



GINGER

Developed by Healthy Start for Mom & Me and
supported by the Manitoba Government, 2020.



WHAT IS GINGER?

Question

What is ginger?

Answer

Ginger is a plant with **leafy stems**.

The **root** is the part used in **cooking**.

Ginger is available in the following forms: fresh root, powder, pickled, dried slices, extract.



Preparing ginger

- 1** Cut off the amount of ginger needed for the recipe. Then **rinse** the piece ginger with water and **pat dry**



Preparing ginger

2

Peel or scrape off the skin using a spoon, knife, or vegetable peeler



Preparing ginger

3

Chop, slice, or grate the ginger depending on what you are cooking



Tip

Ginger loses its flavour the longer it cooks so it is helpful to add it to your food towards the end of your cooking time



WHAT ARE SOME BENEFITS OF EATING GINGER?

Question

What are some benefits of eating ginger?

Answer

- Ginger **may** help with **nausea** including **morning sickness**.
- It is **traditionally** used in herbal medicine to help relieve **digestive upset** including **lack of appetite** and **indigestion**.
- It is also **traditionally** used in to help with **coughs** and **colds**.

Reference: Health Canada website: <http://webprod.hc-sc.gc.ca/nhp/nd-bdip/sn/monoReq.do?id=99&lang=eng>





**CAN YOU USE GROUND
GINGER INSTEAD OF FRESH
GINGER IN A RECIPE?**

Question

Can you use ground ginger instead of fresh ginger in a recipe?

Answer

Yes

1 tablespoon (15 ml) fresh
ginger, grated = $\frac{1}{4}$ teaspoon (1 ml) dried
ground ginger



WHAT CAN YOU MAKE WITH GINGER?

Question

What can you make with ginger?

Answer

Ginger is a spice that can be added to many recipes:

Add to **meat**
or **fish**



Use in **pureed**
soups



Add to
stir-fries



Use in **baking**
such as ginger
snaps (cookies),
pumpkin pie,
pumpkin muffins



Add fresh grated
ginger to **salad**
dressings



Recipe for Ginger Tea

Ingredients

- ½ teaspoon grated ginger
- 1 cup boiling water
- OPTIONAL: 1 teaspoon of honey (to taste)

Steps

- Peel off the outer layer of the fresh ginger root and slice it
- Boil water
- Steep ginger slices in water for 10 minutes
- Add honey to taste

2 – 3 cups of ginger tea is considered safe during pregnancy



**WHAT SHOULD YOU LOOK
FOR WHEN CHOOSING
GINGER IN THE STORE?**

Question

What should you look for when choosing ginger in the store?

Answer

- Look for **large pieces** of ginger that are **moist** and **heavy** for their size.
- **Avoid** pieces that are **wet, mouldy or withered**.
- Buy pieces of ginger root that are straight and rectangular in shape, with as few bumps and knobs as possible. This will make them easier to peel.



**HOW
SHOULD
FRESH
GINGER
BE
STORED?**

Question

How should fresh ginger be stored?

Answer

Refrigerator:

Refrigerate **whole, unpeeled** ginger root in a **sealed bag** with the air pushed out. It will last about **1 month**.

If not using the entire root – cut off what is needed and put the rest in a sealed bag with the air pushed out. Be sure to blot it dry first.

Always **leave the peel on for unused portions** and blot off any moisture.

Freezer:

Fresh ginger (with the peel) can be frozen. Place in a covered **airtight container** or freezer bag and put in freezer for **up to 3 months**. Frozen ginger will grate smoothly.

