

Young ginger-- and Local too!!

There just is nothing quite as rewarding as seeing customers' faces light up when they see our ginger. We harvest it at a young stage, making it more tender than what is typically found in stores, with less inner fibers and no tough skin. There is no need to peel it! It is a bit more perishable than the mature ginger but freezes exceptionally well, making it a usable product all year long.

Since we harvest the ginger at an early stage due to our climate (not quite Hawaii), it is more perishable than what you may be used to using. Here are some tips and recipes to help you discover this lovely root. Enjoy!

Storage, Perishability and Use

Young ginger root can be stored in the refrigerator for 10 days in a waxed paper bag or sealed container. Any part of the root that will not be used within 10 days should be frozen in a zipper bag, and can be used from the freezer for many months.

PREPARING FOR FREEZING: Clean the ginger by running it under water and gently rubbing off any soil, then refrigerate or freeze it.

USING FROZEN GINGER: When using the frozen ginger, take it out and grate it frozen, do not allow to thaw and put any unused portions back into the freezer. (*Repeated thawing and freezing will damage the storability of the root.*) Grating the ginger just before it is needed in your cooking, enables you to brush the frozen gratings off your cutting board and none is wasted!

TO JUICE YOUR FROZEN GINGER: Juicing fresh ginger root works well and easily, and it is also possible to get the juice from your frozen ginger.

Using the young root

Young ginger root can be used in lots of ways:

- * grated on salad greens
- * salad dressing
- * candied
- * pickled
- * grated with grated carrots
- * home-brewed ginger ale
- * ginger glaze for meat
- * morning breakfast drink
- * tea
- * in baked goods like gingerbread
- * stir-fry

Winter Sore Throat "Tea"

In a jar combine lemon slices, organic honey and sliced ginger. Close jar and put it in the fridge, it will form into a "jelly". To serve, spoon jelly into mug and pour boiling water over it.

Store in fridge 2-3 months.

Crooked Carrot Farm's Pickled Ginger

1 lb. (about 2 c.) fresh ginger, thinly sliced
1 c. honey
1 c. plus 2 tbs. white wine vinegar
3/4 c. plus 2 tbs. water
2 1/2 tsp. salt

- Clean and thinly slice the ginger.
 - You can vary the thickness based on your preference. Thinner slices will be more like traditional sushi ginger (gari), but thicker slices (1/8 - 1/4 in.) will hold more of the lovely crunch of the fresh ginger.
 - Toss ginger with salt and 1/4 c. of the honey and let stand for 15 minutes.
 - Combine water, vinegar, and remaining 3/4 c. of honey in a pot and begin to heat the mixture over medium heat (using a pot with a thick bottom will help prevent scorching).
 - Add the ginger to the heating liquid and bring the mixture to about 185 degrees (that's gently simmering if you don't have a thermometer) and then remove from heat. Try not to keep the mixture at a high temperature for too long, as it will start to soften the ginger.
 - If you are planning to use your pickles soon, all you need to do is put them in a sealed container and keep them refrigerated. They should keep for many weeks in the fridge.
 - If you want to can your pickles, just keep them at or above 185 degrees when you put them into your jars, and follow safe canning practices. If properly canned they should last at least a year, unopened.
 - This recipe makes about 1 to 1 1/2 quarts of pickles.
- Have fun pickling!

Old Friends Farm Pickled Ginger

Pickled Fresh Ginger - thanks to our friend Susan for this recipe Toss together in a non-reactive bowl: 1 mounded cup Old Friends ginger (Clean the ginger first, and slice as thinly as possible) 1 teaspoon organic cane sugar 1 1/2 teaspoon kosher sea salt Let stand for one hour, stirring a couple of times during that hour. A good bit of liquid will collect in the bottom of the bowl. Meantime, mix together, in a non-reactive pan or microwave safe 4- cup measuring bowl: 5/8 cup distilled white vinegar (from grain) 1/2 cup water 1/4 cup organic cane sugar Procedure: Dump the ginger into a big metal strainer, and rinse it well under running cool water (you want to wash off the salt/sugar mix); also rinse the nonreactive bowl it was in. Let the ginger drain for a minute or so. Using a clean cotton tea towel, dry the bowl, and pat the rinsed ginger to remove excess water. Dump the ginger slices back into the bowl. Heat the vinegar-water-sugar mix to boiling, making sure the sugar is dissolved. You can do this on the stove or in the microwave. Pour the boiling vinegar-water-sugar mix over the ginger slices, and stir gently to free up the slices that are stuck together. Let sit for one hour. Then put it in a scalded jar with an airtight lid. Refrigerate. Alternately, pour the just-mixed, still-really-hot proto-pickles and vinegar into a scalded jar and screw down the lid. Let this cool, and as it does you will get a basic vacuum seal, though not a true canning seal. Store in fridge. ENJOY! Remember to use any gingery vinegar brine leftovers for salad dressing! Delicious!

Carrot and Beet Salad with Ginger

(thanks to Denison Farm, NY)

1/4 cup minced shallot (onions will work as well)
2 tablespoons minced peeled fresh ginger (ginger root from Abundant Acres does not need to be peeled)
1 garlic clove, minced
1/4 cup rice vinegar (available at Asian markets and some supermarkets)
1 tablespoon soy sauce
1/2 teaspoon sesame oil
1/2 cup olive oil
4 cups finely shredded carrots
4 cups finely shredded peeled raw beets (about 3/4 pound)
spinach or lettuce leaves, washed thoroughly, for garnish if desired

In a blender purée shallot, ginger, and garlic with rice vinegar, soy sauce, and sesame oil. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 4 plates and garnish with spinach or lettuce leaves.

Ginger Dill Dip (Old Friends Farm)

Ingredients: 1/2 cup sour cream 1/2 cup mayonnaise 1 minced or crushed garlic clove 1 tablespoon minced fresh dill 1 tablespoon finely chopped onion 1 (1-inch) piece fresh ginger, minced

Combine sour cream, mayonnaise, garlic and dill together in a bowl, using a whisk. Add ginger to sour cream mixture and blend until smooth. Chill. Serve with fresh vegetables. Note: You can substitute light mayonnaise, light sour cream, or strained yogurt for the 'creamy' ingredients

THE BEST GINGER COOKIES EVER (Old Friends Farm)

Ingredients 2 1/4 cups all-purpose flour 1 teaspoon baking soda 1/2 teaspoon salt 2 tablespoons grated fresh ginger 3/4 cup butter, softened 1 cup sugar 1/4 cup molasses 1 egg 1 cup sugar (sugar in the raw works really well for this)

Directions 1. In a large mixing bowl, combine flour, soda, and salt. In a separate bowl, beat ginger, butter, and 1 cup sugar until light and fluffy. Beat in molasses and egg. Gently fold in flour mixture until just combined. Chill for 1 hour. 2. Preheat oven to 350 degrees F. 3. Roll dough into 1 1/2 inch balls and then roll them in sugar. Place 2 inches apart on ungreased baking sheets. 4. Bake until edges start to brown, about 15 minutes. Centers will be slightly soft. Let stand on cookie sheets 1 minute and remove to racks to cool completely