

Fresh Facts:

Ginger



HEALTHY INSIGHTS

Chef Ben's cooking tip:

Finely chop ginger and then mash together with garlic using the side of your knife to create a super flavorful base for stir-fried dishes.

- Ginger can inhibit the growth of bacteria and even viruses, helping reduce risk of infection & illness.
- Ginger is a trusted remedy for an upset stomach. Try ginger chews or tea to help relieve nausea.
- Gingerol is a bioactive compound, that gives ginger its antioxidant & anti-inflammatory properties.

FRESH TRIVIA

To treat digestive problems, Greeks would eat ginger wrapped in bread. Eventually ginger was added to the bread dough creating that wonderful treat many around the globe love today: gingerbread!



SPICE
— FIELD KITCHEN —