

Ginger Root



Did you know that ginger has been used for more than a thousand years for medicinal, therapeutic, and culinary purposes all around the world? Ginger root offers so much more than just reducing nausea and motion sickness. There are a multitude of benefits, and they have been confirmed with extensive research. So head on to your local grocery store to pick up some ginger root! It is easy to prepare, and we have simple recipes you can follow.

Benefits of Ginger Root

- ✓ Reduces nausea and motion sickness
- ✓ Soothes migraines
- ✓ Settles stomach issues
- ✓ Reduces joint pain and relieves arthritis
- ✓ Soothes menstrual pain
- ✓ Lowers blood sugar
- ✓ Regulates blood pressure and blood flow
- ✓ Strengthens immune system
- ✓ Contains powerful antioxidants

(www.ishafoundation.org)

How to Choose, Store, & Prepare Ginger?

- Choose fresh over dried ginger
- Make sure it is firm and smooth
- Unpeeled fresh ginger can be stored in the fridge for up to 3 weeks (6 months in freezer)
- To prepare, remove skin and peel with paring knife
- Can be sliced, minced, grated, or julienned

Ginger Garlic Shrimp

Serves 4:

- 1 1/2 tsp salt
- 1 1/2 pounds peeled, deveined shrimp (31 to 40 per lb., tails on)
- 2 tbsp oil [avocado or coconut or canola]
- 8 quarter-size slices peeled ginger
- 3 tbsp minced garlic
- 3 tbsp Chinese rice cooking wine, such as Shaohsing
- 4 green onions, ends trimmed, finely sliced (including green parts)

Directions:

1. In a bowl, sprinkle 1 1/2 teaspoons salt over shrimp and mix gently with your hands, about 1 minute. Pour shrimp into a colander and rinse well with cool water.
2. Pour oil into a large frying pan over medium-high heat. Add ginger and garlic and stir until they sizzle, about 30 seconds.
3. Add shrimp and rice wine; stir constantly until shrimp are almost all pink on the outside, about 2 minutes. Add green onions and stir just until shrimp are opaque in the center (cut to test), about 1 minute longer.

Ginger Lemon Tea

Serves 2:

- 2 cups of water
- 1 tbsp of fresh grated ginger
- Half of a lemon, juiced
- 1 tsp of honey
- 1 cinnamon stick (optional)
- Fresh mint leaves (optional)

Directions:

1. Bring the water to a boil, add ginger and turn off heat. Put the lid on it and let it steep for 10 minutes.
2. Strain water to remove grated ginger, and add lemon juice and honey (and optional ingredients).

Just have ginger at home? Simply add boiling water to peeled and sliced ginger root. Let it steep for 1-2 minutes and ENJOY!

