



Farm Fresh To You



HARVEST OF THE MONTH

Ginger

Fresh ginger root has a flavorful, and spicy, peppery taste that may hit the senses in the palate and nostrils. In order to keep its fragrance and flavors intact, it is generally added at the last moment in recipes. Add ginger to curries, soups, candies and breads to add a spicy kick to your dish. Fresh ginger root can be kept in the refrigerator for 2-3 weeks.

FRESH GOLDEN MILK TEA

INGREDIENTS:

- 2 cups milk (dairy, almond, etc.)
- 1/4 tablespoon freshly grated ginger (approximately a 1-inch piece)
- 1/2 tablespoon freshly grated turmeric (approximately a 3-inch piece)
- 1/4 teaspoon ground cinnamon
- 1 tablespoon honey (unless you use milk that is already sweetened)
- 1/8 teaspoon or more freshly ground black pepper



DIRECTIONS:

Use the finest setting on your grater to grate the ginger and turmeric. If you do not have a grater, you can do a very fine mince.

Combine the milk, turmeric, ginger, cinnamon, honey and black pepper in a blender. Puree until combined.

In a small saucepan, heat the mixture over low heat for 5 minutes, whisking frequently to prevent the milk from burning. Pour into a mug, sprinkle with more cinnamon if desired and enjoy!

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