



Ginger

Did You Know?

Ginger can be used in a wide variety of foods and drinks.

Try using it in:

- Cookies
- Curries
- Dipping sauces
- Gingerbread
- Homemade sushi
- Marinades
- Peach or apple crisp
- Salad Dressings
- Soups
- Stir fries
- Teas
- Vegetable dishes



Ginger has been valued for centuries for both its culinary and medicinal uses. A staple in Asian and Indian cuisine, this fresh, spicy ingredient can be used in a variety of ways.

Where can I find it?

Typical grocery stores will carry ginger in various forms:

- **Fresh** – Ginger in its “root” form will be found in a refrigerated area of the produce section. Break off the portion you desire, and store (unpeeled) in your refrigerator or freezer. To use, peel off the outer brown skin, then slice, chop, or grate. This form has a large amount of health benefits, and is very inexpensive.
- **Bottled** – Pre-grated ginger can be found in bottles or jars in most grocery stores. This convenience item can be used as you would fresh ginger, but can have added ingredients (and increased cost), depending on the brand.
- **Pickled** – This form is traditionally served with sushi, and can be found in the Asian section of many stores, or in Asian markets.
- **Candied or crystallized** – This form can typically be found in the baking aisle or bulk food section. Both have sugar added, which can temper the “bite” of fresh ginger. These forms are good for baking or eating.
- **Ground** – Ground or powdered ginger will be located in the spice aisle of your grocery store.

Health Benefits

Ginger is full of cancer-fighting antioxidants, and has anti-inflammatory properties. It can also help improve gas and other intestinal ailments. Its use in treating nausea and vomiting related to motion sickness, pregnancy, or chemotherapy is widely studied. However, it can affect blood clotting and interfere with some antacid medications, so it’s important to consult a physician before use, especially during pregnancy or with other medical conditions.