

Ginger

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The ginger plant (*Zingiber officinale*) is grown for its aromatic, pungent, and spicy rhizomes, which are often referred to as ginger roots. The main active components in ginger are gingerols, which are responsible for the distinct fragrance and flavor. Gingerols are powerful anti-inflammatory compounds that can help alleviate the pain caused by arthritis. Studies have also shown that ginger helps boost the immune system, protect against colorectal cancer, and reduce cell death in ovarian cancer.

🌱 Grow it

Soil Preparation

- Incorporate a layer of organic matter into the soil.

Planting

- If you are buying ginger from a store, soak the rhizomes in water overnight.
- Cut the ginger rhizome into 1- to 1½-inch pieces, each with well-developed eyes.
- Set them aside for a few days to allow the cut surface area to heal and form a callus.
- In early spring, plant the rhizomes 6 to 8 inches apart and 2 to 4 inches deep with the growth buds pointing upward.

Fertilizing

- Add a slow-release fertilizer at planting.
- After planting, a liquid fertilizer may be applied every few weeks.

Watering

- Do not allow the plants to dry out while they are actively growing. Keep the soil damp.
- Always avoid overwatering.
- As the weather cools, reduce watering.

Harvesting

- Ginger can be harvested by digging up the entire plant.
- Although it may be harvested at any stage of maturity, the best time is when the plant is 8 to 10 months old.
- After harvest, choose which rhizomes to replant and replant them promptly.



Sun:
2 to 5
hours
direct sun



Soil:
Loose,
Well-
drained



Planting:
Early
spring



Harvest:
Late fall



Life Cycle:
Annual



Container
Friendly



Buy it

- Choose ginger roots without cracks. They should not be withered. Ginger should have firm, robust roots.

Store it

- Keep ginger root in the refrigerator for up to 3 weeks. Store it wrapped in plastic wrap or a paper towel.
- For canning and preservation instructions, visit nchfp.uga.edu.

Use it

Orange and Ginger Salmon

Course: Main Dish
Serves: 4

Ingredients:

- 2 lb fresh salmon fillet
- ¼ cup honey
- 1 Tbsp fresh orange zest
- 2 Tbsp orange juice, freshly squeezed
- 1 Tbsp fresh ginger root, grated
- 2 garlic cloves, grated
- 1 orange, thinly sliced

Instructions:

Preheat oven to 400°F. Cover a large baking sheet with heavy-duty foil.

Remove salmon from packaging and place it on the covered baking sheet, scales down.

Combine the honey, orange zest, orange juice, ginger, and garlic in a glass jar. Cover the jar with the lid and shake it until it is mixed well.

Pour dressing over salmon on the pan.

Place orange slices around salmon.

Bake salmon for 25 to 30 minutes until it reaches an internal temperature of 145°F. Measure the temperature at the thickest part of the fillet.

Ginger Lemonade

Course: Drink
Serves: 6

Ingredients:

- ½ cup ginger root, peeled and roughly chopped
- 40 ounces water, divided
- 2½ Tbsp sugar
- 8 ounces lemon juice

Instructions:

Clean your preparation area and rinse ginger root under cool running water. Slice off any dried-out pieces from the ginger root.

In a saucepan, simmer 20 ounces of water with the ginger root and sugar for approximately 10 minutes. Remove from heat to begin to cool.

Place the cooling ginger water in a pitcher and add the remaining 20 ounces of room temperature water and lemon juice.

Place in the refrigerator for at least 2 hours or until cold.

Serve over ice. Add ginger or lemons slices for garnish as desired.

Learn about it

- Ginger root is low in fat and sodium and free of cholesterol.
- It contains vitamin C, magnesium, and potassium.

Information gathered by Aggie Horticulture

