

Ginger root is a key ingredient in Taha. In fact, some of our older consumers say that Taha reminds them of the home-made ginger beer they use to make back in the day.....they remember the bottle tops popping as the ginger beer fermented. Click [here](#) for Ginger Beer recipe.

Taha has also had feedback from customers saying our beverage has helped them handle morning sickness during pregnancy. We attribute that to the ginger in the drink along with the two other magical ingredients, kawakawa & mānuka honey.

Ginger, with its zippy and refreshing taste, is listed among the world's oldest spices. As far back as 500 BC, this native plant of China and India was used for medicine, food, and flavouring. Ginger is a flowering plant and is among the healthiest (and most delicious) spices on the planet.

It belongs to the *Zingiberaceae* family, and it's closely related to turmeric, cardamom, and galangal.

Ginger is not a root it's a rhizome (underground part of the stem). It's often called ginger root or, simply, ginger.

Ginger can be used fresh, dried, powdered, or as an oil or juice. It's a very common ingredient in recipes. It's sometimes added to processed foods and cosmetics.

Although ginger generally grows in the tropics as it needs a pretty good amount of humidity and likes heat, you can [grow your own ginger](#). It likes fertile soil and to keep its waewae (feet) wet.

The ginger root extract used in Taha originates from Thailand and is supplied by Safe Foods Ltd.



There are a heap of health benefits of ginger that are supported by scientific research. Here are some of them:

- Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.
- Just 1–1.5 grams of ginger can help prevent various types of nausea, including chemotherapy-related nausea, nausea after surgery, and morning sickness.
- There are some studies showing ginger to be effective at reducing symptoms of osteoarthritis, especially osteoarthritis of the knee.
- Ginger has been shown to lower blood sugar levels and improve various heart disease risk factors in people with type 2 diabetes.

### Adding ginger to your diet

If you want to add ginger to your diet, you can do so through what you eat and drink. Here are a few chicken and beverage recipes to try:

- [chicken with ginger](#)
- [garlic-ginger chicken with cilantro and mint](#)
- [spicy orange-ginger chicken](#)
- [lemon-ginger chicken](#)
- [fresh ginger tea](#)
- [ginger root tea](#)
- [malian ginger juice](#)

