Beneficial Bites

Bites

***Team Ginger***

* Excellent source of B vitamins and Vitamin C
* Excellent source of potassium, manganese, copper and magnesium
* Low in fat and calories
* Contains numerous anti-inflammatory and antioxidant compounds beneficial to health such as gingerols, beta-carotene, and capsaicin



Ginger is an herb - a knotted, thick beige underground stem called a rhizome. It is closely related to cardamom and turmeric.

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**November Menu items**

Homemade Gingerbread Cake

Sweet & Sour Chicken with Ginger

Buttered Ginger Carrots

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**Fragrant Ginger!**

* You can grow your own ginger indoors in pots by using ginger knots from the grocery store
* Ginger can be harvested after 4-12 months of growing
* Ginger is not a root, it is an underground stem of the plant
* Ginger is a tropical plant

Ginger is an herb

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