



Ginger **RECIPES**


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Ginger Chew

Ingredients

-  1 ring fingernail sized piece of fresh ginger

How to Make



-  1. Slightly chew up fresh ginger root the size of half your pinky finger nail

Use: Put fresh, mashed ginger root directly on tooth that hurts, bite down and leave it there

Shelf Life: A couple hours. Keep replacing the ginger chew, every couple of hours





Healing Ginger Compress

Ingredients

-  2 cups water
-  2 tablespoons dried ginger or 4 tablespoons fresh grated ginger

When making ginger infusion for a compress, I make it stronger than I would if I were drinking a ginger infusion. So you can see that I add more ginger to the tea made for a compress than the ginger tea I drink for nausea.

How to Make

-  1 Make 2 cups strong ginger infusion
-  2 Strain ginger from the infusion
-  3 Warm the infusion up until it is just hot enough to feel good but not burn your skin
-  4 Soak a washcloth in the strained out infusion

Use: Apply the warm infusion soaked wash cloth to your belly, or low back to help with menstrual cramps.

You can soak two washcloths to cover more area. Cover washcloth on your belly with a dry towel and blanket or hot water bottle to hold the heat in

Close your eyes, relax and breathe in the aroma of the ginger. Take ten slow deep breaths and allow yourself to completely relax. You can repeat this process several times.

Once the wash cloth cools down, you can re-heat the tea and re-apply the hot (not too hot) washcloth.



Make sure the washcloth is just the right temperature that will feel good and not burn your skin. Rinse off after finished.

Shelf Life: Tea is good for one or two days



Herbal Kitchen Remedy Technique #3

Ginger Body Wash

Ingredients

-  2 cups strong, hot ginger infusion
-  1 scrubby feeling washcloth

How to Make

-  1 Dip wash cloth in hot ginger infusion
-  2 Wring out the excess infusion. Don't wring it out hard, just wring it enough so that lots of infusion is still in the washcloth, but not dripping all over the place

Use: Scrub the whole body with the wash cloth to increase circulation and help eliminate congestion.

Dip the wash cloth into the hot infusion each time the wash cloth cools down.







Start at the feet and move toward the heart.

Scrub for 5 to 10 minutes covering the whole body, spending extra time in areas that feel sore, stuck or congested

Shelf Life: Infusion lasts for 2 days




Ginger Elixir

Ingredients




-  1 cup organic milk (cow, almond, coconut, rice.....)
-  2 tablespoons finely grated fresh ginger (use the smallest grated size you can find)
-  2 tablespoons coconut oil
-  2 tablespoons honey
-  ½ teaspoon cinnamon
-  ½ teaspoon nutmeg

How to Make

GINGER ELIXIR MIX

-  1 Mix ginger, coconut oil, cinnamon and nutmeg into a jar
-  2 Stir well and make sure everything is mixed together well
-  3 Put a lid on the jar and store in the fridge for up to 2 weeks

DRINK TIME

-  1 Put 1 cup milk and 2 tablespoons of Ginger Elixir Mix in a pot and bring to a boil
-  2 Turn the heat down low and simmer for 1 or 2 minutes
-  3 Simmer on low until the milk begins to froth a little, then turn off the heat



Mix in the honey, the above recipe is a guideline. Some people like this drink without any honey



Pour into a cup, garnish with a dash of cinnamon





Use: Drink for warmth, circulation and reducing inflammation

Shelf Life: The Ginger Elixir Mix is good stored in the fridge for 2 weeks. Once you make the drink with milk, drink it up while it is warm. You can re-heat it if you like










Ginger Tummy Tea

Ingredients

-  2 cups water
-  1 teaspoon dried ginger, if you are using fresh ginger, add 2 teaspoons ginger
-  1 teaspoon fennel
-  Dash of cinnamon

How to Make





-  1 If you are using fresh ginger, chop the root into ¼ inch sized pieces
-  2 If you are using dried ginger, crush the ginger just a little with a mortar and pestle
-  3 Place all spices and water into a pot with a lid on it. I use stainless steel Revere pots; glass and enamel pots also work well
-  4 Bring water and ginger to a boil and then immediately turn off the fire
-  5 Let herbs steep for one to two hours
-  6 Using a metal strainer, remove the herbs from the tea and pour the tea into a teacup or pitcher
-  7 Re-heat when ready to drink

Use: Drink a cup of this warm tea when you have eaten something that isn't settling right in your belly.






Shelf Life: 1 to 2 days depending on the weather and if you store it covered in the fridge or leave it on the counter

Chest De-Congest Tea

Ingredients

-  2 cups water
-  1 tablespoon fresh basil
-  1 teaspoon fresh ginger
-  ¼ teaspoon black pepper

How to Make




-  1 Put water and spices in a pot with the lid on
-  2 Bring to a boil and turn off the heat
-  3 Let sit for 1 hour
-  4 Strain spices from water
-  5 Re-heat and drink

Use: Drink 1 or 2 cups hot tea for coughs or hay fever



Shelf Life: Tea is good for two days

Spicy Popcorn Sprinkle

Ingredients

-  2 tablespoons powdered garlic
-  1 tablespoon pink Himalayan salt (this is what I like, but use your favorite salt)
-  Dash of cayenne pepper or paprika depending on how spicy you like it

How to Make




-  1 Mix ingredients together in a bowl and stir well
-  2 Put into a small jar, or put into a little bowl and keep it on the dining table

Use: Spice up your popcorn, use this instead of salt




Shelf Life: Store in spice jar for up to 2 years

Ginger Cinnamon Sprinkle

Ingredients

-  salt shaker
-  2 tablespoons powdered cinnamon
-  2 tablespoons powdered ginger

How to Make




-  1 Purchase or dried, powdered cinnamon and ginger
-  2 Mix them together well in a bowl, then put them into a salt shaker
-  3 Sprinkle on your food. Easy!

Use: This is a great sprinkle to keep on the table during cold season. Sprinkle it on breakfast foods, rice dishes, yogurt and smoothies




Shelf Life: The shakers have open holes, so the herbs are consistently exposed to oxygen. This exposure breaks the spices down more rapidly, but they still last pretty well in the shaker and usually six months isn't a problem. I prefer shakers with lids that close over the holes when you are finished using them.

Ginger Ale #1

Ingredients

-  Fist size piece of fresh ginger
-  Honey
-  Carbonated water to taste

How to Make




-  Juice the fresh ginger in a juicer
Add honey, 1:1 with ginger juice (Which means, if you have ½ cup ginger juice, add ½ cup honey)
-  Put honey and ginger juice into a jar and shake well
-  Pour a glass of carbonated water and begin with a healthy splash of the ginger honey juice. Then continue to add more to taste. Fresh ginger juice is strong and a little goes a long way

Use: Drink as a refreshing and enlivening beverage






Shelf Life: Good for as long as the carbonated water has bubbles

Ginger Ale #2

Ingredients

-  1 quart Ginger tea
-  ¼ to ½ cup fresh ginger juice (put fresh ginger root through a juicer)
-  Add honey and carbonated water to taste

How to Make







-  1 Make ginger tea
-  2 Add juiced ginger to tea (optional)
-  3 Mix honey in well
-  4 Add carbonated water to taste
-  5 Garnish with lime

Use: Drink as a refreshing and enlivening beverage






Shelf Life: Good for as long as the carbonated water has bubbles

Basil Lemonade

Ingredients

-  2 cups basil ginger tea
-  2 cups water
-  1 tablespoon fresh, chopped ginger
-  1 tablespoon fresh chopped basil (you can use dried basil, the flavor is not as good as fresh basil though, and use 1 teaspoon dried basil instead of 1 tablespoon)
-  ½ cup honey
-  ½ cup fresh squeezed lemon or lime juice

How to Make

-  1 Put basil and ginger into a pot of water with the lid on
-  2 Bring water, ginger and basil to a boil and then immediately turn off the fire
-  3 Let herbs steep for one to two hours
-  4 Strain herbs from tea
-  5 Mix in honey and lime juice

Use: Makes a delicious beverage. This recipe also makes nice ice cubes

Shelf Life: 2 days

Ginger Benefits:

Analgesic, anti-inflammatory, circulatory stimulant, diaphoretic, anti-nausea, carminative, anti-spasmodic