



## Ginger

The Ginger spice is derived from the dried mature root of the flowering ginger plant. It's from the same family of plants that gives us turmeric, cardamom and galangal. Historically, Ginger was considered 'the great medicine', and was used as a trading commodity during the Roman Empire. Ginger is an invigorating and warming spice, with a sweet, peppery flavour, and a sharp, pungent smell. It is a versatile spice with a wide range of uses in sweet and savoury foods and drinks. Ginger is often used as the dominant flavour. The health benefits of ginger are related to its antioxidant, anti-inflammatory, and anticarcinogenic properties. It is used across all traditional, herbal, and western medicines for cold and flu symptoms and to relieve nausea.



- *Zingiber officinale* is a flowering plant belonging to the family Zingiberaceae, which includes turmeric, cardamom, and galangal.
- Ginger powder is derived from the mature, dried, ground rhizome.
- Ancient Sanskrit, Chinese, Greek, Roman, and Arabic texts discussed the use of ginger for health-related purposes.
- Historically, it was regarded as "the great medicine" among ancient Indians.
- Was a popular trading commodity exported to the Roman Empire more than 2,000 years ago from India.
- Helps to warm and energize the body when you are feeling chilled or sluggish.

### Cooking with Ginger

- The flavour of ginger is described as sweet and peppery with a prominent spicy aroma due to the presence of gingerols and ketones.
- It is a versatile ingredient that is used in a wide variety of applications including; cakes, biscuits, curries, stir fries, beverages and condiments.
- Used as a flavouring in ginger ale, ginger beer, and ginger wine.
- The aroma is pungent and sharp.
- Use 1/8 teaspoon of ginger powder per tablespoon of fresh ginger.
- For colds, and nausea; Steep ¼ teaspoon in hot water for 5 minutes. Strain and sweeten with honey.

## Health Benefits and Therapeutic Uses of Ginger

- Bioactive compounds have antioxidant, anti-inflammatory, and anticarcinogenic properties.
- Contains good amounts of Magnesium, Potassium, Vitamin B6, Vitamin C, Dietary Fiber, Folate, Niacin, Phosphorus, and Calcium
- Has been used as a stimulant, carminative and digestive aid.
- Frequently used to treat nausea, indigestion, dyspepsia, constipation, and colic.
- Believed to have anti-inflammatory properties.
- Research is currently being conducted on the ability of ginger to prevent or slow the growth of tumours.
- A natural expectorant, it helps to loosen the phlegm and mucous from the lungs, making it easier to cough out.
- In Asian medicine, dried ginger has been used for thousands of years to treat stomach ache, diarrhea, and nausea.
- Today, ginger is used as a dietary supplement for post-surgery nausea; nausea caused by motion, chemotherapy, or pregnancy; rheumatoid arthritis; and osteoarthritis.
- Gingerol, the most predominate pungent bioactive compound of ginger, has been reported to stimulate digestive enzymes to help improve gastrointestinal (GI) issues.
- In Ayurvedic medicine, it's used for the treatment of ailments such as indigestion, fever, digestive disorders, and chronic respiratory conditions.
- In Chinese Medicine, ginger is used in the treatment of nausea and vomiting, to quell inflammation of the stomach and infections related to the cold and flu. Dry ginger (gan jiang) is considered to be more hot and pungent than fresh ginger, and alleviates ailments such as diarrhea and poor appetite.