



FOUR FAVORITE FRESH

GINGER

RECIPES &
STORAGE TIPS



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HOW TO STORE YOUR FRESH BABY GINGER

You are SO fortunate to be one of the few people on the planet to experience fresh, baby ginger. Lusciously sweet with so little heat, it's easy to slice and such a treat.

SHORT-TERM

Enjoy your ginger as quick as you can! If you don't eat it all at once, store it in a closed container in the fridge for up to two weeks. The fresher the better! Enjoy every bite :)

LONG-TERM

Freezing preserves the fresh flavor and delicate texture surprisingly well.

Here's how ☐☐

Chop or slice your ginger, cleaning every nook and cranny. Freeze each piece on a cookie sheet overnight before tucking it into a bag to use for up to one year.

As you enjoy your frozen ginger, let it rest a few minutes to soften slightly before using. More than 30 minutes, it's mush. Cheers!



GINGER-SOY DRESSING

I love this as a salad dressing and dipping sauce for roast eggplant and meat, as well as a marinade for vegetables, tofu and chicken.

INGREDIENTS

1/4 cup soy sauce
1 scallion, chopped fine
3 tablespoons mirin/rice wine vinegar
4 tablespoons baby ginger, grated
1 teaspoon honey (optional)
1 teaspoon toasted sesame oil
1 garlic clove, minced

PREPARATION

Whisk all ingredients together in a bowl and enjoy!



GINGER SESAME SWEET POTATOES

This is SUCH a decadent treat, both sweet and savory. Perfect for fall, we love this dish served with barbequed meat, vegetables and a glass of red wine.

INGREDIENTS

2 pounds sweet potatoes
4-inch piece of fresh ginger
1 tablespoon toasted sesame oil
salt
toasted black sesame seeds to garnish

Optional & Awesome:

1 teaspoon ground coriander
1 tablespoon butter
freshly ground black pepper

PREPARATION

Boil or roast sweet potatoes til soft.

Mash or puree to desired consistency.

Gently warm oil with grated ginger and salt for 2 minutes (if you're adding coriander, now is the time).

Combine it all, garnish and enjoy!

GINGER-CARROT KRAUT

This may be our favorite, most versatile ferment of all time. We put it on salads, curries, stir-fries, and even soups like borscht.

INGREDIENTS

5 pounds fresh carrots
6 inches (or more!) fresh ginger
3 tablespoons salt

Extra Brine:

1 quart water
2 teaspoons salt

PREPARATION

1. Grate carrots and ginger into a large bowl, sprinkling salt as you go. The salt will pull water out of the carrots, making your brine and making the carrots more crunchy.
2. Pack into a crock or large, wide-mouth jars, tamping down so there are no air pockets. If you need extra brine to submerge, now is the time. Keep in mind: more water will extract for 24 hours.
3. Press down with a weight to keep carrots & ginger submerged. Cover with cheesecloth. Let the fermentation begin!
4. Taste every few days and be sure ferment is below the brine. Once you love the taste, scoop it into an airtight container and tuck in the fridge to store.



GINGER CHAI CIDER

The apples are ripe when we harvest our ginger in fall; we couldn't help but combine the two!

INGREDIENTS

3-inch piece fresh ginger, cut into thin rounds
2 cinnamon sticks
2 teaspoons black peppercorns
10 whole cloves
6 cardamom pods
6 cups cider

PREPARATION

Combine first 5 ingredients in medium saucepan.

Using the back of large spoon, lightly crush or bruise spices.

Add 6 cups cider; bring to boil over high heat.

Reduce heat to medium-low, partially cover pan, and simmer gently for 10 minutes.

Remove from heat.

Strain chai into teapot and serve hot.



Would you like to
GROW YOUR OWN GINGER?

If we can, you can!

Even without a greenhouse, right in your own backyard.

Our rhizomes to be available online this winter (www.fruitionseeds.com)
as shipped transplants in spring as well as on our farm each weekend in
May between 10 and 2.

Stay tuned for our classes online and on our farm!

In the meantime, enjoy every bite :)



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