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Ginger *Zingiber officinale* is a flowering plant whose rhizome gingerroot orginger is widely used as a spice and a folk medicine

[2] It is an herbaceous perennial that grows annual pseudostems false stems made of the rolled bases of leaves about one meter tall bearing narrow leaf blades  
Apr 29 2025 Gingercomes from a flowering plant originating in Southeast Asia

It adds flavor to sweet and savory foods and has a range of health benefits Sep 27 2024 What IsGinger?Gingeris a flowering tropical plant that grows in China India Africa the Caribbean and other warm climates

The root of thegingerplant is well known as a spice and Oct 10 2025 Gingercan help reduce nausea and vomiting especially in pregnant women.Ginger s antioxidants help manage unstable molecules in the body which may protect cells.Gingerhas been shown to reduce arthritis pain by lowering inflammation.Gingeris a spice that comes from the rhizome or root of the Gingeradds a fragrant zest to both sweet and savory foods

The pleasantly spicy kick from the root of *Zingiber officinale* thegingerplant is what makesgingerale ginger tea candies and many Asian dishes so appealing Aug 1 2025 Gingerroot comes from the *Zingiber officinale* plant and it has been used in Chinese and Indian medicine for thousands of years.Gingermay help relieve nausea and vomiting and aid digestion Dec 18 2025 Gingeris a herbaceous perennial plant of the family Zingiberaceae probably native to southeastern Asia

Its pungent aromatic rhizome underground stem is used as a spice flavoring food and medicine.

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