



# Ginger

## 3 Prep and cooking tips

- To remove the skin of ginger, use the back of a spoon, a sharp knife, or peeler. Chop, slice, grate, or mince ginger depending on your preference
- Ginger loses its flavor the longer it cooks. Add ginger at the end of your cooking time to maintain freshness and taste.
- Ginger is an excellent spice in stir fries, teas, and baked goods.

## 2 Shopping and storage

- Select ginger that smells sharp and strong. Quality ginger will smell peppery or have a slight aroma of citrus.
- Ginger root can be frozen unpeeled for up to 6 months.

## 1 Nutrition Fact:

- Ginger contains potassium and magnesium. Potassium helps control blood pressure and protects against muscle loss. Magnesium plays a role in maintaining healthy bones and a healthy heart. Ginger can also help relieve an upset stomach and nausea.

**Go!** Scan the QR code to learn more:

