

GINGER

Zingerber officinale

Ginger (*Zingerber officinale*) is a perennial herb with beautiful lush leaves and produces edible rhizomes that are both flavor-enhancing and medicinal. Ginger is a great addition to your edible garden as it can be grown in pots or as an understory part of your food forest. Ginger easily self propagates and you can divide the rhizomes up to regrow more and more ginger each year.



LEAVES

Mild flavour compared to the rhizome. Not usually eaten as they are chewy but used to steam food, flavour teas, or finely sliced. Select younger leaves.

RHIZOMES

The main harvest from the ginger plant is the rhizomes. Used fresh, cooked or pickled to enhance flavour.



SHOOTS

Young shoots and small rhizomes can be used fresh and have a mild flavour.

FLOWERS

Ginger flowers are edible. Remove the hard outer petals to the young buds. Flowers aren't normally eaten as the crops are harvested before they flower. Avoid seeds.