**Team Ginger!**

Ginger or ginger root has a long history of use in various cultures as a popular spice or herbal medicine for thousands of years. The underground stem of the ginger plant can be consumed fresh, powdered, dried as a spice, or in oil form. The unique fragrance and flavor come from its natural oils, the most important of which is gingerol. Gingerol is the main bioactive compound in ginger, responsible for its powerful anti-inflammatory and antioxidant effects.

Ginger is a knotted, thick, beige underground stem, called a rhizome. The stem sticks up about 12 inches above ground with long narrow ribbed green leaves and can have beautiful flowers.

Ginger is a versatile addition to soups, sauces, and marinades. A cup of tea is one of its hallmarks, not just for its pleasant flavor, but soothing qualities.

Come join us in November for our Beneficial Bites presentation and learn about the nutritional benefits of wonderful ginger!

