



Ginger

Purchasing Specifications

Availability:

Year round

Growing Regions:

Costa Rica, Guatemala, Honduras, Jamaica, Nicaragua, USA

Receiving Information:

- Selection: Choose robust firm roots with a spicy fragrance and smooth skin. Ginger root should not be cracked or withered.

Storage/Handling:

- Storage: Store ginger root tightly wrapped in a paper towel or plastic wrap or placed in a plastic bag in the refrigerator for 2-3 weeks.
- Mold; sprouting: Indication of storage at high temperatures or in high humidity.
- Shriveling; softening; moisture on skin: Indication of chill injury.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

- Usage: Ginger can be added to beverages, fruit salads, meats, poultry, fish, preserves, pickles, sweet potatoes, winter squash, carrots, beets, pumpkin, rhubarb, and peaches. Combine it with onions and garlic; also excellent combined with soy sauce.
- Taste: Ginger's flavor seems to be half spice and half citrus; it has a milder flavor and aroma when young; when mature, the aroma becomes more pungent and the taste becomes spicy.
- Skin Texture: Knobby; smooth.
- Flesh Description: Knotty, tuberous rhizome, buff/beige in color. Outside Coloring: Tan, whitish or buff colored depending on the strain. Shape: Tuberous; knobby rhizome.
- Scientific Name: Zingiber officinale Roscoe

Nutrition Facts

Serving Size: 1 teaspoon

Amount Per Serving

Calories 2	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	0%
Trans Fat	
Cholesterol 0 mg	
Sodium 0 mg	0%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 0 g	0%
Potassium 8 mg	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.