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



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**