

Zingiberaceae

India

*Zingiber officinale*

## Ginger

Ginger probably originated as part of the ground flora of tropical lowland forests in India, where many of its wild relatives can still be found.

Obtained by the Greeks and Romans from Arab traders, it was one of the first oriental spices to arrive in Europe

It is widely grown as a commercial crop in south and southeast Asia, tropical Africa, Latin America, the Caribbean (especially Jamaica) and Australia.



SAINSBURY'S

Zingiberaceae

*Zingiber officinale*

## Ginger

The aromatic rhizome is the source of ginger, a spice used for centuries to add flavour in cooking.

In Asia the fresh stem is used, whereas the dried, powdered spice is more popular in European cooking. Gingerbread, one of the most popular uses for ginger in Britain, dates to Anglo-Saxon times.

Ginger oil is used to flavour ginger beer and ginger ale, and as an ingredient in perfumery, cosmetics and medicines.



Zingiberaceae

India/Nepal

*Amomum subulatum*

## Black cardamom, Nepal cardamom

Native to damp, forested valleys from the eastern Himalayas to central China. this member of the ginger family produces pretty, ivory flowers in compact inflorescences at ground level and are followed by seed pods.

Dried seed pods are smoked and very popular in Indian cuisine especially in the north



PLANTS 4 PRESENTS

Zingiberaceae

Himalayas, Sichuan, and northern Vietnam

*Hedychium flavescens*

## cream garland-lily or yellow ginger

Native to Himalayan monsoonal forests especially along water margins.

Young buds and flowers are eaten or used as a flavouring

The distilled flower oil is an important perfume precursor



In Hawaii, New Zraland and Madeira it is an invasive weed

JUNGLE PLANTS

Zingiberaceae

South India

*Elettaria cardamomum*

## Cardamom

Ground cardamom is an ingredient in many Indian curries and is a primary contributor to the flavour of masala chai.

In Iran, cardamom is used to flavour coffee and tea. In Turkey, it is used to flavour the black Turkish tea, kakakule.

Cardamom is the world's third most-valuable spice by weight (after saffron and vanilla).



PLANTS 4 PRESENTS

Zingiberaceae

India

*Curcuma amada*

## Mango Ginger

The rhizomes are very similar to ginger but have a raw mango taste

Ayurveda and Unani medicinal systems have given much importance to mango ginger

It is a favourite pickling vegetable in south India



STSEEDS

Zingiberaceae

India

*Curcuma amada*

Mango Ginger



STSEEDS

Zingiberaceae

India

*Boesenbergia rotunda*

Fingerroot, Chinese Keys,  
Lesser Galangal

Endemic in Yunnan province, China the rhizome is a popular flavouring in Thai, Javanese and Cambodian cooking

In China it is not used in cooking but is an important medical herb



Zingiberaceae

China and Southeast Asia

*Boesenbergia rotunda*Fingerroot, Chinese Keys,  
Lesser Galangal

Zingiberaceae

India/Indonesia/

*Curcuma zedoaria*

zedoary, white turmeric, or kentjur)

It was introduced to Europe by Arab traders around the sixth century, but its use as a spice in the West today is extremely rare, having been replaced by ginger, and to a lesser extent, yellow turmeric

The essential oil produced from the dried roots of *Curcuma zedoaria* is used in perfumery and soap fabrication, as well as an ingredient in bitter tonics



STSEEDS

Zingiberaceae

Laos, Cambodia, Thailand/

*Curcuma alismatifolia*

Siam Tulip

Widely grown as an ornamental in Asia the species is now becoming popular in Europe

The species has been hybridised both in Asia and the US. Around 30 named cultivars exist

The inflorescence is popular as a cut flower being both unusual and long lasting



FARMER GRACY

Zingiberaceae

Laos, Cambodia, Thailand/

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Zingiberaceae

Laos, Cambodia, Thailand/

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FARMER GRACY

Zingiberaceae

Laos, Cambodia, Thailand/

*Curcuma alismatifolia*



FARMER GRACY

Zingiberaceae

Himalyas/Yunna

*Cautleya spicata*

Amongst the most hardy of gingers this species grows in the high Himalayas

The plant is grown for its ornamental flowers both as a growing plants and for cut flowers



CRUG FARM

Zingiberaceae

Southern China, Taiwan

*Alpinia zerumbet*

## Shell Ginger

The plant's long leaf blades are still used for wrapping zongzi or sticky rice dumplings.

In Japan its leaves are sold as herbal tea and are also used to flavour noodles and wrap mochi rice cakes

Extracts of the plant are used medicinally especially for skin disorders. They are also incorporated into cosmetics



Zingiberaceae

Southeast Asia

*Alpinia galanga***(Greater) Galangal, blue ginger**

Used in Malay, Indonesian and Thai cooking in preference to root ginger where it imparts a distinctive flavour

Extract of the rhizome is used in a variety of ethnomedicinal practices including by Arabs to make their horses 'fiery' and under the name 'chewing John' it is used in African American folk medicine and hoodoo folk magic



THAI FOOD ONLINE

Zingiberaceae

South Asia

*Curcuma longa***Turmeric**

Turmeric, with its brilliant yellow colour, has been used as a dye, medicine, cosmetic and flavouring since 600 BC.

India produces nearly the whole world's crop and uses 80% of it.

Turmeric usage dates back nearly 4000 years, to the Vedic culture in India, when Turmeric was the principal spice and also of religious significance.



TESCO BRIXTON

Zingiberaceae

South Asia

*Curcuma longa*

## Turmeric

Turmeric is one of the key ingredients in many Asian dishes.

In food processing turmeric is used (E100) as a yellow dye in canned beverages, baked products, dairy products, ice cream, yogurt, cakes, orange juice, biscuits, popcorn, cereals, sauces, and gelatins.



TESCO BRIXTON

Zingiberaceae

South Asia

*Curcuma longa*

## Turmeric

Turmeric makes a poor fabric dye, as it is not very light fast, but is commonly used in Indian and Bangladeshi clothing, such as saris and Buddhist monks's robes

Turmeric is considered auspicious and holy in India and has been used in various Hindu ceremonies for millennia. It remains popular in India for wedding and religious ceremonies.



TESCO BRIXTON

Zingiberaceae

Eastern Himalayas

*Hedychium coronarium*

Garland Lily, Mariposa

It is cultivated as an ornamental and cultivated in China for use in medicine and production of aromatic oil

The flower buds are eaten raw in salads and lightly cooked in soup

This is the national flower of Cuba, however, in Pacific Hawaii it is an invasive weed.



Extensively used in perfumes e.g. Ralph Lauren

JUNGLE SEEDS

Zingiberaceae

Maritime Southeast Asia

*Zingiber spectabile*

Beehive Ginger

Cultivated as an ornamental it is also an important cut flower product

The plant is used in Malaysia medicine



THE SEED HOUSE ETSY

Zingiberaceae

Maritime Southeast Asia

*Zingiber spectabile*

Beehive Ginger



Zingiberaceae

India

*Zingiber zerumbet*

Shampoo Ginger, Awapuhi

Native to India the plant has migrated through Polynesia to Hawaii.

It is used medicinally but the most common use is as a source of a perfumed shampoo and hair conditioner.

The rhizome, leaves and stalks are used to flavour pork and fish



HIMALAYAN GARDEN

Zingiberaceae

Asia

*Curcuma comosa*

Wan Chak Mot Luk

In Thailand this herb is widely used as a herbal remedy for women

It's use has spread so far that capsules may now be bought on Amazon



STSEEDS

Zingiberaceae

Asia

*Kaempferia Parviflora*

Thai Ginseng, Black Ginger

In Thailand this herb is widely used as a herbal remedy for men

It's use has spread so far that capsules may now be bought on Amazon



STSEEDS

Zingiberaceae

E. Asia - Himalayas

*Hedychium spicatum* 'Liberty' BWJ8116

Spiked Ginger

Widely used as a medicinal plant in it's native area

A popular ornamental with named cultivars and an AGM

Edible fruit

An important perfume and cosmetic oil is produced from the rhizome



CRUG FARM

Zingiberaceae

Indian Himalayas

*Hedychium stenopetalum*

White Stars Ginger

The largest of the Hedychium species and amongst the largest of all gingers

A popular ornamental for those with the space to cultivate it



Zingiberaceae

Japan, China Korea

*Zingiber mioga*

## Myoga

The flower buds are finely shredded and used in Japanese cuisine as a garnish for miso soup, sunomono, and dishes such as roasted eggplant.

In Korean cuisine, the flower buds are skewered alternately with pieces of meat and then are pan-fried.



Zingiberaceae

Japan, China Korea

*Zingiber mioga*

## Myoga

