

GINGER

Botanical Name: *Zingiber officinale*

Track record

ITS AN ENTIRE MEDICINE CABINET IN ITSELF!

Crusader

Widely Used in Ayurveda FOR

QUEASINESS
CIRCULATION
INCREASING APPETITE
JOINT PAIN
MOTION SICKNESS
ABSORPTION OF NUTRIENTS
ELIMINATION OF WASTES
ANTI-BACTERIAL
EXCESS MUCOUS
FEVER



History

Word ginger comes is derived from the ancient word in Sanskrit, Singabera meaning 'shaped like a horn'. First appeared in 5th BC in the writings of Confucius and has been used by Indians and ancient Chinese for 1000s of years, the root of ginger is was used to treat common ailments. It is a native plant probably of Southeast Asia, became a popular and expensive trading spice. Ginger has been traded throughout history longer than most other spices. It was valued for its medicinal merits: it is a popular warming spice, a digestive aid, and sometimes used to treat flatulence and colic.

Ayurveda gives ginger the status of a virtual medicine chest. That's because this wonder spice has time tested digestion-friendly properties, in addition to its numerous other health benefits. In India, we use ginger liberally in our daily life. Adding Ginger to chai is a household favourite, and it's an antidote for battling cold and flu.

RECIPE FOR HOT GINGER MILK

Put 1 cup of organic milk, 1 cup water, freshly grated ginger and 3-4 cardamom seeds into a saucepan.

Heat over medium high heat until boiling.

Reduce heat immediately to low and simmer for five minutes.

Pour into individual cups and stir in ghee.

Good for insomnia, stress, constipation, indigestion.

(If we boil milk with warming spices it will become much lighter and much easier to digest)



Science

Ginger's anti-inflammatory properties no doubt make it beneficial for many chronic inflammatory diseases. Other research shows it has anti-tumour activity that may help defeat difficult-to-treat types of cancer. For diabetes, ginger appears to be useful both preventively and therapeutically via effects on insulin release and action, and improved carbohydrate and lipid metabolism.

Use

Look for ginger with smooth skin, light brown and with a pinkish tinge (wrinkled ginger is old). Ginger keeps peeled, sealed and refrigerated for about 2 weeks. Ginger derives its intense flavour from its gingerols and this content varies, so fresh ginger can varied in tanginess, sweetness, spiciness. It can also range from mild to hot.

Dried ginger differs in flavour and is not as intense as fresh ginger but works well for sweet dishes.

Ginger is versatile and can be used in many ways;

Ginger & Herb Rice

Cook rice. and then stir in finely chopped garlic, ginger, green chillies—this will add a lovely flavour

Ginger Juice

'Grate' idea: grate some ginger root and put it in your juicer, along with carrots and apples and a little lemon juice.

Other ideas for using Ginger

- sprinkle over sautéed apples
- grate into cheesecake batter
- sprinkle on sweet potatoes before baking
- add ginger, garlic, soy sauce to sesame oil for a dipping sauce or marinade for meat or vegetables.

