



GILROY'S FINEST
**Christopher
 Ranch™**



*Put a little spice
 in your life!*

TIPS FOR USING GINGER

- Scrape skin off ginger by using the side of a teaspoon.
- There is no need to peel ginger if using it in marinades or in dishes where slices can be removed.
- Use a cheese grater to grate ginger. (Grating is easier than mincing.)

FRESH GINGER

Description

- Fresh ginger is a pungent, aromatic root used as a spice or flavoring for a variety of foods. “Hands” of fresh ginger root are knobby and fibrous with tannish skin and white to beige flesh. Fresh ginger should be hard and weighty with fairly smooth skin.
- This legendary spice is rooted in history! Ginger root has been mentioned in Chinese medical books dating back 2000 years, and is still touted as a remedy for everything from colds, flu and nausea to arthritis pain, blood clots and high cholesterol. It’s effective for motion sickness and upset stomachs.

Merchandising

- Merchandise “hands” of ginger root with stir-fry or Oriental vegetables and other specialty produce; place near herbs, spices, fresh garlic, chiles or other root vegetables.

How To Use

- Grate, slice, chop or grind and add to stir-fry dishes, sauces and marinades. An essential ingredient in Asian and East Indian food, it can spice up the flavor of vegetables, seafood, poultry, meats, even beverages. Slice or chop and add a teaspoon to 1 cup boiling water; steep for 10 minutes, strain and use as a tea for upset stomach. Add a tsp. or two of fresh, grated ginger to bread or cookie dough before baking.

Storage & Handling

- **In Store:** keep in a cool, dry place - do not refrigerate or mist.
- **Consumers:** store fresh ginger in plastic wrap or in a plastic bag with a paper towel to absorb moisture and refrigerate for a week or more. For longer storage, freeze up to three months in an air tight plastic bag and grate as needed.

Availability

- Available year round.

ALL garlic IS NOT CREATED equal™

DESCRIPTION	NET WEIGHT	PRODUCT CODE	UNITS PER CASE	UNIT UPC CODE	CASE UPC CODE	GROSS SHIP WEIGHT	CASE DIMENSIONS L X W X H	CASE CUBE	PALLET PATTERN	NUMBER PER PALLET
CARTON	5 LB.					6 LBS.	13" x 11.5" x 5		11 x 9+1 (11)	100 (121)
CARTON	10 LB.					11 LBS.	13" x 11.25" x 6.5		11 x 9+1 (11)	100 (121)
CARTON	30 LB.					31.5 LBS.	17.5" x 11.5" x 11.5		8 x 7	56

3/08

GILROY

LOS ANGELES

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