

GINGER & TURMERIC FIELD DAY



Container and Outdoor Grown Ginger



OCTOBER 24, 2019
8:30AM - 2:30PM

L. Douglas Wilder Building
Auditorium
Virginia State University

\$20 per person

Lunch Included. Space is limited.

VSU research results show baby ginger (young and immature harvested ginger) contains significantly higher antioxidants than mature, or conventional, ginger found in grocery stores. Higher antioxidants mean potentially higher health benefits. Additionally, many chefs prefer the more delicate tasting baby ginger for their dishes. The fact that baby ginger doesn't have an outer skin needing removal before consumption is an added bonus. It's one reason marinated baby ginger and not its older counterpart is used as a sushi accompaniment.

The fresh U.S. ginger industry is based on imported mature ginger. Baby ginger has a shorter growth-cycle than mature ginger, and can, therefore, be grown in most of Virginia in high tunnels and outdoors. It is harvested and available in the fall. However, it has a much shorter shelf life than conventional ginger, which is why the product is imported to the U.S. in its mature version. But due to the new finding that baby ginger is higher in antioxidants and is often preferred by chefs and nearly impossible to buy at retail, it holds great potential for Virginia's small-scale farmers.

AGENDA

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| 8:30 | Registration |
| 9:00 | Welcome |
| 9:10 | Ginger Health Benefits -
Is baby ginger better for you? |
| 9:30 | Diseases of Ginger and Turmeric |
| 10:00 | Ginger and Turmeric 101 -
New, container and outdoor grown ginger |
| 10:45 | Break |
| 11:00 | Hardwood Brewery - Gingerbread Stout |
| 11:15 | Ginger Grower Presentations |
| 12:30 | Lunch |
| 1:30 | Field Visit - See four new varieties of
container- and outdoor-grown ginger. Learn
about harvesting, washing and packing of
ginger and turmeric for market. |

REGISTER ONLINE AT EXT.VSU.EDU CALENDAR OF EVENTS

If you have any questions, please call Mark Klingman at (804) 524-5493 or mjklingman@vsu.edu.



Founded in 1882, Virginia State University is one of Virginia's two land-grant institutions and is located 20 minutes south of Richmond in the village of Ettrick. VSU's College of Agriculture consists of three academic departments: Agriculture, Hospitality Management, and Family and Consumer Sciences. Integrated within the College are an Agricultural Research Station; Randolph Farm, a 417-acre research and educational facility; and Virginia Cooperative Extension.

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Horticulture Program office at mjklingman@vsu.edu or call (804) 524-5960 / TDD (800) 828-1120 during business hours of 8 am. and 5 p.m. to discuss accommodations five days prior to the event.