



A program of Society of St. Andrew

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# \$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.

# GINGER ROOT



Society of St. Andrew  
GLEANNING AMERICA'S FIELDS  
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# 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.

Sources: <https://www.geniuskitchen.com/about/ginger-166>, <https://www.medicaldaily.com/6-health-benefits-ginger-root-heavenly-spice-280374>



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We thank our friends at Brighter Bites for providing the above information.