Ginger

Warm Ginger Tea Recipe

To brew a proper cup of warm **ginger** simply steep one bag (or 1 teaspoon powder) ten minutes in a cup purified water. Do not strain. Stir and enjoy.

Ginger Extract Recipe

To make a full strength half pint ginger extract simply use one heaping cup organic **ginger powder** in a pint sized mason jar. Cover the **ginger** with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label and date the jar (ex. Mullein June 17, 2015). Store overnight in a dark, cool place. The **ginger** might absorb the alcohol, so if necessary for one week top it off daily with more alcohol and give it a good shake to keep the powder covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea. Ginger extract is great to ease any digestive discomfort and combat pain from inflammation.

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.



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)

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