



EVERYTHING
Herbal
— by Cheryl Jabz —

Herbs. Health. Healing. Naturally.

GINGER

Grow Your Own • Harvest the Goodness

Fresh, homegrown ginger is flavorful, healing, and easy to grow in containers or in your garden!



FROM
KITCHEN
TO WELLNESS



1. CHOOSE YOUR GINGER ROOT

Use fresh, organic ginger (store-bought works if not treated). Look for plump pieces with visible "eyes" (growth buds).



2. PREP (OPTIONAL)

Cut into chunks (1–2 inches), each with at least one eye. Let pieces dry for a few hours to prevent rot.



3. PLANTING

Soil: Loose, rich, well-draining potting mix.
Container: Wide and shallow (ginger spreads sideways).
Depth: Plant 1–2 inches deep, eye facing up.
Spacing: 6–8 inches apart.



4. GROWING CONDITIONS

Light: Partial shade (bright, indirect light is ideal).
Temperature: Warm—75–85°F is best.
Water: Keep soil consistently moist, not soggy.
Humidity: Loves humidity—mist occasionally if indoors.



5. CARE TIPS

Growth starts slow—sprouts may take 2–4 weeks. Feed monthly with a gentle liquid fertilizer. Add soil ("hill up") as the plant grows to encourage more rhizomes.

GINGER BENEFITS



Supports digestion and soothes nausea



Natural anti-inflammatory and antioxidant



May help boost immunity



Supports brain health and focus



Relieves muscle soreness and pain



Delicious in teas, smoothies, stir-fries, soups & more!



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Garden Tip

Ginger grows best in warm weather. Bring indoors before frost if you live in cooler climates.

Plant it. Nurture it. Harvest the goodness.

Cheryl Jabz

HERBALIST | AUTHOR | WELLNESS ADVOCATE



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