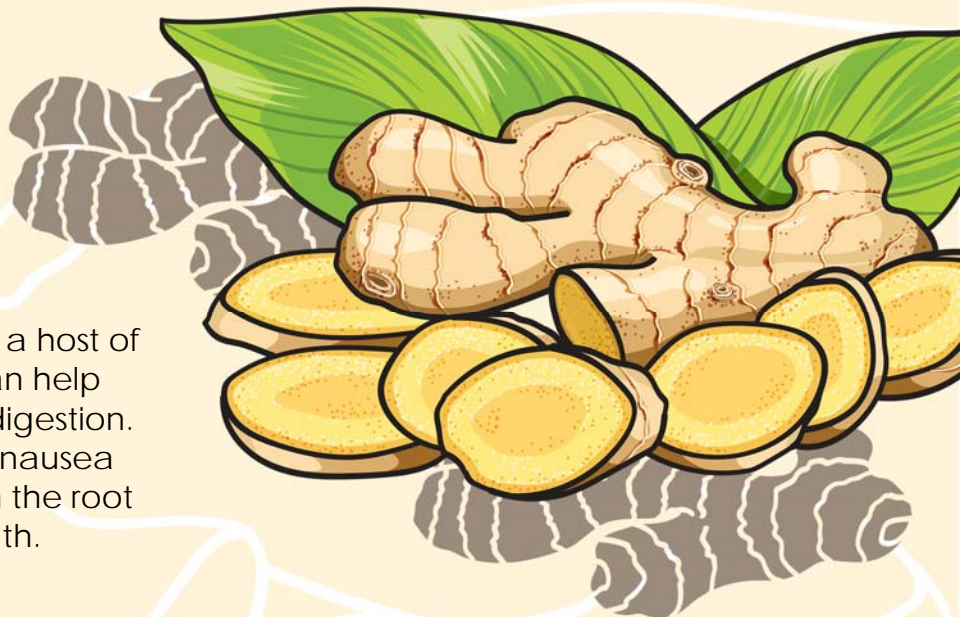# Ginger

In addition to great flavor, ginger has a host of health benefits. Primarily, ginger can help improve gastrointestinal health and digestion. Ginger can help ease symptoms of nausea and bloating, and the antioxidants in the root can help promote cellular health.

SELECTION & STORAGE

Both ginger root and ginger powder contain all the same health benefits. Though the fresh root may be more flavorful, ginger powder is convenient, economical, and nutritious. When selecting ginger root, choose ones with firm, unwrinkled skin that's thin enough to scrape away with your fingernail. Fresh ginger lasts up to three months in the refrigerator, and it can be frozen after you have peeled and chopped it.

RECIPE OF THE MONTH: LEMON GINGER TEA

INGREDIENTS:

- 1 tablespoon grated fresh ginger
- 1 ¼ cups (10 ounces) boiling water
- 1 teaspoon honey
- 1 lemon wedge

DIRECTIONS:

1. Bring the water to a boil.

2. Meanwhile, peel the ginger with a spoon and finely grate it with a grater or microplane.

3. Place the ginger in a tea strainer or tea ball, then place it in a mug. Pour over the boiling water. Allow the ginger to steep for 5 minutes.

4. Remove the tea strainer. Stir in honey and a spritz of lemon juice from the wedge.