

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

[](https://www.google.com/imgres?imgurl=http://images.clipartpanda.com/beet-clipart-free-vector-beets-clip-art_115241_Beets_clip_art_hight.png&imgrefurl=http://www.clipartpanda.com/categories/beet-20clipart&docid=FuymCnq-zbIG6M&tbnid=VOmw3OtQ3MDSpM:&w=498&h=598&bih=882&biw=1400&ved=0ahUKEwirpuL819rOAhVEwiYKHb9AASwQMwhRKCkwKQ&iact=mrc&uact=8)

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[](https://www.google.com/imgres?imgurl=https://ae01.alicdn.com/kf/HTB1yNovMpXXXXbHXVXXq6xXFXXXV/outdoor-Garden-font-b-beet-b-font-Plants-20-Seeds-Boltardy-beetroot-organic-Vegetable-Seeds-font.jpg&imgrefurl=https://www.aliexpress.com/promotion/promotion_free-beets-promotion.html&docid=TbZO5QxfIbUvuM&tbnid=5_4RTpZJ_9SeLM:&w=516&h=489&bih=882&biw=1400&ved=0ahUKEwjAt9nE5NrOAhVD82MKHTKsAn84rAIQMwg1KDEwMQ&iact=mrc&uact=8)

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