Ginger is an herb - a knotted, thick beige underground stem called a rhizome

[](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 Nutrition:

* 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

**Team Ginger …**  
  
You can grow your own ginger indoors in pots by using ginger knots from the grocery store  
  
Ginger can be harvested from 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  
  
Ginger has a long history for medicinal use, treating nausea, motion sickness and loss of appetite  
  
You can cook with fresh ginger, powdered spice ginger, or ginger oil  
  
Ginger produces a hot, fragrant kitchen spice

You can chew on a quarter piece of raw ginger to help treat nausea

**Ginger**

When purchasing fresh ginger, make sure it is firm, smooth and mold-free. Store fresh ginger in a tightly wrapped plastic bag in the refrigerator or freezer

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**Enjoy fragrant ginger….**

**…Ginger pairs well with fish, pork, pumpkin and apples**

**…add into your next smoothie**

**…add fresh or dried to your next stir-fry or homemade dressing**

**…Steep peeled fresh ginger into boiling water to make ginger tea, with added honey or orange peel**