

TekPinoy.biz #38: Ginger Processing

Matuto at kumita! Cook your way to wealth

Have you ever wondered how you can reach financial freedom in spite of the COVID-19 pandemic?

If you are out of a job or desiring to leave one and feeling cooped up at home, there is a flavorful, easy way out.

"*Kitang-Kita Na sa TekPinoy.biz Series of ITDI*" is the turn of the year learning tool for you. Let the Industrial Technology Development Institute (DOST-ITDI) teach you 55 simple and cheap ways to prepare meat, fish, fruits, and vegetables. For the manly type - muscle up with 14 machine-based technologies.

Below is TekPinoy.biz #38: Ginger Processing.

A very good source of anti-inflammatory and antioxidant compounds, ginger or *luya* is not only an alternative herbal medicine but an indispensable spice in western kitchens, as well.



In the Philippines, however, ginger is more popularly recognized for its health benefits where it is boiled and made into tea or "*salabat*" as a natural cure for sore throat and cough. Some mix in honey for additional health benefits.

Ginger is also believed to be an effective remedy for morning sickness during pregnancy and dysmenorrhea in women. Further, studies show that ginger is also effective in lowering blood cholesterol and in preventing cardiovascular diseases.

With its extensive health benefits, ITDI has prepared several ways to process ginger. To promote health and wellness, interested processors may now learn how to make dried and powdered ginger, as well as, prepare variations of instant *salabat*.

Our Business is Industry

Ginger Processing is Series No. 38 of ITDI's livelihood technologies under its "*Kitang-kita Na sa TekPinoy.biz Series*" that can be accessed free in this link:
<http://bit.ly/ITDILivelihoodSeries>.

Parties can request for online techno demonstration of technologies included in the series.

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