Ginger

Strong Ginger Tea

To make a couple cups of strong ginger tea, you'll need a heaping tablespoon organic ginger powder - 2 cups purified water - a small saucepan
Bring organic ginger powder and water to simmer in small covered saucepan on low to medium heat. Allow to settle. Strain by pouring the liquid off the top and enjoy.
To make this into my Perfect Energy Tea, before straining and while still hot, remove from heat and allow to cool for 5 minutes. Add 2 teaspoons organic gunpowder green tea and a fresh organic lemon wedge. Steep for 3-5 minutes. Then strain and enjoy!

Stovetop Ginger Oil

To make stovetop ginger oil simply use one heaping cup organic ginger powder in a pint sized mason jar. Stir the ginger with unrefined organic coconut oil and place in a medium pot of cold water. On high heat, boil the water then immediately reduce heat to low and simmer 2 hours. Once the coconut oil melts, continue to add more oil until the jar is 3/4 full. Check often and add water occasionally to the pot. It would be disastrous to allow the pot to go dry! Allow the powder to settle and pour the oil into a clean jar and cover. Label and date the jar (example Cayenne Oil - 6/17/15). Store in dark, cool place. Coconut oil will solidify. Oil of ginger may be used topically to relieve pain.

Ginger (zingiber officinale) is known to boost the health of your immune and respiratory systems and is very good for your stomach. It is known to heal chronic pain and is also used to treat symptoms of the common cold and other respiratory infections. It helps soothe cough affiliated with bronchitis. Digestive ailments including heartburn, nausea, vomiting, cramps, gas and diarrhea are easily healed with ginger. It is known to increase fat loss and suppress appetite, reduce inflammation, relieve arthritic, muscular, chest, lower back and stomach pain. Oil of ginger may be used topically to relieve pain.



Organic Ginger is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

Organic Ginger
(Bags 1 oz $4)
(Bulk 4 oz $11)
(Bulk 1 lb $36.22)

Perfect Energy Tea

You'll need 4 cups Strong Ginger Tea one heaping tablespoon organic gunpowder green tea - ⅓ cup fresh squeezed organic lemon juice - quart mason jar with cover - 4 cup measuring cup - ¾ cup local, organic honey
Make 4 cups Strong Ginger Tea and allow to cool for 5 minutes in saucepan. Add gunpowder green tea and lemon juice and allow to steep 3-5 minutes. Strain into measuring cup. Pour the strained tea into your mason jar. Stir in the honey.
Benefits:
Ginger fights inflammation which helps me breathe. And green tea is a tonic in it and of itself. Always add citrus to green tea.

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