrance and as a fixative. Also used as a moth repellent and in pot-pourri. An attractive tidy plant - good indoors in full sun. Some swear it is an effective cat repellent. Good herbal wreath and everlasting material.
- **Exposure/Soil:** Full sun. Good drainage is a must and best to underwater rather than overwater. Too much water or clay soil = death.
- **Growth:** Grows 2' tall and wide.
- **Hardiness:** Zone 7-10; Perennial; Herb
- **Foliage:** Semi-evergreen Normally a dusty gray, new flushes of growth, like those above, take on a greener appearance. Curry Plant looks very similar to a Lavender in its leaf stage.
- **Flower:** Not known for flowers.