

Herbal Spotlight - Ginger

Backstory

Ginger is a globally recognized and cherished herb that has been woven into culinary traditions and herbal medicine practices for centuries. Originating in Southeast Asia, ginger's distinct flavor and potential health benefits have made it a staple ingredient in cuisines and natural remedies worldwide.

Benefits

Ginger boasts a plethora of potential health benefits due to its bioactive compounds, including gingerol, which gives the herb its characteristic spicy flavor. One of ginger's most renowned benefits is its ability to aid in digestion. It can help alleviate nausea, reduce bloating, and promote a healthy gut by stimulating digestion and soothing digestive discomfort.

"There is enough evidence to prove that ginger possesses multiple biological activities, especially antioxidant and anti-inflammatory capacities" (Effect of Ginger on Inflammatory Diseases Pura Ballester, Begoña Cerdá, Raúl Arcusa, Javier Marhuenda, Karen Yamedjeu, Pilar Zafrilla <https://pubmed.ncbi.nlm.nih.gov/36364048/>). This could contribute to the management of chronic conditions such as arthritis and support overall immune health.

Ginger has also been studied for its potential to relieve muscle pain and soreness, making it a natural remedy for those looking to ease post-exercise discomfort. Furthermore, it may play a role in managing blood sugar levels and supporting cardiovascular health.

If supplementing with Ginger, follow recommended serving sizes and consult a medical professional prior.

Recipes

Use fresh or dried ginger to make a tea infusion by steeping it in hot water.

Add ground ginger to a vegetable or meat stir-fry recipe for a burst of flavor.

Create your own ginger-infused oil by steeping ginger in olive oil. Drizzle this oil on top of salads and in marinades.

Sustainable Sourcing

Monterey Bay Herb Co is proud to work with a sourcing partner that supports the communities and ecosystems that grow our Ginger. Our Ginger products are certified

Organic from vertically managed land in the foothills of the Himalayas in India and Bangladesh. Our sourcing partner prioritizes long term soil health.

Monterey Bay Herb Co strives to be the best sourcing partner for small businesses who harness botanicals to create wellness in our world. Our strict sourcing sustainability standards ensure that we can offer high quality ingredients that are consistently in stock and our relationships with our sourcing partners guarantee you competitive prices.