

DID YOU Know...



GINGER

Zingiber officinale

- The spicy edible portion of the ginger plant is the rhizome, which botanically speaking, is a horizontal, modified, underground stem rather than a root.
- The tropical plant grows 3-4 feet, has bamboo-like leaves and has beautiful flowers.
- Ginger is used medicinally as well as in preparing cosmetics and sweet and savory foods and beverages.
- Ginger was one of the 5 top selling tea herbs in the US in 2013.
- Native to Asia, India is the largest producer of ginger in the world.
- The long history of ginger's health benefits date back to ancient Asian, Indian, Arabic and Chinese herbal traditions.
- Ginger has been used to treat many ailments including the common cold, headaches and arthritis, but the most popular use is for gastrointestinal relief.
- Due to the drying process which breaks down one of the volatile oils in ginger, dried ginger is more pungent than fresh.
- Popular in diverse cultures, ginger was a major trade item gaining a following around the world including ancient India, Greece, Rome, China and in Victorian England.
- Ginger was the most common spice in medieval Europe, after pepper.
- During the American revolutionary war, soldiers received ginger in their food rations.