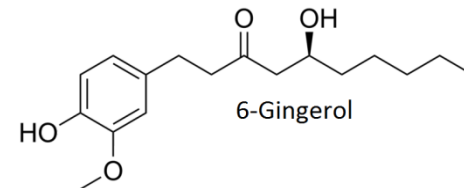
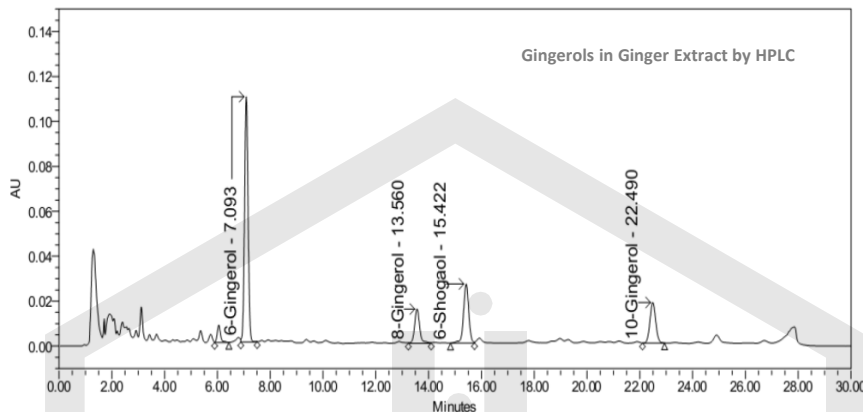




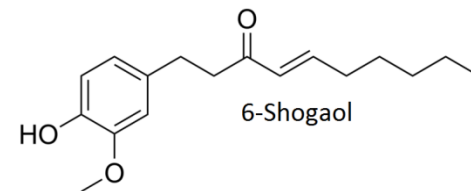
Plant of the Month

By Jonathan Crellin, Alkemist Labs



Chemistry

The pungent flavor chemicals in ginger are gingerols and shogaols. Chemically, they are relatives of capsaicin and piperine, the compounds which give chili peppers and black pepper their respective spiciness. Overall, ginger products vary considerably in taste, pungency and smell, while the root varies in consistency, depending on the country of origin and the variety of the crop.



Ginger

Zingiber officinale



Sales

Manufacturing: \$17,500,00 (10th)
 Consumer: Not in the top 20 botanicals

Botany/Preparation

Ginger is a member of the Zingiberaceae family, which includes turmeric and cardamom. The ginger plant is perennial and can grow to about 3 or 4 feet and produces clusters of pink and white flowers. Although the leaves are sometimes eaten, it is the rhizome that is of medicinal and culinary interest. This stem is a chunky root-like thing with a thin brown skin and hard light flesh inside.



Pharmacology

Extracts of ginger are used in foods, condiments, baked confections, candies, beverages, cosmetics and perfumes. The ginger oils cause more digestive enzymes to be produced which helps to neutralize stomach acids and can relieve nausea, diarrhea and cramping. It can also aid in digestion and assimilation of nutrients.

History/Traditional Use

Ginger is indigenous to southern China, from where it spread to the Spice Islands and other parts of Asia, and subsequently to West Africa and to the Caribbean. India is now the main producer and exporter. Historically, ginger has been used in Asian medicine to treat stomach aches, nausea, and diarrhea. Today, ginger is used as a folk or traditional remedy for nausea, arthritis, and muscle pain.



References

1. <https://unitproj.library.ucla.edu/biomed/spice/index.cfm?displayID=15>
2. <http://www.indepthinfo.com/ginger/>
3. <https://nccih.nih.gov/health/ginger>
4. http://cms.herbalgram.org/heg/volume12/03March/March2015_FaM_Ginger.html