



Ginger

Plant: Ginger should be planted in late winter or early spring. The root can be planted in a 14-inch pot, or if planting in the ground, it needs to be placed six to eight inches apart. The plant will only grow about two to three feet in height.

Grow: Ginger does best in rich, moist soils. It will thrive if placed in a sheltered spot with filtered sunlight, warm weather and humidity. It will not mature well in direct sunlight, frost, strong winds or soggy, waterlogged soil.

Harvest: It takes about eight to ten months to harvest. Once all of the leaves have died down your ginger is ready for harvest. If you need to use your ginger before 8 months you can start taking parts of it after 4 months - just dig carefully at the side of the clump.

Nutrition Facts	
Serving Size (6g)	
Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutritional Information:

Ginger is a culinary herb that contains many vitamins and minerals. It is also used for medical purposes. Ginger contains multiple B vitamins and potassium. Potassium helps control your heart rate and blood pressure. Medically it has been used for anti-inflammatory and antibacterial purposes. It can also reduce nausea caused by pregnancy and may relieve migraines.

How to Prepare: Ginger can be boiled in hot water for medical uses or more commonly used as flavoring for culinary purposes. The ginger root is first washed and then the paper skin is removed using a peeler. The ginger is then sliced cutting with the grain and added to the recipe as needed.



Ginger Grilled Salmon

Yields: 4 servings

Serving size: 1 fillet

Ingredients

- 2 tsp fresh ginger root
- 1 cup orange juice
- 1 cup honey
- 4 salmon fillets, about 5 oz each raw

Preparation

1. Combine ginger, orange juice and honey for marinade.
2. Add salmon fillets to marinade. Hold overnight in refrigerator. Drain and discard marinade.
3. On a 350 °F grill, cook fillets for 5 minutes on each side turning over once. (Minimum internal temperature should be 145 °F). Serve immediately.

Nutrition Facts per Serving:

160 calories, 6 g fat, 10 g carbohydrates, 0 g fiber, 18 g protein