

Happy New Year!

2016 CSA

Fall

December 31st

Planet Earth Diversified

- Fresh Ginger
- Baby Red Kale
- Chervil
- Delicata Squash
- Potatoes
- Tomatoes
- Hot Peppers
- Chives
- Pineapple Sage
- Papaya
- Arugula
- Lavender

So many benefits to eating fresh, locally grown foods... This week Michael wanted to share some of the amazing properties of ginger. Dr. Carlin Rafie gave a presentation at VSU about her research that included the following:



therapeutic effects of anti-oxidant, anti-inflammatory, anti-tumorigenic, hypoglycemic, hypocholesterolemic, analgesic, and anti-microbial. She also touched on its uses in Ayurvedic, Chinese and Hindu medicine, treating digestive disorders, nausea and morning sickness, arthritis, muscular

discomfort, headaches, the common cold, and inflammatory conditions.

Michael documents these educational conferences at vsuag.net. Making it easy to use all year long, he grinds it up with honey to a paste and pops it in the freezer for tea, adding a large teaspoon to hot water for a delicious cup. We also store it whole in the freezer and grate into our stir-fry or on top of squash for fresh ginger flavor. We will chop the root and greens fresh for a pot of tea, utilizing the benefits of the whole plant. The leaves and stalks can be used as a wrap and stuffing for meats/fish, as an infusion similar to bay leaf or lemongrass. These also make a nice base for Asian stock. The tomatoes, peppers and ginger are part of the core for Michael's hot sauces and make a great combo for curry dishes. Here is to spicing up your cold days! Cheers!