



Ginger

a taste of Asia on the Floridian table

Ginger has been used in India and China for over 5000 years. It made its way to Florida during European colonization. It is not only used in Asian-American cuisine, it is also a popular ingredient in beverages, candies, natural remedies, and baked goods. Ginger grows well in Florida, and its green foliage and colorful flowers provide beautiful landscaping in addition to its edible root.

姜(jiāng, Mandarin), gingembre (French), अदरक (Adrak, Hindi), زنجبيل (Ādu, Gujarati), Tangawizi (Swahili) Sinjibiisha (Somali), زنجبيل (zanjabil, Arabic)



To learn more about Florida's culinary history, visit floridaheritagefoods.com



Woman Prepares Edible Ginger Leaves (left)

ROSELLE-GINGER PUNCH

75
MINUTES
TOTAL

8
TOTAL
SERVINGS

INGREDIENTS

- | | |
|--|---|
| 1/2 pound fresh ginger, peeled and mashed | 3 to 5 anise stars or 1/8 teaspoon ground anise |
| 3 to 5 cinnamon sticks or 1/2 teaspoon ground cinnamon | 2 pounds fresh roselle flowers or 1 cup dried roselle |
| 3 to 5 whole allspice berries or 1/8 teaspoons ground allspice | 3 cups sugar or honey |

DIRECTIONS

1. Mix 8 cups of water with the ginger and spices in a large saucepan
2. Bring to a boil and let roll for a few minutes
3. Add roselle, turn off the heat and let cool
4. Steep in refrigerator for at least one hour (and up to three days)
5. Strain and remove pulp
6. Sweeten with sugar to taste (blends well with orange or pineapple juice)

Recipe adapted from Beattie, James H. 1882. Production of Roselle. United States Department of Agriculture



FACTS

Ginger travelled to Europe from Asia via trade routes during the Roman Empire. The Spanish carried it to the Americas during the 16th century, and it became popular in Caribbean cuisine. Ginger is found in Asian, African, Latin and Indian foods throughout the state and in many new Americana foods.

Raw ginger is rich in calcium, magnesium, phosphorus, and potassium.

For more Florida heritage recipes, visit floridaheritagefoods.com

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