

CALLING ALL FOODIES!

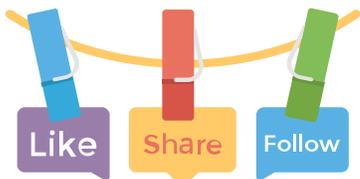
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

Once you’ve created your culinary masterpiece, we’d love to see! Share your pictures and tips with us on our Facebook (SEARLibrary) and Instagram (@searlibrary) pages.

Spice of the Month kits are free, but supplies are limited. Only one kit per household.



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SPICE OF THE MONTH CLUB



Ginger

Ginger (*Zingiber officinale*) is a tropical flowering plant that originated in Southeast Asia and is now widely cultivated by growers around the world. Ginger's root, or rhizome, is widely used as a spice and in folk medicine. Farmers harvest ginger by pulling the entire plant out of the soil, removing the leaves, and cleaning the rhizome. It's a member of the *Zingiberaceae* family, making it a close relative of turmeric and cardamom.

While somewhat hard to describe, the flavor of ginger is often labeled as spicy, peppery, and either warm or hot. Young ginger is very juicy and has a much mellower flavor. As it ages, it becomes more fibrous, less juicy, and much stronger/hotter. Dried ginger is simply peeled, fresh ginger that has been dehydrated and then ground to a fine powder. The dried spice will never give you the full range of ginger flavor, but it will add a lot of the warmth and spiciness of the fresh.

Ginger may aid digestion, reduce nausea, manage arthritis, alleviate menstrual symptoms, and more. One of the active compounds found in ginger is known as gingerol and has a powerful anti-inflammatory effect.

FUN FACTS

- First seen in ancient Sanskrit and Chinese texts around 400 B.C.E. and 2,000 B.C.E., respectively, ginger has been used in a multitude of traditional medicines for millennia.
- The Ginger bread man has his origin from the Queen's court. Queen Elizabeth I, was the first to have them in the shape of little edible figures.
- Powdered ginger is exceptionally high in the trace mineral manganese. A teaspoon of powdered ginger root provides approximately 70% of your manganese daily value.

Source from Johns Hopkins Medicine
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/ginger-benefits>

Ginger Snaps



Yields: 3 dozen
Prep Time: 15 mins
Cook Time: 10 mins

Ingredients

- 1 cup packed brown sugar
- $\frac{3}{4}$ cup vegetable oil
- $\frac{1}{4}$ cup molasses
- 1 large egg
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup white sugar for decoration

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix brown sugar, oil, molasses, and egg in a large bowl.
3. Combine flour, baking soda, ginger, cinnamon, cloves, and salt; stir into the molasses mixture.
4. Roll dough into 1 $\frac{1}{4}$ -inch balls.
5. Roll each ball in white sugar before placing 2 inches apart on ungreased cookie sheets.
6. Bake in the preheated oven until center is firm, 10 to 12 minutes.
7. Cool on wire racks.

Recipe Source:

<https://www.allrecipes.com/recipe/10757/moms-ginger-snaps/?print=>

Maple-Ginger Chicken Thighs



Yields: 8 servings
Prep Time: 10 mins
Cook Time: 55 mins

Ingredients

- 1 tablespoon olive oil, or to taste
- 1 cup pure maple syrup
- $\frac{1}{4}$ cup low-sodium soy sauce
- 2 tablespoons garlic-infused olive oil
- 1 tablespoon ginger powder
- 1 teaspoon sesame seeds
- 1 teaspoon ground black pepper
- 1 teaspoon ground cayenne pepper
- 2 pounds skinless, boneless chicken thighs
- 2 tablespoons chopped fresh parsley, or to taste

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a baking dish with olive oil.
2. Combine maple syrup, soy sauce, garlic oil, ginger powder, sesame seeds, black pepper, and cayenne pepper in a bowl.
3. Arrange chicken thighs in the prepared baking dish; pour maple sauce over top. Turn thighs in sauce using tongs or gloved hands until fully coated. Cover dish with aluminum foil.
4. Bake in the preheated oven for 40 minutes.
5. Uncover dish; flip thighs. Continue baking, uncovered, until an instant-read thermometer inserted into centers reads 200 degrees F (93 degrees C), about 15 minutes. Flip thighs again; sprinkle with parsley.
6. Rest before serving, 10 minutes.

Recipe Source:

<https://www.allrecipes.com/recipe/270738/maple-ginger-chicken-thighs/>