

Grown in Clay County, NC,  
at Qualla Berry Farm

# FRESH GINGER

*Zingiberaceae* (ginger family)  
*Zingiber officinale*



“Baby Ginger” is the freshly harvested rhizome presenting as a tender white or yellow knobby 'root' with pink bud scales and green ginger stems at the top. Ginger is an ancient Southeastern Asian tropical spice plant and has been grown and eaten for centuries both as food and medicine. There are infinite culinary uses from carrot ginger soup to gingerbread.

**Fresh use:** No need to peel! Easy to grate and slice. Store up to two weeks at room temperature in the dark in a brown bag or waxed paper. It will dry out somewhat.

**Freezing:** Freeze whole rhizomes well sealed (ziploc or vacuum seal bags) in small batches for later use or you may freeze sliced or grated ginger.

**Refrigerator:** Fresh ginger may be grated and stored in a jar of dry sherry, wine, vinegar, or salt in the fridge for many months. Or mix with Turmeric in Carla's Spice Paste and keep in the refrigerator.

*To order, contact:*

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*For more information and recipes visit [www.quallaberryfarm.com](http://www.quallaberryfarm.com)  
Ecoganically grown at 2000 ft in the Western North Carolina Mountains*

## Ginger Infusion (“Tea”)

Start boiling two quarts of water. Chop in food processor or grate 2oz fresh ginger (about the size of two fingers).

Remove the chopped ginger from the food processor and place into a glass or ceramic pitcher (not plastic). Pour 2 quarts boiling water over the chopped ginger. Let steep overnight or until cool. Strain the steeped ginger tea into mason jars and keep refrigerated for drinking over the next several days. The strained off grated pieces can be thrown in stir fry or soup.

We keep 1/2 gallon jar of ginger tea in the fridge. Add a squirt of bottled lemon juice or squeeze and add some fresh lemon.

You may sweeten to taste with honey or sugar to make a ginger lemonade.

We use the same recipe with our fresh turmeric infusion, only we add 1 teaspoon black pepper to the, 1/2 gallon of turmeric “tea”. We often drink ginger and turmeric infusions blended half and half for a delicious combination.

Enjoy hot or cold!