



JUNE 2025 GINGER



Welcome to the AAPLD Spice Club!

Each month, we'll provide a free "take-and-make" spice kit featuring a unique spice, herb, or blend. Each kit includes a small packet with enough for two recipes and two simple recipe suggestions. After creating your dish at home, we'd love for you to share your photos, feedback, and tips at info@aapld.org.

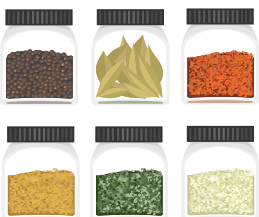
A new spice will be featured each month from February to November, with kits available starting the first Monday at the Adult Services desk at both library branches (Harnish and Eastgate). Supplies are limited, so we kindly ask each household to take only one kit.

Ginger, a flowering plant native to Southeast Asia, is widely known for its spicy, slightly sweet flavor and warming properties. Scientifically known as *Zingiber officinale*, it has been used for thousands of years in culinary and medicinal traditions around the world. It belongs to the same family as turmeric and cardamom, and is a staple in Asian, Indian, and Middle Eastern cuisines. It's commonly used fresh, dried, powdered, or as an oil or juice.

Culinary Uses Ginger adds bold flavor to stir-fries, soups, curries, and marinades. It's also popular in baking, pairing well with cinnamon and cloves in cookies, cakes, and muffins. Ginger appears in tea, ginger ale, and cocktails, and is enjoyed pickled with sushi, or candied in desserts and cheese boards. Fresh ginger can even add a zesty kick to dressings and fruit salads.

Health Benefits Ginger offers a range of health benefits. It's well known for easing nausea, aiding digestion, and reducing inflammation. Its antioxidant properties may help boost immunity and support heart health. Ginger can also relieve muscle pain and menstrual discomfort, and may help lower blood sugar and cholesterol levels when consumed regularly. While helpful, ginger is not a substitute for medical treatment or medication.

Fun Facts: Ginger isn't actually a root, but a *rhizome*, an underground stem. In medieval times, a pound of ginger was as valuable as a live sheep in Europe due to its rarity. Canada Dry ginger ale was invented in 1904, and people originally drank it to settle their stomachs.



ALLERGEN WARNING AAPLD is not responsible for any reactions or sensitivities to spice. Please be aware that the spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.



KOREAN GROUND BEEF

Ingredients

- 1 pound lean ground beef
- 3 cloves garlic, minced
- 1 teaspoon olive oil
- 1/2 teaspoon toasted sesame seeds
- 2 green onions, chopped
- 1/2 teaspoon sesame oil

For the Sauce:

- 1/4 cup soy sauce
- 3 tablespoons brown sugar
- 1 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes

Instructions

- In a small bowl, mix together the soy sauce, brown sugar, ginger, and red pepper flakes. Set aside.
- Heat olive oil in a skillet over medium-high. Add beef. Let cook undisturbed for 2-3 minutes to brown. Flip and cook another 2 minutes. Chop/crumble meat as it finishes browning.
- Add the garlic and cook another 30 seconds.
- Add the sauce and simmer for 2 minutes.
- Mix in sesame oil and garnish with green onions and sesame seeds. Serve over rice.

Recipe and image Source:

<https://www.garnishandglaze.com/korean-ground-beef-recipe/>

GLAZED LEMON GINGER COOKIES



Ingredients

For the Lemon Ginger Cookies:

- 1/2 cup unsalted butter, room temperature
- 1 cup granulated sugar
- 1 teaspoon pure vanilla extract
- 2 tablespoons fresh lemon juice
- 2 tablespoons lemon zest
- 1 large egg, room temperature
- 2 cups all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 teaspoon ground ginger

For the lemon glaze:

- 2 cups powdered sugar
- 1/3 cup fresh lemon juice

Instructions

- Preheat oven to 350°F. Line baking sheets or lightly spray.
- Cream butter and sugar with an electric mixer until fluffy.
- Add egg, vanilla, lemon juice, and lemon zest; mix well.
- Whisk flour, baking soda, salt and ginger in a separate bowl. Add to butter mixture and mix until combined.
- Scoop 1 tablespoon of dough onto pans, 2" apart. Flatten slightly.
- Bake 12–15 min, until bottoms are lightly golden. Transfer to rack.
- Mix powdered sugar and 1/3 cup lemon juice. Dip warm cookies, place on rack to set. Sprinkle with coarse sugar, if desired.

Recipe and image Source:

<https://www.reneeskitchenadventures.com>