

Community SPICE LIBRARY

 PITTSBURG · FRONTENAC

June – Ground Ginger

Ginger Honey Yogurt

Ingredients:

- 1 cup plain yogurt
- 1–2 tbsp honey
- ½ tsp ground ginger

Optional add-ins:

- fresh fruit
- granola or chia seeds
- chopped walnuts

Instructions:

Stir until smooth and creamy, letting the warm spice of the ginger blend with the sweetness of the honey.

Enjoy as a quick breakfast, a light snack, or a naturally sweet treat—perfect with fresh fruit, a sprinkle of granola, or all on its own. Add chia seeds for a boost of texture and protein, or sliced bananas for extra sweetness.

Try using thick, creamy Greek yogurt or swirl in your favorite jam for a fruity twist!



June – Ground Ginger



Ground ginger has a warm, earthy, and mild peppery flavor that is less pungent and citrusy than fresh ginger, with a more concentrated, sweet-spicy bite.

- Native to Southeast Asia, ginger has been used for over 5,000 years for culinary, medicinal, and aromatic purposes. Confucius was famously documented as eating it with every meal!
- Known for its warming, anti-inflammatory, and anti-nausea properties, ground ginger was a prized, costly, and highly traded commodity in Roman and medieval times.
- Ginger is often called a root, but it's actually a rhizome--an underground stem that grows horizontally, or side-to-side, beneath the soil instead of up!

What is the Spice Library?

Stop by Pittsburg Public Library or Frontenac Public Library each month to pick up the Spice of the Month, along with a specially curated recipe by Heather Horton, chef and owner of TOAST. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at the your library, with one per family per month, while supplies last.

Special thanks to Heather Horton and our friends at TOAST Restaurant!

