$5 will share 50 pounds of ginger root which is the same as 2,500 servings of food to hungry people in need. Normally, this amount of food in the grocery store would cost $1.60 per pound for a total of $80.00.

THANKS to you for helping provide a solution to hunger. We appreciate you being a part of Society of St. Andrew’s Adopt a Bushel-Feed a Nation Project.
HEALTHY TIP: GINGERROOT

What is Gingerroot?

- Gingerroot is a subtropical plant, grown for its nobby root. The root has tan skin, ivory to pale green flesh, and a peppery, slightly sweet flavor. Ginger is used grated, ground, and slivered in many Asian and Indian main dishes. It is often used in sweets and desserts in the United States.

- Gingerroot is associated with many excellent health benefits: maintaining normal and healthy blood flow; reducing nausea or morning sickness; improving metabolism; decreasing exercise-induced muscle pain, inhibiting growth of colorectal cancer cells; and even treating asthma.

Selecting:

- Look for smooth skin (wrinkles indicate that the root is dry and past prime) with a fresh spicy aroma. Also available dried and ground in the spice section. Specialty or Asian markets carry ginger juice, pickled ginger and preserved ginger.

Storing:

- Unpeeled and tightly wrapped ginger will keep in the refrigerator for 3 weeks; frozen for 6 months.

Preparing:

- For older roots, it may be necessary to remove the thick outer skin before cooking.

- Thinly sliced ginger, cooked in the saucepan or dish with the primary ingredient complements carrots, chicken, ham, onions, pork, pumpkin, rice, and tomatoes.

- Grated ginger or crystallized ginger (ginger very thinly sliced or grated and cooked in a sugar syrup, then removed from liquid and allowed to dry) goes well with chocolate, fruit, ice cream, or melons.